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Share on Pinterest While you're thinking about the things you waste the most, you might find yourself listing important occasions: graduation, exciting new work, promotion, your annual vacation, even the COVID-19 vaccine (the end of physical dyslege would indeed be a significant opportunity). It's normal to anticipate significant events, but putting all the energy into these main attractions can make you skip the usual (but equally important) parts of your everyday life. When you turn your attention to these moments and give yourself the opportunity to enjoy them, you can bring a little more joy to your everyday life. The difference between joy and happiness is at the heart of what enjoying small things means:Happiness describes a state of being that may depend (at least a little) on what's going on around you. Make no mistake, you can definitely achieve good health on your own, but outside events and actions by others still sometimes have an impact. Joy, on the other hand, describes a feeling that can be awakened in an instant. The joyful moments you collect every day increase satisfaction and satisfaction, even if bigger dreams never come true. The tips below offer ways to enjoy the little things every day - and most of them cost nothing. Everyone deserves small luxuries, such as a nice meal or bouquet of flowers. But you can still create pleasant moments when you don't have the money. You may have heard the advice to enjoy small things so often that words have become almost meaningless. But research suggests that this small sentence has great advantages behind it. A 2012 study valued more life satisfaction than personality traits, gratitude and demographic factors such as gender, age and ethnicity. Taking time away from the pleasures of life, however small, can contribute to satisfaction even when things aren't going the way you hoped. Maybe you're a little sad about being single, especially when friends start moving in with their partners, announcing a wedding or having kids. At the same time, you may feel deep joy when you wake up from a bed that is entirely in your completely quiet house, and you can spend the day doing whatever you want. The way to appreciate small moments of pleasure and joy bubbling without warning or planning often contributes more to lasting happiness than big days that rarely come. The pursuit of these good vibes can even improve your health. The positive emotions you experience while enjoying the little joys of life could:If you fight with your snooze button every morning, this tip might make you complain - but keep going, try it anyway. If the idea doesn't get you at all, give yourself an extra challenge by aiming 30 minutes earlier than usual. You may feel a little groaned, but try. attention sensations that you usually don't have time to experience. The world often feels different in the morning, so step outside (or stand near an open window) to enjoy your morning drink. Instead of resetting the negatives, such as your dingy apartment complex or your neighbor's yard debris, note the positives. Maybe it's a friendly cat that comes to say hello, cool morning air or the last dawn drinks in the clear sky. Waking up earlier also means you don't have to rush through your morning. Think of this for 15 minutes as a gift to yourself - a way to start your day happy and peaceful. Walking is a low way to step out of your usual space and find pleasure in the natural world. Walking can help relieve stress and promote positive emotions with instant mood boosters such as sunlight and fresh air. It can also inspire curiosity and creativity when you notice birds and plants you've never seen before (try an app like iNaturalist to learn more about what you see). If you have access to a large, natural space such as a park or wildlife park, great. But even a block with a couple of nice trees or flowering houses can do the job. Noticing your surroundings can help keep your thoughts in the present and maximize the joy of walking. Try to invite the loved one along to make it more enjoyable. So you don't want to go for a walk? Sitting outside on the porch or sitting under a nice tree can also inspire calm and happiness. A study from 2020 suggests that household gardening, especially vegetable gardening, can improve emotional well-being. Watering the plantations and growing it into a flowering or fruit plant can feel very rewarding. If your plant produces something to eat, you can enjoy your achievement again when eating something self-grown. Evidence also suggests a more direct link between gardening and happiness. According to a 2007 animal study, Mycobacterium vaccae, healthy bacteria that live in dirt, can help increase serotonin production in your brain. Serotonin could help relieve low or anxious mood, making it easier to enjoy gardening. Even if you don't have a green butt, a small, easy-to-manage houseplant or two can lift your spirits and provide another small way to enjoy nature when you're stuck in a house because of rain, quarantine or anything else. Choose one of these plants and you will be rewarded not only with added joy, but also with fresh air. In these ages of digital connecting, text messages often outperform old-fashioned calls as the primary method of communication. Text messages are certainly faster and more convenient. Calls that last for a while can be challenging when you have other things to do or don't like talking on the phone. Still sound is a small pleasure that many people tend to ignore. Try setting setting 10 or 15 minutes a day calls a friend or family member. Laughing at them or telling an animated story can bring you joy in a way that a text message, without a tone of voice, can't quite compare to. Remember, you're not the only one enjoying the call. It'll probably brighten up their day, too. People often rush through eating, but food can bring a lot of joy to your daily life, if you allow it. Baking is one way to make the kitchen a happier place. Baking is not just a way to produce delicious pastries. It can also help calm anxiety, depression, stress and other mental health symptoms. Mixing and