



THE HAPPINESS POST

Education + Joy

AN EJOYCATAL NEWSPAPER

ISSUE. 001 - MINDFULNESS

WWW.THEHAPPINESSPOST.COM

MINDFULNESS

IN THIS ISSUE YOU'LL:

- Read about mindfulness
- Create a mindful habit, while making a checklist
- Practice Mindfulness
- Do mindful challenges
- Find puzzles and games
- Read comics
- And a lot more :)



The little things?
The little moments?
They aren't little!

Stop feeling sad!
Look on the bright side!
Be positive!
Man up!

UH-OH!

What happened?
I tried to stay positive, but cracked and lost everything!

THE TRICK IS TO BALANCE THE POSITIVE WITH THE NEGATIVE!

We need to accept the positive AND the negative, instead of escaping from it!

Better?
Better!

A few simple tips for life:
feet on the ground,
head to the skies,
heart open...
quiet mind.

- Rasheed Ogunlaru

SO MUCH OF WHO WE ARE



IS WHERE WE HAVE BEEN

Hey there!
I'm here to tell you a story! Imagine you have five containers inside your mind. Containers with labels: mindfulness, health, curiosity, and togetherness. These containers hold the ingredients necessary to make us feel good and happy! In order to achieve sustainable happiness, we need to keep our containers full!
So, let's start with mindfulness. So, in this issue, and learn how to take care of our happiness. Are you ready? Let's go :)

SCAN AWAY!

SCAN EACH OF THE JARS BELOW, AND EACH TIME FIND A NEW SEGMENT!



LET'S PRACTICE MINDFULNESS WITH A TINY ACTIVITY! TRY DOING THE FIRST HAPPY EXERCISE YOU SEE IN THIS WORD SEARCH PUZZLE.

G E T O U T S I D E
S B R E A T H E E X
O W M V S Q P X C Y
C R E B M L U E L T
I T D D I A N R U R
A J I A L U P C T Q
L U T N E G L I T W
I M A C J H U Z E S
Z P T E K Q G E R Z
E M E N L X W A L K



JUST A REMINDER:

- THE WORLD ISN'T BLACK AND WHITE.
- PATIENCE IS A VIRTUE.
- NO MOMENT IS THE SAME AS ANOTHER.
- HAVE TRUST IN YOURSELF, YOUR BELIEFS AND YOUR INTUITION.
- FOCUS ON THE PRESENT.
- DON'T PUT TOO MUCH PRESSURE ON YOURSELF.
- DON'T LET YOUR EXPERIENCES BECOME FILTERED BY WHAT YOU BELIEVE YOU ALREADY KNOW.
- BE OPEN TO LEARNING AND LISTENING.

JUST A QUESTION FOR YOU TO THINK ABOUT:
WHAT'S YOUR NUMBER ONE PRIORITY RIGHT NOW?

LET'S MAKE A HABIT! FOR MINDFULNESS



1. THIS IS THE RULE:

DONE!

I DO **1** RIGHT BEFORE/AFTER **2**

1 For the first blank space, you should choose a tiny habit you'd like to build. This behavior should be:

- 1- Short (less than 3 minutes!)
- 2- Easy to do

HERE IS A LIST OF TINY HABITS YOU CAN CHOOSE FROM:

Try this breathing exercise: Breathe through your nose for 4 seconds. Feel your belly as it expands. Then, hold it for another 4 seconds. After that, exhale for 8 seconds.

Eat an almond mindfully. Look at it from all angles, feel its surface, smell it, and finally taste it.

Get comfortable in a chair or on your bed. Then, focus on different parts of your body; starting from your toes and coming up, until you reach your head.

Open your window, and mindfully look outside for one minute. Take in the colors, patterns, shapes, and smells. Simply observe, and do not be critical.

Look around you, and count 3 things you can hear.

Look around you, and count 3 things you can see.

Name the emotion you have right now.

Watch the clouds and see how they move, what shapes they have, and how they change- for 1 minute.

Close your eyes. Press the palm of your hand to your forehead. At the same time, press your forehead to your palm. Do this for 10 seconds, as you're aware of your head and hand.

Caress your hands mindfully. Feel every finger, and look at all the different parts of your hands.

Examine a flower. Look at its petals, its leaves and stem. Pay attention to its color, shape, and scent, too.

Say to yourself: Be in the present!

Be aware of your breathing for 30 seconds. Breathe in and out, don't think about anything else.

Drink a glass of water mindfully. Look at the shape of water in the glass, and focus on the drinking process.

Walk barefoot, and feel how your feet connect with the surface.

Hold some coffee in your palm. Look at the shape of the beans or the powder, touch it, and finally smell it thoroughly.

Close your eyes. Listen to one sound made by nature (the wind, the rain, etc.) and one sound made by humans (speaking, walking, etc.)

Say one thing you're grateful for at this moment.

Place your hand on your chest. Feel it expand as you breathe.

Find one texture in the place you are right now, and touch it. How does it feel? Is it soft, rough, or smooth?

Clench your fists for 5 seconds, then release them. How does releasing them feel? Repeat this a few times, and focus on the feeling in your hands.

Smile in the mirror.

Smell something nice for a few seconds.



2 For the second blank space, you should write down a very well-established behavior in your day. It should be an activity that you do at least once a day.

THESE ARE SOME EXAMPLES:



2. ADDING REWARD & MOTIVATION

DONE!

