

Chapter 1 : 3 Ways to Be Happy Always - wikiHow

tips for building, cultivating, and maintaining a healthy and happy relationship, whether you're just starting out or looking to recapture the spark. Includes advice on everything from resolving problems and building intimacy to finding ways of keeping your relationship fresh.

Share 0 Shares A successful and happy relationship does not come by easily, especially in old age. The spark and beauty of a relationship usually begin to lose color as you age. While your children are away living their own lives and building their own relationships, you and your partner have only each other. It is now necessary for you to have a happy relationship with just your other half. If you are looking to maintain a happy relationship in old age read the 5 tips below for a happy relationship in old age.

Be Honest with One Another

You need to pursue the habit of being honest with your partner to succeed in being happy throughout your lives. Your partner and you are bound to be the happiest if you make honesty your best policy. Be truthful about what you tell each other, what you want, and what you like or dislike about each other. With so many years together, you probably know each other quite well. This will make your partner see how much you care for them. Being open to each other about everything and sharing every feeling and thought will bring you closer together in old age. Improve the way you communicate with each other

Communication is the first step when bonding with someone. Keep your relationship lit by making your significant other feel special with your words. Say cute things to each other and exchange compliments. Focus on what you like about each other and concentrate on the positives. Talk about everything, from sports to movies to children to neighbors. Tell them they mean everything to you

When you and your partner have spent a significant amount of time together, you might begin thinking that they can read your heart. In most cases that is untrue. So be a little expressive. This will also encourage them to do the same and ultimately result in a happier life in your old age. Remember birthdays and anniversaries and exchange gifts no matter what your age is. Spend time together but also give each other some space

Spend as much time together as you can. The key to a happier relationship in your senior years is to be with each other through thick and thin. Go together on dates, to classes, on a walk or to the gym. This will provide you with the opportunity to find more happiness together and keep your relationship going. However, it is also important to remember that they also need some space. Give your partner time do his or her own things. They should go out with their friends as well. Similarly, you should also have activities of your own. This is important because this space will allow you to realize how much you love and miss each other. This will allow them to miss you, creating a stronger bond with you. Be content in your own life

Be happy. It is common for people to get depressed as they get old. There are so many worries, from children growing up to illnesses to retirement. You should not let any of this impact your relationship. Instead, find happiness and say goodbye to depression and worries. The key lies in sharing and making an effort. So let your partner know how much you love them and enjoy a beautiful relationship.

Chapter 2 : Ways to Be Happy: Simple Tips and Tricks to Brighten Your Day by Adams Media

Find helpful customer reviews and review ratings for Tips to be Happy Together (Happy Tips) at calendrierdelascience.com Read honest and unbiased product reviews from our users.

Shutterstock Want to be happier? Begin by being good to yourself. That may sound self-evident, but too many people skip this step and try to make themselves happy by chasing ever-higher goals, or holding themselves to ever-greater standards of perfection. In fact, the happiest people go out of their way to treat themselves right and they do something nice for themselves each day. They set appropriate boundaries and take care of themselves by saying no to things when they need to. Commit to doing one nice thing for yourself every day. Keeping that commitment will bring real benefits, she says. That is, listen to how you talk to yourself, and the internal tone of voice you use. Accept yourself as you are right now. For starters, that means accepting the body that you have today. Eliminate toxic people in your life and workplace. This may be easier said than done, but avoid tying yourself to clients, business partners, investors, or employees who make you unhappy. So I bought some and I ate them. Give yourself a welcoming space. For years, Schwartz never made her bed, simply throwing the covers over it. Now she makes it every day for a simple reason: Make it as orderly as you can. Try to work in a place where you have access to natural light, she advises. Either way, make sure to get outside for a walk as often as you can. Buy premium products for yourself. Does this sound like you? But if you prefer the more expensive brand, you should go for it, Schwartz says. Jun 10, Like this column?

Chapter 3 : 7 Ways Couples Successfully Live Together | Thought Catalog

tips to be happy together 1st English ed. for North America. Wendy Bristow. Published by Barron's in Hauppauge, N.Y.