getting ingredients also involves a certain kind of magic (OK, chemistry). If you've ever bothered the art for a really long time or beat eggs for the ribbon stage, you know that baking can also become a mindfulness exercise - another key to appreciating small moments in life when they happen. When the internet is full of recipes for dietary needs, why not try it? Baking can prove rewarding in itself, but taste testing can enjoy a completely different pleasure. If you enjoy reading, you probably feel very happy to be absorbed into a fascinating story and befriend new characters. Or maybe you're a non-fiction writer who enjoys facts, a humorous twist of expression, or a well-reasoned argument. Reading can inspire and inspire. It can expose you from different perspectives and interfere with worries. In addition, reading an account about someone else's distress can renew the appreciation of one's own life. According to a 2013 study by Booktrust in the US, which promotes reading, regular readers tend to:they have higher life satisfaction reporting higher levels of happiness, believing that their lives are profitableAudio books offer a great alternative to physical books if you can't make reading a regular habit for any reason. (Yes, listening to an audiobook counts as reading!) Stars are pretty big things, not little things. However, taking a few minutes in the evening to step out and look up is a small activity that can create a great sense of respect and joy. You don't have to appreciate the beauty of the night sky as an astronomer. Notice all the constellations you recognize and try to find a few new constellations. If you get to a secluded place, take a glimpse of the Milky Way in the southern sky.According to a 2014 study that explores the benefits of nocturnal nature activities, regular starry skies report positive emotions such as relaxation and wonder, as well as a sense of connection to nature. Your life, like much of the universe, hasn't been explored yet. Prioritizing this exploration rather than focusing on your destination can help increase your enjoyment of the small moments that lead to Bigger. Encouraging yourself to enjoy the mundane and exciting can make your life richer. Instead of moving from one rewarding goal to another, look at life itself - and all the simple joys it has to offer - as a reward. Crystal Raypole has previously worked as a writer and editor of GoodTherapy. His interests include Asian languages and literature, Japanese translation, cooking, natural sciences, gender positiveness and mental health. In particular, he is committed to reducing stigma around mental health problems. Absurd Driven looks at the corporate world with skeptical eyes and tightly rooted tongue-in-cheek. It's come at the time of the year when you might ask yourself this festive question: What on earth am I going to do with my life? It's a particularly important issue when the world seems to be spinning on multiple axes at once and the business world is associated with employment relationships that are more fragile than the San Francisco 49ers' perception of customer satisfaction. You might want to listen to Kristin Addis' story. Sounds lucrative. He lived in Southern California. Sounds like an excellent place to get a lucrative job. He brought six figures. And then he stopped. This was 2012, when investment banking is doing pretty well, thank you very much. It was difficult for me when our paid time off was only 14 days a year. We went to the office to vomit our guts as we didn't want to use our holiday time when we were sick. I felt then that even if I wanted to, in that 14 days I wasn't allowed to take it all at once. I felt, How much is this money worth if I don't have the opportunity to spend it on what I want? He told Business Insider.Does that sound familiar at all? Will you look over the horizon of your beautifully designed workstation and wish you were elsewhere doing everything else? Addis, 29, decided to do something she really loved: Travel.Sometimes this is the cliché of beauty pageant contestants. They want to travel and see the world. (Not to mention helping all the children of the world.) Addis didn't necessarily have a plan, but he began to relate his experiences through a website called Be My Travel Muse. He's making less money now, but what number would your inner actuary make wander around China, Iceland, Belize or Botswana without you have to sit in meetings or bow to a caring boss? Is life about accumulating cash or experiences? Do you feel better because your pockets bulge with so much money or because you have so many stories to tell? Addis explained his philosophy this way: I think for many people, the most precious thing in life is not cash - it's something free time or freedom. There is something painfully ridiculous when we listen to the freedom claimed by political parties. We try to limit so many of our personal freedoms. It's just as ridiculous when companies claim to offer you a future when the future looks pretty similar to the current one, and there's more pressure involved. Addis still works, writes about his life and sometimes works with brands when traveling. He's setting himself up in Berlin. He says he sometimes works longer hours than before in banking. On the other hand, he's free to disappear for months without anyone saying to him he can't. Perhaps the most moving thing about his life is that he doesn't plan his travels. He doesn't look to the Lonely Planet or any other fine sherpa to guide him along the way. Instead, he simplifies life, feels what locals do and tries to experience it and more. He doesn't think everyone should do what he does - although he says his efforts over the past three years now bring him about 40 percent of what he used to do. Not everyone has the courage, adaptive skills and intelligence to set up a website that actually makes money. However, it may be that addis's example can help you think about what you might be doing that isn't the (boring) thing you're doing now. Everyone has their own definition of freedom. It's amazing how few people try to live freely. Free.

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