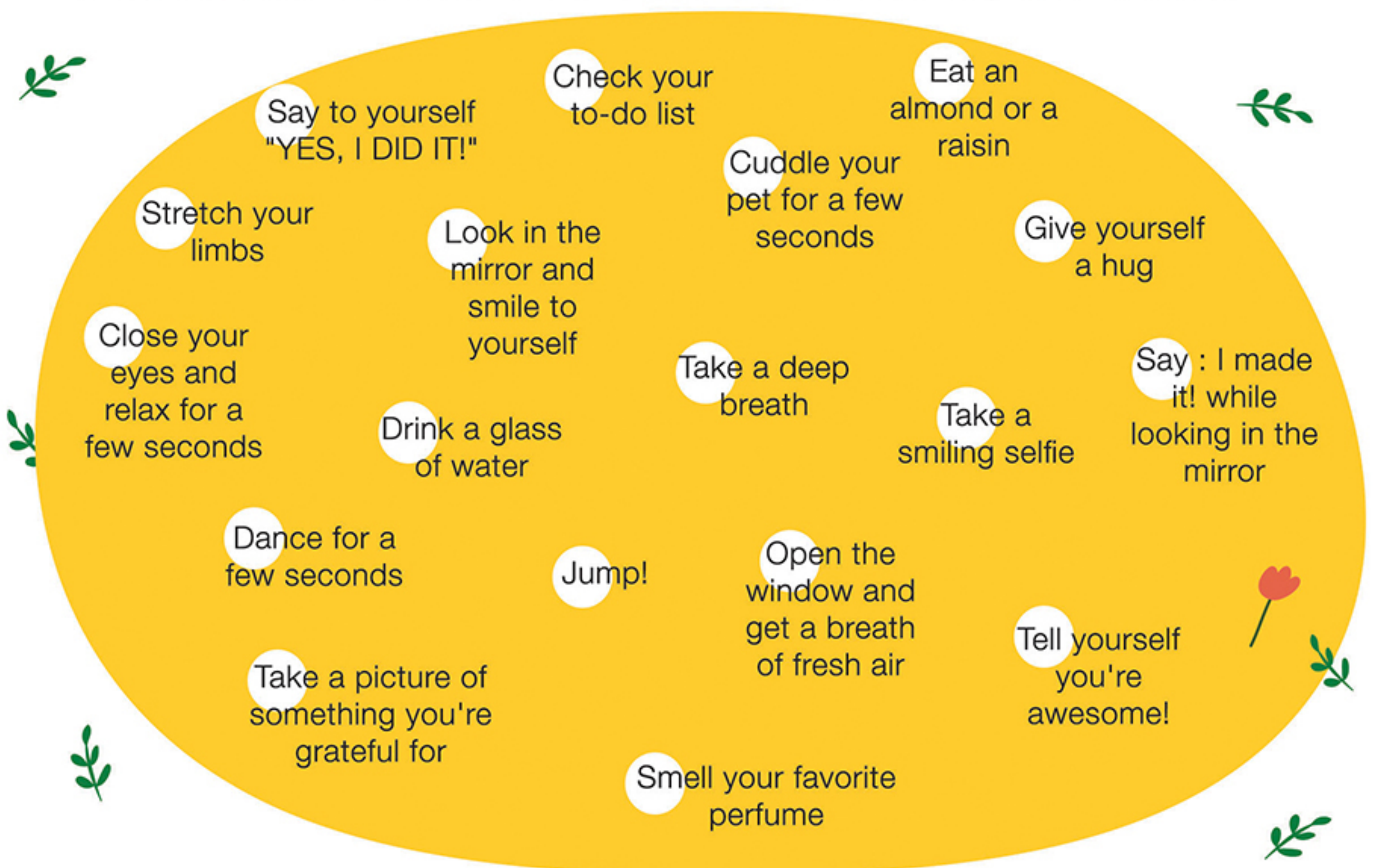
we add another part to the rule we learned:

I DO **1** RIGHT BEFORE/AFTER **2**
AND THEN, I **3**

3 In the new blank space, we should write down a very small, but positive reward! This reward should:

- 1- Give you a good feeling
- 2- Be easy to do!

THESE ARE SOME EXAMPLES THAT CAN HELP YOU PICK A REWARD FOR YOURSELF:



3. DESIGN A NUDGE

DONE!

Based on your lifestyle and the habit you'd like to build, think about this:

How can you remind yourself to do that tiny activity every time?

For example, if it's after using the bathroom, sticking a note on the bathroom mirror would work wonders!

SOME OTHER NUDGES COULD BE:



PLEASE START THE HABIT YOU'VE BEEN DESIGNING TODAY. DO IT FOR ONE DAY, AND SEE IF IT WORKS FOR YOU AS WELL AS YOU EXPECTED! DON'T GET DISCOURAGED IF YOU RUN INTO ANY PROBLEMS.



IMPROVE THE HABIT!

It takes time and effort for our habit to become ingrained in us. This page is full of tips for making your habits better for you. Hopefully, it can help you make some improvements in your habits, and get you closer to happiness!

TINY HABITS WORK BEST:



It might not have seemed like it at first, but habits are hard! That's why it's better to pick a habit that's easy for you to do. If it requires too much time or effort, you'll let go of it in a few days, and it won't become sustainable. So, go easy on yourself.

THE START IS SUPER IMPORTANT:



Beginning every habit is the hardest part of it. So, for the first 30 days, don't put any pressure on yourself to do more than you can handle. Go at your own pace, and if it's slower than you thought, give yourself time.

KEEPING TRACK:



Sometimes, seeing your progress is the best motivator for continuing a habit. After accomplishing each day's activity, you can write it in your journal, or put a mark on your calendar. Visualize your progress in any form you can!

HAVING FRIENDLY SUPPORT:



Most of us might get the urge to give up halfway through making our habit sustainable. If you struggle with these thoughts, find a friend to hold you accountable for your habit. Ask them to remind you, or to tell you to keep moving forward. Chances are, you'll become more motivated!

CATCH YOUR NEGATIVE THOUGHTS:

Your brain might tell you to stop working on your habit. "What's the point?" you might say to yourself. Well, let me answer that for you: A lot. Don't let negative thoughts keep you away from your goal. Tell yourself that you can do this and you will do it. You're not just that unhelpful voice at the back of your mind—you're full of strength. Whenever you notice a negative thought, acknowledge that it's powerless compared to you.

VISUALIZE THE GREAT RESULTS:



Think about what you'll get out of your habit, and do this every day. Whatever your habit is, imagine when you do it automatically. How good will that feel? What will you achieve then? What kind of person will you become? Focus on the good, and following your habit will become easier.

IMPERFECTION IS OKAY:



We all make mistakes. If for any reason, you miss a day, don't fret about it.

Mindfulness is my superpower



Hey there! Did you know that peace of mind allows for positive mental health?

MY MINDFUL HABIT

WRITE DOWN YOUR HABIT HERE, AND THEN KEEP TRACK OF IT.

I DO _____

RIGHT BEFORE/AFTER _____

AND THEN, I _____

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35

WHAT DO WE NEED TO BECOME MORE MINDFUL?

FIND 5 WORDS RELATED TO MINDFULNESS IN THE WORD SEARCH PUZZLE BELOW!

B X D W Y T M L G N
 A W A R E N E S S O
 X M G S B K F F L N
 P B U Y R W O E Q J
 S D F G H J C E K U
 Z X C V B N U L M D
 N O T I C E S K J J
 T R W Q S D F G H M
 Y U P S D Z X C V E
 F H G J K L M N B N
 D S W R T Y U P L T
 Z A S D F G H J K A
 X C V N B M Q W R L



BE JOYFUL

THOUGHTS AWARENESS EXERCISE



• Lie down or get comfortable in a chair. Close your eyes, and slowly let all the tension in your body go.

