TAKE A SMILE
Stay Positive • Stay Happy

Come and Join Us!

Explore the beauty everyday
We all need to belong. Psychologists found that one of the best ways to manage our daily stress is through seeking and receiving social and peer support. Having a network of supportive and nurturing relationships would enhance a sense of belonging, self-worth and feeling of security.

Nurturing Relationship

Staying connected with family and friends provide comfort, support and compassion. You would experience more positive emotions by cultivating and nurturing the relationships around you. In the meantime, the enhanced feeling of happiness would attract higher quality relationships, which will lead you even more joyful.

Hope is a positive psychological construct that can lead to the enhancement of positive emotions about the future (Snyder, 1994). Rick Snyder, one of the leading specialists in hope, considers hope as one’s ability to conceptualize goals clearly, set strategies for self-achievement and motivate oneself during the process. A goal can be anything that we desire to experience, create, get, do or become.

Simply, we feel hopeful if we know what we want, are able to think of a range of ways to get there, start and keep the momentum. Feeling hopeful, having a sense of purpose and being optimistic promote own happiness. Having realistic and meaningful goals enhance our self-esteem, to be more fulfilling, confident and efficacious.

Set your specific personal goals for the next few months or years. Think of concrete actions to make them happen.
Write down and review from time to time, and see how your goals are successfully realized.

“Showing Kindness”

Being generous and sharing foster a blissful life. Any simple and easily achievable acts of kindness promote happiness in others and ourselves. Besides practicing numerous small acts of kindness every day, trying to commit one new and special larger act of kindness to maximize your level of happiness once a week. Voluntary work is the most simple and effective way to show our kindness to people in need. It can also promote a sense of individual empowerment. Let’s soothe and be soothed!

Practicing Mindfulness

Relaxation and breathing exercises, as well as mindfulness meditation have been proven effective to alleviate the effects of stress, anxiety and related problems such as insomnia, low mood and poor concentration.

Mindfulness means “paying attention in a particular way: on purpose, in the present moment, non-judgmentally” (Jon Kabat-Zinn, Centre for Mindfulness in Medicine, MIT). Regaining your inner peace by practicing meditation, mindful drawing, mindful writing and mindful eating, etc.

Psychologists shared that optimism can be about global expectation about a positive future or general outcomes.

Optimistic people attribute their failure to causes that are external, transient and specific, as opposed to causes that are internal, long-lasting and pervasive. Optimistic people would keep on trying to accomplish their goals even after repeated failure, so they are more likely to achieve and succeed.

One of the strategies to engage in optimistic thinking is to reinterpretenframe an undesirable situation to a more positive, constructive and helpful experience. You may practice this kind of thinking pattern by “seeing the good in the bad” and share your personal experience with others.

“If you want to be happy, practice compassion” says Dalai Lama. Scientific research revealed that practicing acts of kindness is not only good for the recipient but also the doer.

“We create our own happiness.” Positive psychology is about taking proactive approach to create our own happiness, instead of waiting for it to happen. Many psychologists suggested that we have capacity to control about 40% of our individual happiness. Our overall happiness is accounted for by our daily activities and the conscious choices we make. Our actions really make a difference.

Dr Sonja Lyubomirsky, a psychologist, suggested showing your gratitude to others; cultivating optimism; practicing acts of kindness; nurturing strong social relationships; practicing mindfulness; exercising, feeling hopeful and cultivating laughter are all the strategies for boosting happiness.

Let’s learn how to achieve authentic happiness through developing the seven “happy habits”:

Laughing has been scientifically proven to lower blood pressure, improve concentration and alleviate anxiety, stress and depression. People who often laugh are found more attractive by others and have better relationships too.

The interplay between emotions and physical expressions is moving in a bi-directional way. When we see or hear people laugh, we tend to laugh ourselves, which makes them laugh further, and so on.

You would experience more positive emotions by stimulating your facial muscles (putting a “smile” on your face). Involve yourself in a group of laughing people. It’s contagious! An authentic laughter surely boost our happiness by letting us to experience more positive emotions.

Optimism supports happiness, well-being and success. Optimists are more likely to have a “can’t” attitude towards life, as opposed to a “will do” attitude. A positive attitude is the foundation of an optimistic thinking. To practice optimizes thinking, you can:

1. Think about the positive aspects of the situation.
2. Focus on the positive aspects of the situation.
3. Look for opportunities in every challenge.
4. Accept that setbacks are a part of life.
5. Be grateful for what you have.

Gratitude heals, energizes and transforms lives. The practice of gratitude is to focus on the present moment, on appreciating life as it is today and what has made it so. Robert Emmons, a leading scientific expert on gratitude, defines gratitude as “a felt sense of wonder, thankfulness, and appreciation for life.” Research suggested that you would be happier by cultivating an attitude of gratitude.

Share what you feel grateful for this week. Let’s start explore and capture the beauty every day and share it out.