Apparently sad movies cheer us up more. Grow older Stanford University found ageing leads to more emotional stability and compassion. Kiss A US study reveals kissing is a key indicator of long-term relationship satisfaction. Strike a pose Lie with your legs up the wall, advises Dodson. Get lippy Many women swear lipstick lifts their spirits. It even has a name: Eat chocolate Swinburne University of Technology research found that dark chocolate increases calmness and contentedness. Have a coffee Caffeine increases your dopamine transmission. Live near friends Living near a cheerful friend raises your likeliness of happiness by 25 per cent, according to a Harvard study. Paint rooms blue You may feel blue, but colour experts say that painting your walls the hue of the sky can bring a sense of calm. Take a walk Exercise releases endorphins, which translates into happy feelings. Aim to walk 10,000 steps a day. Get Naked Older married individuals with a satisfying sex life are happier, according to a study presented at the Gerontological Society of America. Pick up a book Those who read are happier, a University of Maryland study has found. Play a game A study found 91 per cent of families report that playing games together improves their mood. Jump in the pool Swimming laps helps the brain replace cells that have been lost through stress. Go fish Populations eating most fish have the least depression. One study found fish oil boosts the effectiveness of Prozac. Go with the flow Early research suggests tai chi may help to improve mood as well as mobility. Write it down List three good things that happen to you each week to feel happier, psychologist Aleks George says. Crank the sounds Research from the University of Missouri found that listening to upbeat music can improve your mood. Procreate Studies found parents were happiest around the birth of their children. Limit treats Over-indulging in fatty, sugary foods often leaves us feeling worse than ever. Hit the surf Research shows positivity and tranquillity increase after just 30 minutes in the ocean. Get outside Being at one with nature for 20 minutes a day significantly boosts your vitality levels. Walk tall Your posture can affect your mood, so pull those shoulders back and strut your stuff. Get a pet A survey found those with a pet had higher self-esteem and a sense of belonging. Think like Popeye Iron is required to help our bodies make energy. A happier, clearer mind. Ditch the car Walking or cycling to work can boost your mood and help you feel focused. Go skiing South Korean research found skiers were happier after just one day on the slopes. Do good Donating your time to others will leave you happier and less prone to illness. Be altruistic Buying gifts for others or for charity boosts your happiness levels, and more so than if you treated yourself. Think about death Contemplating your own death can cheer you up by helping you gain perspective. Eat more beans Beans, peas and other legumes all contain high levels of magnesium, which boosts energy and your mood. Aim for two serves a day. Watch a winner A Danish study found the whole country was uplifted for years by its Football Championship win. Set a challenge One study found that doing activities such as puzzles at twice your usual speed can lift your mood. Log off Spending time away from social media can boost your overall wellbeing. Bake A study found that people reported feeling comforted and calmed by the smell of baking. Eat quinoa A serving a day of quinoa will boost your mood. Eat your cereal Low-sugar breakfast cereal is the easiest way to get your daily amount of folic acid. Replenishing folate can reverse depressive symptoms. Go nuts Walnuts contain high amounts of serotonin, which your brain needs to feel calm and happy. Munch on a crunch Crunchy foods trigger the release of joyful dopamine and norepinephrine. Add some Zs Low levels of zinc can lead to depression. Lift yours with seafood, meat and nuts. Eat mushrooms Add mushrooms to your salads or roast them. They contain happiness-boosting selenium and magnesium. Include apricots Apricots are packed with vitamin B6, which has been found to reduce depression in people 65 years and older. Be more greek The Mediterranean way of eating provides high levels of the protein BDNF, a lack of which can cause depression. Stop bitching Sniping about others may feel good now, but forgiveness has greater long-term benefits. Join a team Researchers found participating in team sports leads to better mental health than exercising alone. Add vitamin B Vitamin B12 "found in seafood, beef, chicken and dairy" can alleviate depression. Go green A US study found green tea can boost dopamine, which is linked to good moods. Stand up We spend up to 70 per cent of our day

sitting. Get a plant A Texas State University study found strong evidence to support the benefits of office plants in reducing stress and negative mood states. Plan a holiday Just the action of planning a holiday is enough to turn grey skies blue, researchers say. Revisit the past An Open University study found old photos made people feel 11 per cent happier. Ask for a payrise A Spanish study found higher earnings improve happiness at work, especially if you earn more than your colleagues. Believe Having spiritual beliefs has been linked to levels of increased happiness. Learn Mastering a new skill can lead to a cheerier outlook long-term. Appreciate it US researchers found that past satisfaction leads to happiness in our later years. Tell a story The same study found that centenarians were happy when sharing their memories of the olden days. Get married Time to pop the question? Married people with children are happier than unwed parents, researchers from the University of Glasgow say. Anticipate it Looking forward to a comedy show or a funny movie can increase your happy hormones by 27 per cent. Drink water Even slight dehydration can lower your mood. Be cultured Visiting a gallery to view beautiful works of art can lift your spirits. Fail Failing at something leads to a greater sense of achievement when you finally reach your goal. Get crafty Knit that jumper or embroider that pillow. Artistic tasks can give you satisfaction, but only if you finish the job. Share your diary Keep a journal of your happy thoughts, then share it with others to boost your level of enjoyment even more.