• Focus on your body. Feel your breathing, your arms and legs, and your head.

• Observe the thoughts that come to your head, but don't be critical of them. They're just passing by.

• If a thought happens to take your attention with it, observe this too. Then, by being kind to yourself, turn your attention back to just acknowledging your thoughts.

Can you sit still... Do nothing... and breathe deeply for the next two minutes?

MINDFUL TEA TIME (~30 MINS) DONE!

Instead of inadvertently making your tea- while perhaps checking your email or social media- try this: Prepare yourself a cup of tea, and focus on the process of making and drinking it. Slow down for a minute, and savor the process.

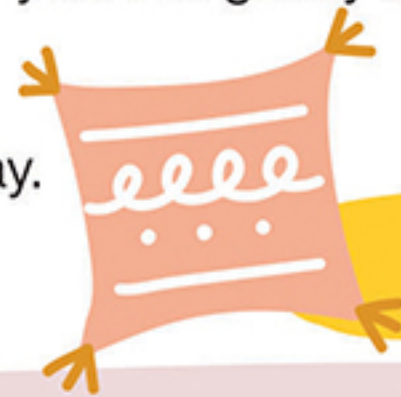
- Pick a tea based on your mood
- Prepare boiling water. Look at it as it boils.
- Add the leaves and water and wait a few minutes. While you wait, observe your teapot. Focus on how it looks.
- Take a cup of tea in your hands and feel its warmth.
- Savor every sip.



MINDFULLY MAKING YOUR BED (~2 MINS) DONE!

If you want to experience mindfulness when you wake up in the morning, try this simple activity. This is a good chance to stop doing your routine tasks while you're distracted. Something as simple as making your bed can help you become more present, less anxious, and extra cheerful.

- Stretch your limbs and breathe
- Look at your bed and its covers and pillows. How do they feel under your palm? What texture do they have? Pay attention to these details as you make your bed.
- Try not to think about anything else, just the fact that you are making your bed right now. If you start thinking about your chores and worries, bring yourself gently back to the task at hand.
- There, you did it! You accomplished a task today. Feel proud yet?



MINDFUL SHOWER (~20 MINS) DONE!

Taking a shower is a great opportunity for mindfulness exercise. It calms you down, brings you to the here and now, and relaxes your body as well as your mind.

- Take off each item of clothing by paying attention to them. Lay them down gently and one by one.
- Think about the moment you're experiencing; you're going to wash yourself off of worry and stress.
- Feel the warm water on your skin. Focus on the way it hits you.
- Start washing your body in the opposite manner.
- Smell the soap or shampoo as you run it in your hair.
- Dry yourself mindfully. Feel the towel on your skin.
- Focus on each item of clothing as you wear them.



SPENDING SOME TIME IN NATURE (~ 10-60 MINS) DONE!

When we connect with nature, we appreciate the beauty around us. Noticing the tiny details allows us to understand the world better, and reduces stress. There are many ways to do this:

- Listen to the sound of your feet on the ground
- Look at the sky, see the different shapes of clouds, and spot other things like birds and planes
- As you walk, notice the trees, flowers, animals, and bugs. See the different colors and patterns nature has to offer.
- Listen to the sounds created by nature- this could be the wind, birds chirping, etc.
- Walk back to the spot where you started your walk. Has it changed at all? In what way?

GOING FOR A MINDFUL DRIVE (~20-40 MINS) DONE!

A lot of the driving we do these days is automatic. That means that we often pay attention only to where we're going, not the journey. The next time you want to practice mindfulness, go for a drive:

- You don't need to have a destination.
- Take a few deep breaths, and clear your head.
- Get comfortable in the seat of your car. How does it feel? Touch the wheel and adjust your mirror mindfully.
- Pay attention to the road, the other cars, and the people. Try to be aware of every little detail.
- Listen to the sounds on the streets.
- Feel the wind in your hair.



WASHING THE DISHES MINDFULLY (~10 MINS) DONE!

Yes, you can actually do this! It might seem like a very mundane task, but it can be a great mindfulness exercise. Here's a guide on how to do it, but you can always change steps, and it's not fixed:

- Take a deep breath.
- Look at the dishes, the movements of your hands and fingers.
- As you wash the dishes with soap, smell it.
- Feel the foam and the water on your hands.
- Listen to the sound of running water.
- If you catch yourself lost in thought, simply bring yourself back to the moment, and be kind to your wandering mind.



EXERCISING (~10-30 MINS) DONE!

Most of us see exercise as a way to become more fit or lose weight. We usually just think about the outcome, and that's what makes exercise a chore for some of us. The next time your work out, pay attention to the process:

- Wear your favorite workout clothes, or anything you're comfortable in
- Connect with your body- how does each part of your body respond to the moves you're making?
- Breathe regularly while exercising.



DECLUTTERING YOUR ROOM (~60 MINS) DONE!

It might look like a daunting task, but just start it. When you actually begin doing it, focusing on each and every item in your room, you'll actually enjoy it.

- Touch every item mindfully. Think about how they make you feel.
- You don't have to do it all at once. Take your time.



CRAFTING (~ 5-20 MINS) DONE!

Crafts can improve our mood immensely. You can get ideas by checking out Pinterest or YouTube. And it doesn't have to take much time or effort either:

- Just remember to pay attention to the process.
- Touch all your supplies- paper, glue, scissors, etc.
- Listen to the sounds made while making your craft.
- Be aware of the movements of your hands as you follow the steps and make the craft.



COOKING (~ 60 MINS) DONE!

You don't have to be distracted when you cook. Instead, set aside some time to carefully prep your food, and make a meal for yourself that's both healthy and delicious.

- Prepare the ingredients mindfully. Look at the colors, listen to the sounds of chopping, and feel the textures.
- When you mix the ingredients or stir your food, focus on how they combine and become one thing.
- Smell your food as it is cooking.
- Taste it a little, and savor the tiny spoonful of the food.
- Be aware of each step as you follow the recipe.



A MINDFUL LUNCH (~ 20-40 MINS) DONE!

Most of us rush through our meals to get to work. However, taking your time while eating has many perks, both mental and physical. It's also quite cost-effective!

To practice mindful eating, try to:

- Turn off the TV, and put your phone away.
- Slow down when eating.
- Smell your food.
- Chew every bite carefully to savor the taste.
- Don't let any other sound distract you from the act of eating.
- How does the food make you feel? Are you enjoying it? Check in and be aware of your emotions towards the food.
- You don't have to finish the whole plate. If you're full, simply stop eating. Don't guilt yourself into eating more than you need to.

