

# Why do people still feel unhappy even though they work and play hard?

Why don't we feel happy even when having a great job, high income, brand shopping, travel, constant play and countless entertainment activities that many others Dream never get?

Every day we work hard and look forward to the weekend to be "relaxed". However, the surprise is that many people feel tired at the end of Sunday (despite participating in many other recreational activities) rather than the end of the other days.

What is going on with our fast and bustling lifestyle?

As a young generation, we have more freedom and opportunities, more fairness and more choices for everything than previous generations (buying online and only a few days later, getting goods, calling eat fast even in the middle of the night .).

However, we are also present and become more competitive (necessary) than before (when everything in this world can be found on the Internet, we start "confronting" together - anything you can find or learn, others can easily do as you do.)



Thanks to social media and other forms of entertainment like reality TV, we are living in a world where almost anyone can know what others are doing (or pretending to do) at all times. We are bombarded by images of successful people, supermodels, billionaires, marshals, rich people. In fact, they only share their beautiful

moments (or have been processed by technology) while looking for ways to hide, cover up a myriad of other "ugly" images: maybe that is difficult or failed. Obviously, is it difficult to understand a person in the present time?

We also react in such a way, only sharing our beautiful and attractive photos and turning our lives like something that only appears in magazines or movies. In the end, if someone has a beautiful life, true success and happiness, then we cannot consider it as if we are lacking. Some people start "acting".

And that is.

You start to care more about your appearance, the way people judge, observe what you do, you choose more than you do because you enjoy it. You forget to think about what you really want, what makes you feel happy; instead, "coaxing" yourself by something that is more likely to be welcomed and accepted by others. You work hard to make people respect and praise or say how great you are or to know how jealous they are with your great career / vacation. However, in fact, these compliments are completely meaningless because they are not compliments about who you really are. They are compliments about how you create your life in appearance or how well you have shown yourself in public.



Obsession with looks and efforts to "by them, with you" will push us to face constant frustrations. Watching this image from another image and reading from post to post makes us go deeper into jealousy and crisis all the time. Someone buys a new home? Be promoted? Reduce up to 15 pounds?"*It's not fair, I want to get all these things, but I don't have anything now! I'll have to win them .!*"

We look at those images, receive messages and think: My hair is not smooth enough. The thighs and abdomen are too fat to be ready to stand in front of the camera lens with a stylish swimsuit. Our clothes are not good enough and poisonous. The car is too old. We must update the latest fashion trends like all other friends. We need to cut nails, artificial tanning products (spray tan), new outfits / botox injections to remove wrinkles on the forehead . to be more confident when taking photos with colleagues. We have never told myself that *"I am beautiful enough in my own way, even if I do not have exactly what my friends or others have. I am satisfied with my life, my body. and about where I live "*.

**We never feel satisfied because we are constantly striving to do more and become better. We forget to cherish every moment and love ourselves.**

Not loving yourself will make it impossible for other people to have enough emotions to fully love you. This will lead you to be able to establish a relationship with the wrong person, feel insecure and unsure about whether people like, care or love you as much as you want. We acknowledge that each person's job is to fill in the gaps within their own hearts and change themselves first as a way to occupy someone's love.



It's time to stop that "crazy" lifestyle. Let's go back to the basics. Use your instincts. Look more deeply and focus on the really important things: family, friendship, health, passion . and true love.

Imagine if, instead of taking an hour or two to learn about other people's extravagant lives and feeling unjust or participating in topics that talk about unimportant events, then spend that time learning new languages, writing journals, reading books, going out for some activities or meditating?

What if we want less and appreciate what really makes us feel happy? What if we stopped and asked ourselves the following questions:

1. Do we really spend a lot of time and express our true feelings for our families?Do we often say love to parents?
2. Do we have sincere love for one person?Do we spend enough time with them, sharing with them what we think?
3. Do we pay much attention to physical and mental health?If not, how to improve?More exercise?Or change a healthier diet?
4. Do we drink too much alcohol?Too little sleep or overwork?
5. Can we force ourselves to stop, be grateful, and not be too lustful about things - things we don't need?In order not to be "controlled" by the illusory things, what will we have to do to feel happiness?

Of course, we can.



**Throw away nonsense. Hold on to meaningful things. Attempt to not be distracted or dispersed by jealousy or injustice. Look deeper, practice mindfulness, love yourself and simplify your life. Spend more time developing relationships, health, and happiness instead of following material, career, status, income, and finding ways (though not socially acceptable) to achieve them .**

Take a few minutes and think about what makes you feel happiest. Who makes you feel the best when you're around? What in life makes you feel bad?

And now.



Focus on those good things and make a plan. Do things that make you feel happier and longer. Throw away unnecessary things or give them to those in need. Forget all the pursuits that make you feel tired.

**Get started today, right now and right after you read this article.**

I gave up the 14-year job to travel and practice new skills that have a positive impact on health, relationships, happiness and help me build a new, positive and positive lifestyle. better than before.

I didn't buy new clothes within 1 year. I also do not eat or drink, spend money at luxury restaurants. I also did not go to the spa to do beauty (I take care of myself at home). I also did not do everything to get promoted or to earn money that affected my health.

Now, after 10 years from the time of finding that secret, I feel extremely happy.

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