Chapter 4 : Pieces of Advice from Year-Olds | Mental Floss

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They come in all colors, shapes, sizes and income brackets. Whatever the demographics, when you see a happy couple, you just know it! How do these couples stay in love, in good times and in bad? Develop a realistic view of committed relationships. A deeper, richer relationship, and one that should still include romance, will replace it. A long-term relationship has ups and downs, and expecting it will be all sunny and roses all the time is unrealistic. Work on the relationship. An untended garden develops weeds that can ultimately kill even the heartiest plants. And so it is with relationships. It is important to address problems and misunderstandings immediately. Some people believe good relationships just happen naturally. The truth is that a good relationship, like anything you want to succeed in life, must be worked on and tended to on a regular basis. Neglect the relationship, and it will often go downhill. There is no substitute for shared quality time. Time spent together should be doing a shared activity, not just watching television. It is healthy to have some separate interests and activities and to come back to the relationship refreshed and ready to share your experiences. Missing your partner helps remind you how important he or she is to you. Make the most of your differences. What most attracted you to your partner at the beginning? Take a fresh look at these differences. Try to focus on their positive aspects and find an appreciation for those exact things that make the two of you different from one another. If both you and your partner stop trying to change each other, you will eliminate the source of most of your arguments. For instance, instead of complaining how your partner never cleans out the dishwasher, try just doing it yourself once in awhile without complaint. Your partner will likely notice your effort and make more of an effort themselves around the house. There may be issues upon which you cannot agree. Rather than expending wasted energy, agree to disagree, and attempt to compromise or to work around the issue. Two people cannot spend years together without having legitimate areas of disagreement. Lack of communication is the number one reason even good relationships fail. And here is a useful format for doing so, especially when dealing with incendiary topics: When he or she is finished, summarize what you heard him or her say. This will take your partner off of the defensive, and make it easier for them to hear your thoughts and feelings. Better this than to have him or her doubt your honesty. Mistrust is one of the key deal breakers in relationships. And once trust is lost or broken, it can take a very long time to re-establish it in the relationship. The happiest couples are the ones where honesty is as natural and every day as breathing. Treating your sweetheart with respect is likely to get you the same in return. And regularly reminding them how much they mean to you will enrich your relationship in indescribable ways. In fact, your efforts may initially seem like planted seeds that never come up. If you maintain your efforts, however, you will likely reap what you sow. The 10 Secrets of Happy Couples. Retrieved on November 10, , from <https://www.mentalfloss.com/article/51110/10-secrets-of-happy-couples>

Chapter 5 : The 10 Secrets of Happy Couples

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I never thought he would ask me to move in so it felt like Christmas was 25 days early. Eight months, an engagement ring and a big move later, we found ourselves sitting on our porch discussing what made our cohabitation such a success. We shared our realizations and surprises with each other while laughing at the memories and disagreements we shared.

Enough Physical Space Many couples decide to share a space in order to share the cost of living. By physical space, I am referring to areas of the house or apartment that you can escape to without hearing your partner breathe. This spot can be a simple corner desk in the living room or a spacious chair to lounge on and read. The key is to be able to be alone in your own home. You can live in a one bedroom, one living room, cramped kitchen apartment as long as you have your sacred space. Look into building a clothing rack that can double as a space divider.

Communication An element of any successful relationship is communication amongst both parties. When it comes to living together, communication is key and it helps to drive the relationship to a healthy place and helps to keep resentments from forming. Communicate about what bothers you and communicate about what makes you happy. Remember to communicate your wants and needs and be open to the needs of your partner.

Time Apart When the honeymoon aspect of living together wears off, couples find themselves wanting and needing time apart. Grant yourself permission to go out alone on a Saturday night and respect your partner when they need a night alone. They realize that their relationship is an addition to their life rather than their whole life. If we feel that way about roommates, why is it that we expect our cohabitation to be so blissful and happy? With a solid enough foundation, any couple can dislike each other for a day while remaining in love and together for the long run.