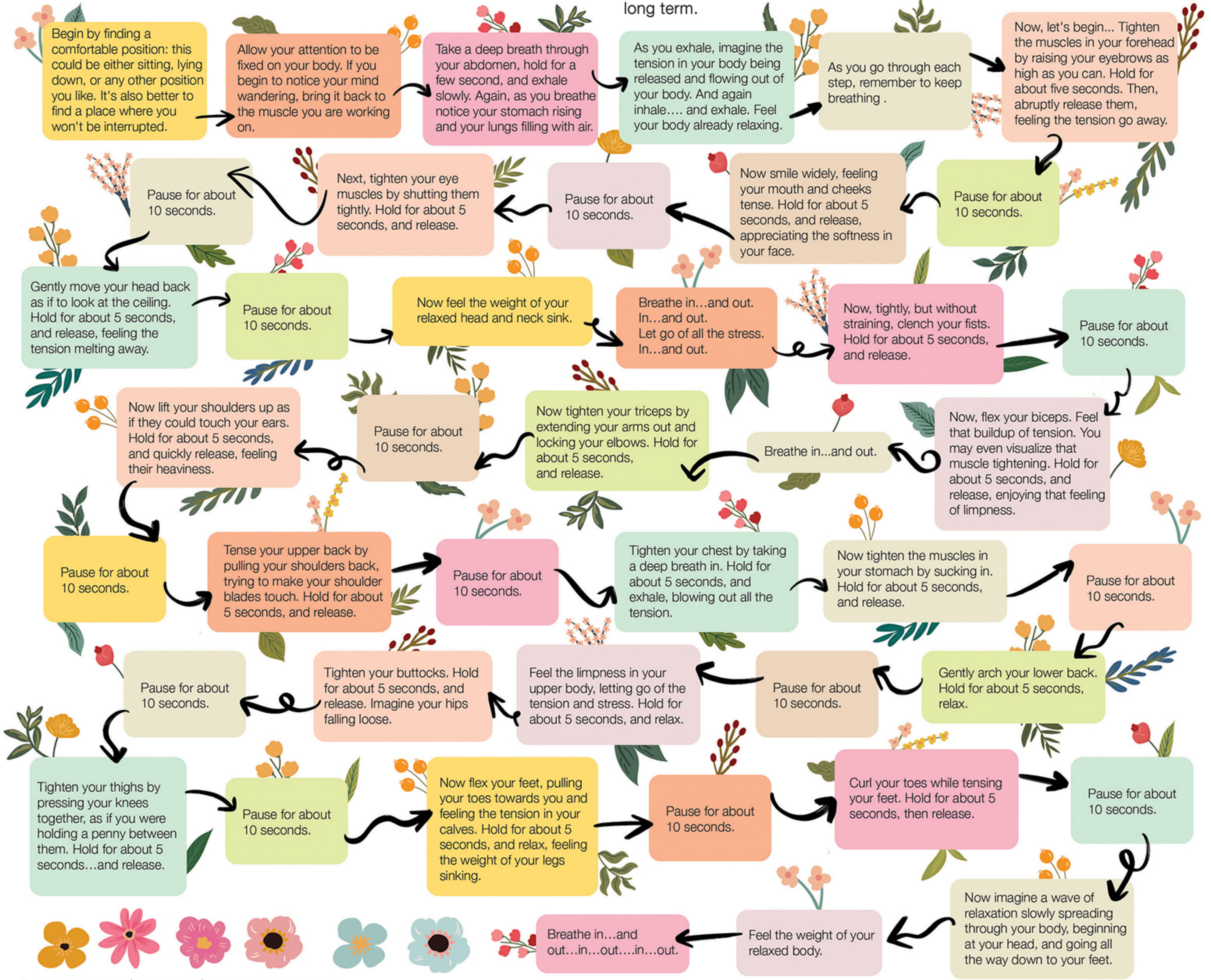


I'm proud of you :)



PROGRESSIVE MUSCLE RELAXATION (PMR):

This is a good exercise that works best for daily stress. The great thing is, when you practice it regularly, you can see the positive effects of it in the long term.



SOURCE: WWW.THERAPIST.AID.COM/THERAPY-WORKSHEET/PROGRESSIVE-MUSCLE-RELAXATION-SCRIPT

THE 5 SENSES EXERCISE

This simple exercise engages all of our senses, grounding us in the present moment. You can try this short activity when you find yourself ruminating about the past or the future.

SEE: Acknowledge 5 things you can see nearby. What colors do they have? What shapes? Do you see any tiny details? A wrinkle in your shirt, perhaps?

TOUCH: What are the 4 things around you that you can touch? This could be the feeling of your hand on your desk, the shirt against your skin, or just an object you pick up and examine with care.

HEAR: What are the 3 things you can hear? Is it the wind or the rain? People walking? The tick-tock of the clock? Simply hear the sounds, and don't think about them.

SMELL: Acknowledge 2 things you can smell. Is it the scented candle on your desk, or the mug of coffee? If there aren't any smells, just imagine your favorite scents.

TASTE: Find one thing you can taste, or imagine the taste of something you like.

SOURCE: WWW.THERAPIST.AID.COM/THERAPY-WORKSHEET/GROUNDING-TECHNIQUES

This simple technique can help you relax and shake off your worries, by influencing your body's ability to calm down. When you complete this activity, you'll be able to instantly feel less stressed! Take bigger breaths that you usually do, and let them out slowly to feel more relaxed:



HOW CAN MINDFULNESS HELP US CONTROL NEGATIVE THOUGHTS?

In our busy lives, it's easy to fall down a rabbit hole of negative thoughts, but we have ways of controlling our thoughts. How can we do it? Depression is a repetitive condition that stays with many people who suffer from it. But there are some methods we can use to prevent it from coming back to us. One of them is developing mindfulness.

WHAT IS MINDFULNESS?



Mindfulness is the practice that lets us be in contact with the present- here and now. When we're mindful, we worship life itself instead of getting lost in our thoughts about the future or the past. The opposite of mindfulness is rumination, and it's when we focus on our sadness, problems, and worries.

MINDFULNESS IS ROOTED IN EASTERN MEDITATION TRADITION AND CAN BE CHARACTERIZED AS PAYING ATTENTION IN A CERTAIN WAY- ON PURPOSE, IN THE PRESENT MOMENT, AND NONJUDGMENTALLY.

IS THERE LINK BETWEEN MINDFULNESS AND NEGATIVE THINKING?

A study conducted by Burg, J. M., & Michalak, J. tried to find out if there was a link between mindfulness and negative thinking.

They did some simple breathing meditation with the sample they were studying- the people were told to feel and observe their breath in a mindful way continuously, and return to it in an accepting, patient manner if they lost themselves in other thoughts.

