

Live Your Best Life

For most of us, a good life means smiles and satisfaction, self-acceptance and favorable relationships, independence and life purpose. So, how do we achieve this happiness? Many factors, including genetics, play a role. Start by making a sustained effort, over time, to do those things that will help you live a better life.

10 Steps to a Happier Life

1 Think positively. Practice optimism and you're more likely to experience more positive emotions.

2 Imagine your best self. Visualize a happy future for yourself, in all aspects of your life. You'll get that much closer to achieving it.

3 Make your health a priority. Get at least seven hours of sleep per night, exercise regularly and eat a healthy diet.

4 Enjoy the simple things. Make a list and regularly engage in these interests, whether reading a book or gazing at a spider's web.

5 Be nice. Do random acts of kindness. Treat a stranger to a cup of coffee or mow an elderly neighbor's yard.

6 Volunteer. When you read to a child or bag food bank groceries, it feels good and gives you a sense of purpose.

7 Express gratitude. Regularly consider the things you appreciate about your life and others. Send someone a thank-you note.

8 Commit to important goals. Pick something that you think you can achieve and then make a plan for how to get there.

9 View obstructions as openings. A closed door will never stop you if you see it as a portal of possibility.

10 Know when to seek help. If you're still so discontented that you wonder whether you're downright depressed, contact your healthcare provider.

October 1 Is World Smile Day®!

Some studies suggest that the act of smiling can have a positive effect on mood.

Sources include the Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services.