Manage your expectations and remember that just like a roommate, your partner has the power and ability to irritate you to no end.

Natural Progression In many ways, signing a lease or moving in with your significant other is a major step in any relationship. Living together is a little different than making a copy of a key and therefore should be viewed differently. There are couples who move in after being together for a few months and couples that move in together after being together for years. The trick with successful cohabitation is making sure that shacking up is the next step in the natural progression of the relationship. The same must be applied to a relationship. Move in when both parties feel like it is the next best step and remember that spending the night five nights a week is much more different and complicated than paying the same bills.

Outside Relationships When you move in together, it is easy to isolate from your other social obligations and friends. After all, friends are the ones who are willing to listen to all of our crazy cohabitation problems.

Shared Household Duties Figure out what you both like to do when it comes to household chores. More From Thought Catalog.

Chapter 6 : tips to be happy together | Open Library

Being happy needn't cost the earth. We've found sure-fire ways to cheer yourself up. Skip to: [Main Content Site](#) [Navigation](#) [nutrition tips](#).

All centenarians have their own habits and morning routines by which they swear. In , Huffington Post interviewed a centenarian named Ruth. Since the age of 92, Ruth has committed to weekly Pilates classes. She also has a mean sense of style. Just keep celebrating every day. The key to staying young is to keep moving. He had a few untraditional pieces of medical wisdom to share. Sex is to be encouraged. Experience is far more valuable than money will ever be. The grass is always greener. Life gets lonely sometimes. That is something that no one can take away from you. She gave the following advice: This centenarian, an avid skier , had this to share with younger generations: Nobody else does that even if they have energy. And I try to eat pretty correctly and get exercise and fresh air and sunshine. They say laughter is the best medicine there is. They offered their own advice about health and medicine. There are all sorts of things that have to be tended to in the world. People have always energized me. I walked 4 miles a day. I stretched and flexed. I wrote the book. I believe that we can keep that attitude as adults, too. Olive oil is great for the arteries and keeps my skin healthy. Lunch is milk and a few cookies, or nothing when I am too busy to eat. I never get hungry because I focus on my work. Dinner is veggies, a bit of fish and rice, and, twice a week, grams of lean meat. So why cause unnecessary pain with surgery? I think music and animal therapy can help more than most doctors imagine. I take two stairs at a time, to get my muscles moving. It encourages us to make big art, not small scribbles. It says to try to draw a circle so huge that there is no way we can finish it while we are alive. All we see is an arch; the rest is beyond our vision but it is there in the distance. But in our later years, we should strive to contribute to society. Since the age of 65, I have worked as a volunteer. I still put in 18 hours seven days a week and love every minute of it. I just try to live. That is the secret to longevity right there. I eat whatever I want. The secret to longevity is ice cream. They have to be interested in life outside their little aches and pains. They have to be excited about seeing new things, meeting new people, watching a new playâ€”just passionate about life. This is what happened: And when you are honest with people, it comes back to you, and they are honest with you. Try to sit back, because you will learn a lot more listening to others than telling them what you know. But it depends if these hardships are financial or emotional or other types. Some days are worse than others, and you have to be ok with that. The night is darkest before dawn. When I do that, time slows. I drop in three times a week. And I feel great afterward. She had this to say to him: I like to be around positive people, people who lift you up not bring you down. In the end, most advice seems to boil down to a common core: You can survive by seeing the humor in everything. Thumb your nose at sadness; turn the tables on tragedy. We all have tools and have to live with the help of them. I have two tools: I used my typewriter, computer, and my cameras to fight injustice. Whenever I see a possibility of helping people who are in danger, I want to help them. Find a cause and knock yourself out for it. It will enhance your brainpower, interest in life, and keep you alive longer. Virtue is its own reward. Beat to your own drum. I also ate prunes every single day.

Chapter 7 : 5 Tips for a Happy Relationship in Old Age - FabGrandma

Slideshow Tips to Help You Stop that just isn't so, according to a growing number of psychologists. You can choose to be happy, they say. You can chase down that elusive butterfly and get it.

Chapter 8 : ways to be happy

If you want to be happy you need to understand that you can be happy and that you should be happy. Many people make the mistake of believing that they don't deserve happiness and accept their unhappy state as their destiny.

Chapter 9 : How to Make Your Parents Happy (with Pictures) - wikiHow

Choosing to be happy at work means avoiding negative conversations, gossip, and unhappy people as much as possible. No matter how positively you feel, negative people have a profound impact on your psyche.