THE DISCOVERY?

They found that there's a relationship between mindfulness and depressive symptoms. The more mindful the people were, the higher were their awareness and acceptance without judgment. They also found that more mindfulness brought about less repetitive negative thinking (RNT).

PARTICIPANTS WHO STAYED MORE MINDFULLY IN CONTACT WITH THEIR BREATH REPORTED LESS DEPRESSIVE SYMPTOMS DURING THE WEEK PRECEDING THE STUDY.

Brooding (comparing our situation passively with another one we can't achieve) also had a negative relationship with mindfulness. The more mindful and aware we are of life, the less time we spend on rumination and depressive thoughts.

MINDFULNESS PREVENTS RELAPSE AND RECURRENCE OF MAJOR DEPRESSION EPISODES BY ENABLING PATIENTS TO DISENGAGE FROM RUMINATIVE PROCESSES.

FINAL THOUGHTS

Mindfulness, which we can achieve with simple breathing techniques involves a kind of awareness that helps us get rid of anxiety, worries, and negative thoughts.

Mindfulness helps us achieve "an accepting attitude" towards our experience in life. Through it, we learn to live in the present, instead of dwelling on the past or worrying about things we can't change.

SOURCE: BURG, J. M., & MICHALAK, J. (2011). THE HEALTHY QUALITY OF MINDFUL BREATHING: ASSOCIATIONS WITH RUMINATION AND DEPRESSION. COGNITIVE THERAPY AND RESEARCH, 185-199, (2)35.

WHAT IS SOMETHING YOU ARE WORRIED ABOUT?

Thinking about what will happen, instead of what could happen, can help you worry less. Whenever you start to worry, answer these questions:

WHAT ARE SOME CLUES THAT YOUR WORRY WILL NOT COME TRUE?

.....

.....

.....

IF YOUR WORRY DOES NOT COME TRUE, WHAT WILL PROBABLY HAPPEN INSTEAD?

.....

.....

.....

IF YOUR WORRY DOES COME TRUE, HOW WILL YOU HANDLE IT? WILL YOU EVENTUALLY BE OKAY?

.....

.....

.....

AFTER ANSWERING THESE QUESTIONS, HOW HAS YOUR WORRY CHANGED?

.....

.....

.....

SOURCE: WWW.THERAPIST.AID.COM/THERAPY-WORKSHEET/WORRY-EXPLORATION-QUESTIONS



WHAT DO YOU THINK BECOMING MINDFUL HAS IN STORE FOR US? FIND 5 OF THEM IN THE WORD SEARCH PUZZLE BELOW.

Q	W	R	T	Y	O	P	L	K	J
B	V	C	X	Z	S	D	F	G	H
N	M	L	K	P	I	Y	T	R	W
P	L	K	J	H	G	F	D	S	Q
Z	X	P	C	L	A	R	I	T	Y
C	R	E	A	T	I	V	I	T	Y
V	N	A	M	L	K	J	H	G	F
A	C	C	E	P	T	A	N	C	E
P	I	E	Y	T	R	W	Q	S	D
L	J	G	R	O	W	T	H	G	F

+900 DAILY DOSE OF HAPPINESS IDEAS:

When I feel overwhelmed, I'm glad you're beside me

We're both growing in our own way.



You got this

The only real elegance is in the mind; if you've got that, the rest really comes from it.

Diana Vreeland

CHOOSE AT LEAST THREE OF THE CATEGORIES BELOW AND NAME AS MANY ITEMS AS YOU CAN IN EACH ONE. SPEND A FEW MINUTES ON EACH CATEGORY TO COME UP WITH AS MANY ITEMS AS POSSIBLE.

- Animals
- Movies
- Cereals
- TV Shows
- Sports Teams
- Books
- Cities
- Countries
- Fruits & Vegetables
- Famous People
- Cars
- Colors

SOURCE: WWW.THERAPIST.AID.COM/THERAPY-WORKSHEET/GROUNDING-TECHNIQUES

- Sit comfortably in a chair.
- Look attentively at the sky.
- Take in all the colors, and the shapes of the clouds- see as they change and move.
- What feelings are you experiencing?
- Observe the light around you that changes throughout this activity.
- Stretch your limbs and get up off the chair. How do you feel now?

MINDFUL CHALLENGE

Each day of this 7-day challenge will give you an exercise. These exercises work wonders for living mindfully. Set aside some time to complete each activity and win the challenge!

<p>DAY 1</p>  <p>Pick a meal (breakfast, lunch, snack, dinner) to eat mindfully today. Eat in silence and focus on every step, like cutting and chewing your food.</p>	<p>DAY 2</p>  <p>Massage your legs, feet, and hands mindfully with cream or oil. Taking care of your body in a mindful manner can bring more peace to your mind, too.</p>	<p>DAY 3</p>  <p>For today, quick multitasking altogether. Keep to one task, and don't let anyone else interrupt its flow. This way, you do that one task more efficiently, and with more peace of mind!</p>	<p>DAY 4</p>  <p>Take a bottle of water with you today. Throughout the day, take little sips, and check within yourself. What are your emotions while drinking water? How do you feel mentally and physically?</p>	<p>DAY 5</p>  <p>Notice the small things in your life today that make you happy.</p>	<p>DAY 6</p>  <p>Today, hug a loved one. Immerse yourself in the experience as you take 3 deep breaths.</p>	<p>DAY 7</p>  <p>At night, as you lie down in your bed, take a few minutes to feel different parts of your body. Then, take 10 deep breaths, in and out.</p>
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BINGO!

CHECK ALL THE MINDFULNESS ACTIVITIES YOU DO ON A DAILY BASIS, AND PUT THE OTHERS ON YOUR TO DO LIST!

Washing the Dishes Mindfully	Journaling	Mindfully Making Your Bed	Mindful Shower
Mindful Listening to People	Mindful Listening to Music	Mindful Cooking	Mindful Crafting
Mindful Reading	Mindful Driving	Mindful Walking	Mindful Exercising
Spending Time in Nature	Mindful Eating	Mindful Decluttering	Mindful Gardening

Hey there! Did you know that a healthy mind, signifies a healthy body?

JUST A QUESTION FOR YOU TO THINK ABOUT: AM I LIVING A LIFESTYLE THAT PROMOTES PHYSICAL, MENTAL AND SPIRITUAL WELLBEING?



Have you ever used the subway, gotten home, and forgotten completely what happened during your time there? You might have been distracted by your thoughts, or busy on your phone. Next time you use the subway, you can do this simple exercise

- Take a few deep breaths.
- Pay attention to the different sounds you hear on the subway or at the subway station.
- Look around you, at all the people and colors. Remember not to be critical, just observant.
- Notice your own thoughts and feelings as you see and hear the world around you.

1 What if I don't get that job...? What if they all hate me...?

2 Oh-uh! She's overthinking again!

3 Managee! We need to bake happiness! I'll fill the mindfulness jar!

4 It's getting filled! Cool! hopefully she'll notice this pretty autumn!

5 The attention to the moment cake! One of your masterpieces!

6 Aw, look at that cute dog!

7 It's a beautiful autumn, don't you agree?

MY MINDFUL CHECKLIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

It's gonna BE OKAY

I'm afraid I might be different from everyone else

I'm afraid I might be the same



COLOR ME MINDFUL

Coloring or doodling is a good, meditative activity that you can accomplish from time to time. It helps you find your inner calm, and make something in the process!

- Take out all your stationery products- pencils, pens, markers, everything. Feel each of them when you're using it.
- Feel the paper and the drawings, or doodle whatever comes to your mind right now.
- Focus on how the colors fill the shapes on the paper.
- Take it slow.

LISTEN TO THIS PLAYLIST

WHILE COLORING:



THOUGHT RECORD JOURNAL

When you notice your mood drop, take a moment to notice what thoughts are passing through your mind, and then jot these down in the Automatic Thoughts. Then, complete the rest of the sheet (i.e., date & time, situation, and so on).

Starting over

is doing it better

Hey there! Just wanted to remind you that mental health is an essential element of elegance!

Let's do THIS!

DATE & TIME

SITUATION WHAT WERE YOU DOING?

AUTOMATIC THOUGHT(S) WHAT EXACTLY WERE YOUR THOUGHTS AT THE TIME? AND HOW MUCH DID YOU BELIEVE EACH THOUGHT (%100-0)?

EMOTION(S) HOW DID YOU FEEL AT THE TIME? AND HOW INTENSE WAS THE EMOTION (%100-0)?

ALTERNATIVE THOUGHT(S) WHAT EVIDENCE IS THERE THAT THE AUTOMATIC THOUGHT IS TRUE? IS THERE AN ALTERNATIVE EXPLANATION?

OUTCOME HOW MUCH DO YOU BELIEVE IN THE ORIGINAL AUTOMATIC THOUGHT NOW (%100-0)? HOW DO YOU FEEL NOW (%100-0)? WHAT CAN YOU DO NOW?

REARRANGE EACH SET OF BOXES TO SPELL OUT A SERIES OF WORDS WHICH BECOMING MINDFUL HAS IN STORE FOR US:

- EA TY CR VI TI
- CE AC PT CE AN
- TH O W G R
- TY CL R I A
- A E E C P

You're doing great :)

JUST A QUESTION FOR YOU TO THINK ABOUT: WHATEVER I DO, IS IT THE BEST IN QUALITY AND PERFORMANCE?

SOURCE: POSITIVEPSYCHOLOGY.COM/wp-content/uploads/03/2017/THOUGHT-RECORD-WORKSHEET.PDF

LISTENING TO MUSIC MINDFULLY

For this exercise to work, you need an environment free of chaos. Your own bedroom would be a great place to start. This activity can increase your focus, and take you out of ruminations about the future or the past.

- Get comfortable.
- Breathe for 30 seconds, and be aware of your breathing.
- Start playing your favorite playlist.
- Allow yourself to listen deeply to the music, and embrace all the sounds.
- Try to identify each instrument used, or simply focus on the piece you're listening to.
- If your thoughts begin wandering off, bring your attention back to the music without self-criticism.

MINDFULNESS CARDS

LET ME TELL YOU YOUR FUTURE, YOUR NEEDS AND DESIRES... NOPE! JUST A FUN PRACTICE :) CHECK YOUR ZODIAC CARD TO SEE WHICH MINDFUL PRACTICE YOU CAN DO TODAY.

<p>Get comfortable in a chair or on your bed. Then, focus on different parts of your body; starting from your toes and coming up, until you reach your head.</p> <p>ARIES</p>	<p>Watch the clouds and see how they move, what shapes they have, and how they change- for 1 minute.</p> <p>TAURUS</p>	<p>Close your eyes. Press the palm of your hand to your forehead. At the same time, press your forehead to your palm. Do this for 10 seconds, as you're aware of your head and hand.</p> <p>GEMINI</p>	<p>Be aware of your breathing for 30 seconds. Breathe in and out, don't think about anything else.</p> <p>CANCER</p>	<p>Close your eyes. Listen to one sound made by nature (the wind, the rain, etc.) and one sound made by humans (speaking, walking, etc.)</p> <p>LEO</p>	<p>Clench your fists for 5 seconds, then release them. How does releasing them feel? Repeat this a few times, and focus on the feeling in your hands.</p> <p>VIRGO</p>
<p>Walk barefoot, and feel how your feet connect with the surface.</p> <p>LIBRA</p>	<p>Drink a glass of water mindfully. Look at the shape of water in the glass, and focus on the drinking process.</p> <p>SCORPIO</p>	<p>Open your window, and mindfully look outside for one minute. Take in the colors, patterns, shapes, and smells. Simply observe, and do not be critical.</p> <p>SAGITTARIUS</p>	<p>Caress your hands mindfully. Feel every finger, and look at all the different parts of your hands.</p> <p>CAPRICORN</p>	<p>Try this breathing exercise: Breathe through your nose for 4 seconds. Feel your belly as it expands. Then, hold it for another 4 seconds. After that, exhale for 8 seconds.</p> <p>AQUARIUS</p>	<p>Examine a flower. Look at its petals, its leaves and stem. Pay attention to its color, shape, and scent, too.</p> <p>PISCES</p>

JOYFUL MONTH

ARE YOU LOOKING FOR INSPIRATIONS FOR YOUR DAY? THEN LOOK NO FURTHER. USE THIS CALENDAR TO MAKE YOUR MONTH MORE INSPIRING!

CHANGE THE WAY you look at things

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEDITATING DAY	FRIENDSHIP BRACELET DAY	OLD STUFF DAY	TRY JAPANESE FOOD DAY	MARCH FOURTH & DO SOMETHING DAY	READ A NOSTALGIC BOOK DAY	ELIZABETH BARRETT BROWNING DAY
CALL YOUR AUNT DAY	INTERNATIONAL WOMEN'S DAY	GET OVER IT DAY	NO SMOKING DAY	JANE MEADE WELCH DAY	LISTEN TO SONGS WITH TREES IN THE TITLE	WORLD SLEEP DAY
INTERNATIONAL ASK A QUESTION DAY	TRUE CONFESSIONS DAY	NO SELFIES DAY	WEAR GREEN DAY	FORGIVE MOM AND DAD DAY	DUST YOUR HOME DAY	INTERNATIONAL DAY OF HAPPINESS
READ A PERSIAN POEM DAY	SAVE WATER DAY	EMMY NOETHER DAY	DOROTHY HEIGHT DAY	MAKE GREEK FOOD DAY	WEAR PURPLE DAY	SHUT OFF YOUR LIGHTS DAY
DANCE LIKE NOBODY'S WATCHING DAY	LISTEN TO THE PIANO DAY	TAKE A WALK IN THE PARK DAY	INTERNATIONAL TRANSGENDER DAY OF VISIBILITY	MAKE A FRIEND DAY	SHOW YOUR LOVE DAY	DO A GROUGH A FAVOR DAY



WHAT IS LIFE BUT ONE GREAT adventure

Hey there! Just wanted to remind you that every day can be joyful. Because you are the one who creates the joy!



LITTLE JOYS AGENDA

DID YOU ENJOY THIS CALENDAR? THEN LET US INTRODUCE YOU TO OUR FREE APP! LITTLE JOYS AGENDA IS A TOOL THAT HELPS YOU BRING TINY HAPPY ACTIVITIES TO YOUR LIFE AND MAKE IT A DYNAMIC ADVENTURE TOWARDS YOUR GOALS. IT'S GOT PLANNED JOYFUL ACTIONS FOR EACH DAY THAT ARE BOUND TO KEEP YOU ON THE RIGHT TRACK OF POSITIVITY AND GRATITUDE FOR THE SMALL THINGS!

DOWNLOAD LITTLE JOYS AGENDA APP FOR FREE!



GOOGLE PLAY



APP STORE

CAN LAUGHTER IMPROVE OUR MOOD?

HOW MANY TIMES DO YOU LAUGH DURING THE DAY? HAVE YOU EVER NOTICED HOW MUCH YOU LAUGH IN GENERAL? IT'S EASY TO LAUGH ON SOME DAYS, PERHAPS WHEN WE'RE WITH FRIENDS AND LOVED ONES. BUT WHAT ABOUT ALL THE TIME WE SPEND ON OUR OWN? DOES IT EVEN MATTER IF WE LAUGH OR SMILE MORE? WELL, TWO PSYCHOLOGISTS DID AN EXPERIMENT* TO SEE THE RESULTS OF LAUGHTER AND SMILING ON MOOD.

THEY TOLD PEOPLE TO DO A SIMPLE TASK FOR ONE MINUTE EACH:

1. BROAD SMILING
2. FORCED HEARTY LAUGHING (WITHOUT ANY HUMOR INVOLVED)
3. HOWLING (IT'S ENERGETIC, BUT MIGHT BE DIFFERENT FROM ANOTHER ENERGETIC ACTIVITY LIKE LAUGHING)

THE PEOPLE DID ALL THE TASKS ALONE.

AFTER EACH TASK WAS OVER, PARTICIPANTS HAD TO CIRCLE ONE FACE (OUT OF SEVEN) ON A PIECE OF PAPER TO SAY WHAT MOOD THEY WERE IN.

ONE MINUTE OF HOWLING DIDN'T IMPACT THEIR MOOD MUCH. THIS SHOWS THAT NOT ALL ENERGETIC VOCAL ACTIVITIES HAVE POSITIVE EFFECTS ON OUR MOOD.

HOWEVER, ONE MINUTE OF SMILING DID IMPROVE MOOD.

BOTH LAUGHTER AND SMILING IMPROVED MOOD, EVEN WHEN NOT DONE IN A SOCIAL SETTING.

THROUGH THIS STUDY, WE CAN SEE THAT THE MORE WE LAUGH OR SMILE DURING THE DAY, THE MORE WE CAN ELEVATE OUR MOOD. WHEN WE LAUGH OR SMILE, NO MATTER THE REASON OR THE SITUATION, WE FEEL LESS STRESSED AND MORE AT EASE WITH EVERYTHING.

IN THE END, EVEN A LITTLE SMILE OR A LAUGH CAN HAVE A BIG IMPACT. THEN WHY NOT DO THAT MORE OFTEN?

JUST A QUESTION FOR YOU TO THINK ABOUT: HAVE I DONE ANYTHING LATELY WORTH REMEMBERING?

Collect MOMENTS, not things



TOOLBOX:

DO YOU NEED A 5-HOUR HEALING EXPERIENCE? THEN THIS IS A GIFT FOR YOU:



* EFFECTS OF LAUGHING, SMILING, AND HOWLING ON MOOD. CHARLES C NEUHOF, CHARLES SCHAEFER, 2002

A WORD FROM WILLIAM GREEN

THE AUTHOR OF RICHER, WISER, HAPPIER: HOW THE WORLD'S GREATEST INVESTORS WIN IN MARKETS AND LIFE (SCRIBNER/SIMON & SCHUSTER, APRIL 2021).

Over the last 25 years, I've interviewed many legendary investors, including countless billionaires. I share the most valuable lessons that I've learned from them in a recent book titled Richer, Wiser, Happier: How the World's Greatest Investors Win in Markets and Life. There's a lot we can learn by studying and replicating the habits and behavior of the most successful investors. But there's one idea that I'm particularly pleased to share with readers of The Happiness Post because it seems very much in keeping with the positive, upbeat spirit of this newspaper.

One of the great investors I interviewed for my book is named Tom Gayner. He's the co-CEO of Markel, a FORTUNE 500 company with insurance and investment operations all over the world. Gayner is a powerful person, overseeing more than \$20 billion in stocks and bonds, along with a collection of 19 fully owned companies, not to mention about 17,000 employees. As you'd expect, he's extremely driven, smart, and capable. But what stands out most to me is how decent and amiable he is. And I believe that this is a critically important aspect of his competitive advantage.

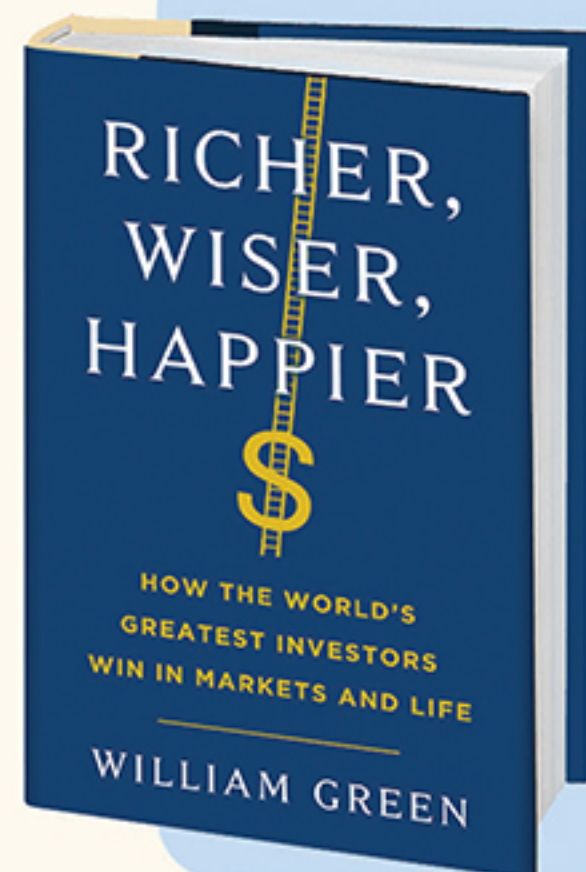
During the two days I spent at his office and home in Virginia, Gayner told me, "One of the advantages I have is that I'm a nice guy. I try to help people. I try to do the right thing. As a consequence, what I've found is that I have this wonderful network of friends, colleagues, and associates who are rooting for me, rather than against me. And they help you. They just help you."

As I explain in my book, we often assume that you have to be ruthless to elbow your way to the top — an impression that's reinforced by TV shows like Billions and Succession, which dramatize the immoral scheming of rapacious billionaires. But Gayner illustrates the subtler benefits of consistently looking to be kind and decent. I've come to think of this underappreciated edge as the Mensch Effect.

Guy Spier, a well-known hedge fund manager and close friend of mine who runs the Aquamarine Fund, invests so much of his energy in helping others that he is similarly surrounded by people who wish to help him. Spier describes this phenomenon as "the compounding of goodwill."

If your goal is sustainable success, Gayner is convinced that it works better to behave admirably, not least because more people want to do business with you if you're trustworthy. "Sometimes people build great careers and enjoy great successes for a period of time through bluster and bullying and intimidation and slipperiness," he says. "But that always comes unraveled. Always. Sometimes it takes a while, but it does. The people you find that just keep being successful year after year after year after year, I think you find those are people of deep integrity."

As Gayner and Spier suggest, it's not necessary to behave unscrupulously to achieve spectacular success, even in a voraciously capitalistic business environment where self-serving behavior may seem like the norm. They embody what I like to describe as a kind of "enlightened capitalism." Their attitude offers a hopeful path forward, providing their admirers with ample cause for celebration.



IN RICHER, WISER, HAPPIER, WILLIAM GREEN DRAWS ON INTERVIEWS THAT HE'S CONDUCTED OVER TWENTY-FIVE YEARS WITH MANY OF THE WORLD'S GREATEST INVESTORS. AS HE DISCOVERED, THEIR TALENTS EXTEND WELL BEYOND THE FINANCIAL REALM AND INTO PRACTICAL PHILOSOPHY.



- Mindfulness attitudes:
1. Non-judging
 2. Patience
 3. Beginner's Mind
 4. Trust
 5. Non-Striving
 6. Acceptance or Acknowledgment
 7. Letting Go - Letting Be



RELAX, CLOSE YOUR EYES AND EMPTY YOUR MIND OF WORRY AND BURDENS OF THE DAY. THIS IS THE BEST TIME TO CALM YOUR MIND. SCAN THIS PLAYLIST:



FILL THE EMPTY SPACES DOWN BELOW.

Be present

Be patient

Be gentle

Be kind

Be efficient

Be humble

Be unbiased

Be willing

Be caring

Be reliable

Be logical

Be honest

Be optimistic

Be Yourself



Times I have made others happy...	What I value the most...
Things that make me unique...	I have helped others by...
Challenges I have overcome...	What I like about my appearance...
Compliments I have received...	Things I am good at...

SOURCE: WWW.THERAPISTAD.COM/THERAPY-WORKSHEET/MY-STRENGTHS-AND-QUALITIES

COFFEE & CROISSANTS

TIME TO CALM DOWN AND GET COZY WITH A BUNCH OF GOOD FEELINGS AND SELF-LOVE! SCAN THIS PLAYLIST:



Hey there! Look how far you've come! I'm so proud of you :) Remember to practice mindfulness and be aware of your moments. Because life might be hard, but it's incredibly beautiful.



THESE PEOPLE ARE AWESOME

The Happiness Post was a dream come true thanks to these awesome people whose thoughtfulness will be cherished forever.

BRANDEN HARVEY

AMIR GANJEI

MARC LIJOUR

NATASHA N.

HEATHER FRASE

AUSTIN HOUGH

JAMES MCINNES

MEIKE L.

KERRI

KATE GEAR

EDWIN CHAPPELL

STEPHANIA

TERRI CONNOR

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SARAH

GOLROKH BAHRI

NEGAR HAGHIGHAT

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LÖWENPOWER LEONHARDY

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MAREK

JORDAN DRAPER

ALIREZA MEHRZAD

MICHAEL FLARUP

Thank you so much!

so grateful

appreciate it

deepest gratitude

couldn't have done it without you

Much obliged

Thanks for having our back

Much appreciated

such a blessing

can't thank you enough

cheers

so kind of you

Your support means the world

Many thanks

beyond grateful

thanks a bunch

blown away by your kindness

blown away by your kindness

forever indebted

sincerely applaud you

COLORFUL GIFT:

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TELL THEM TO USE THIS CODE FOR A **%50** OFF ON THEIR FIRST MONTH OF SUBSCRIPTION:

COLORFUL50

*FOR NEW SUBSCRIBERS ONLY

WWW.HAPPINESSPOST.COM

DID YOU KNOW?

- US adults' average daily time spent with major media will slightly exceed 12 hours. Teens following their parents lead, spend up to 7 hours on screens each day.
- Young people who spend 7 hours or more a day on screens (phones, TV, computers) are more than twice as likely to be diagnosed with depression or anxiety than those who use screens for an hour a day.
- Students who read texts in print score significantly better on the reading comprehension test than students who read the texts digitally.
- Mindfulness-based approaches can significantly reduce the symptoms of anxiety and depression. They can also help people who have been depressed several times to stay well and avoid relapsing.
- The Happiness Post apart from being a preventive solution for mental disorders, is a mindful activity itself.

DO YOU...

- WANT A GROUP SUBSCRIPTION?
- WANT TO TALK ABOUT THE NEWSPAPER?
- WANT A BOX IN THE NEWSPAPER?
- WANT TO HELP US IN ANY WAY?
- JUST WANT TO SAY HI?

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