

A photograph of two women laughing joyfully outdoors. The woman on the left is Black with braided hair, and the woman on the right is white with long, wavy hair. They are both smiling broadly and looking upwards. The background is a blurred outdoor setting with greenery and a building. There are decorative yellow starburst graphics in the corners of the image.

12 Things Happy People Do Differently Than Others

By Dr. Akhu



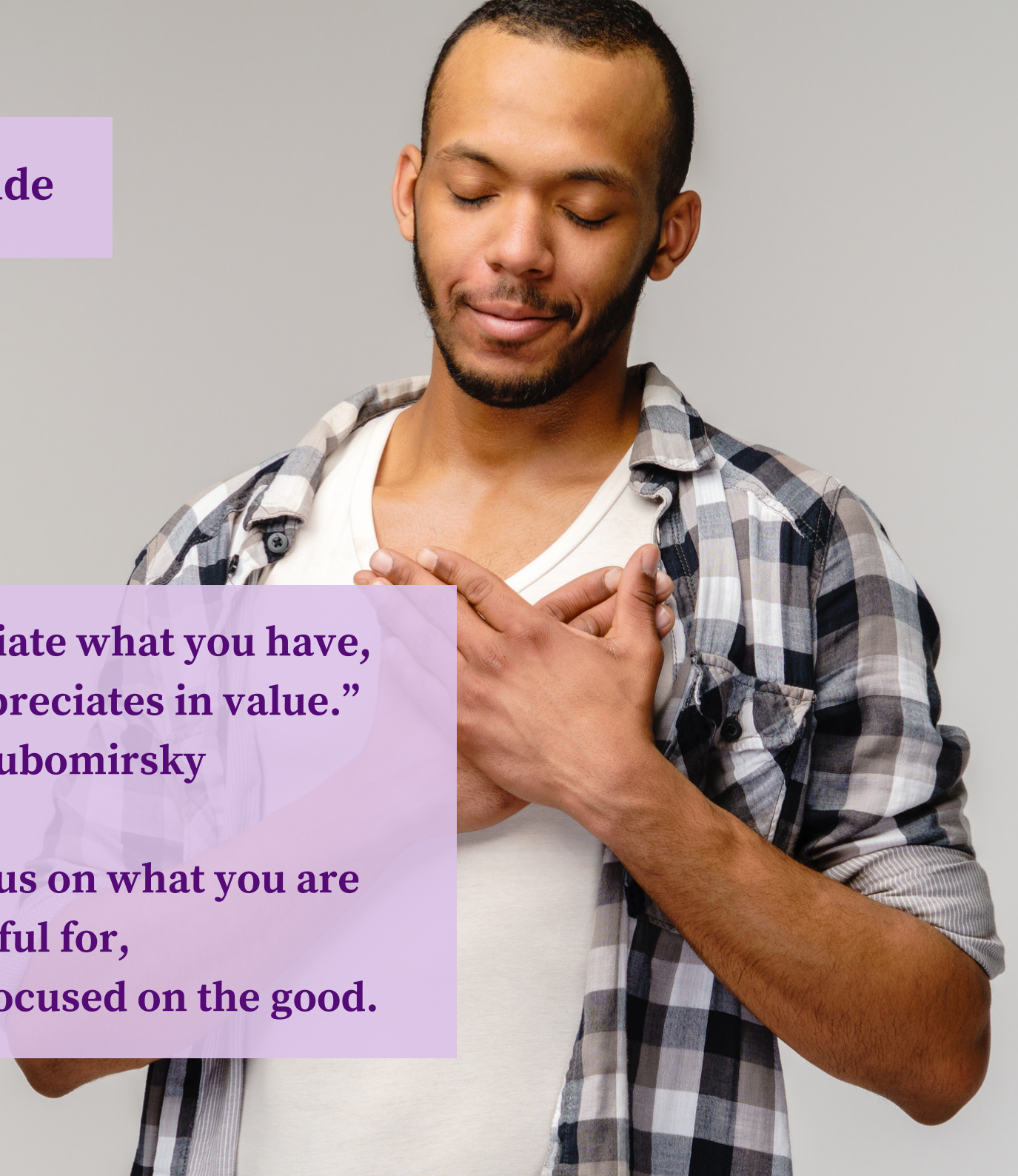
Studies conducted by positivity psychologists reveal the things that people who are happy do differently than others. These things seem to increase and maintain the level of happiness people experience. Give them a try and see if they work to increase happiness in your life.

1.) Express Gratitude

**“When you appreciate what you have,
what you have appreciates in value.”**

~ Sonja Lyubomirsky

**The more you focus on what you are
thankful for,
the more you are focused on the good.**



2.) Cultivate Optimism

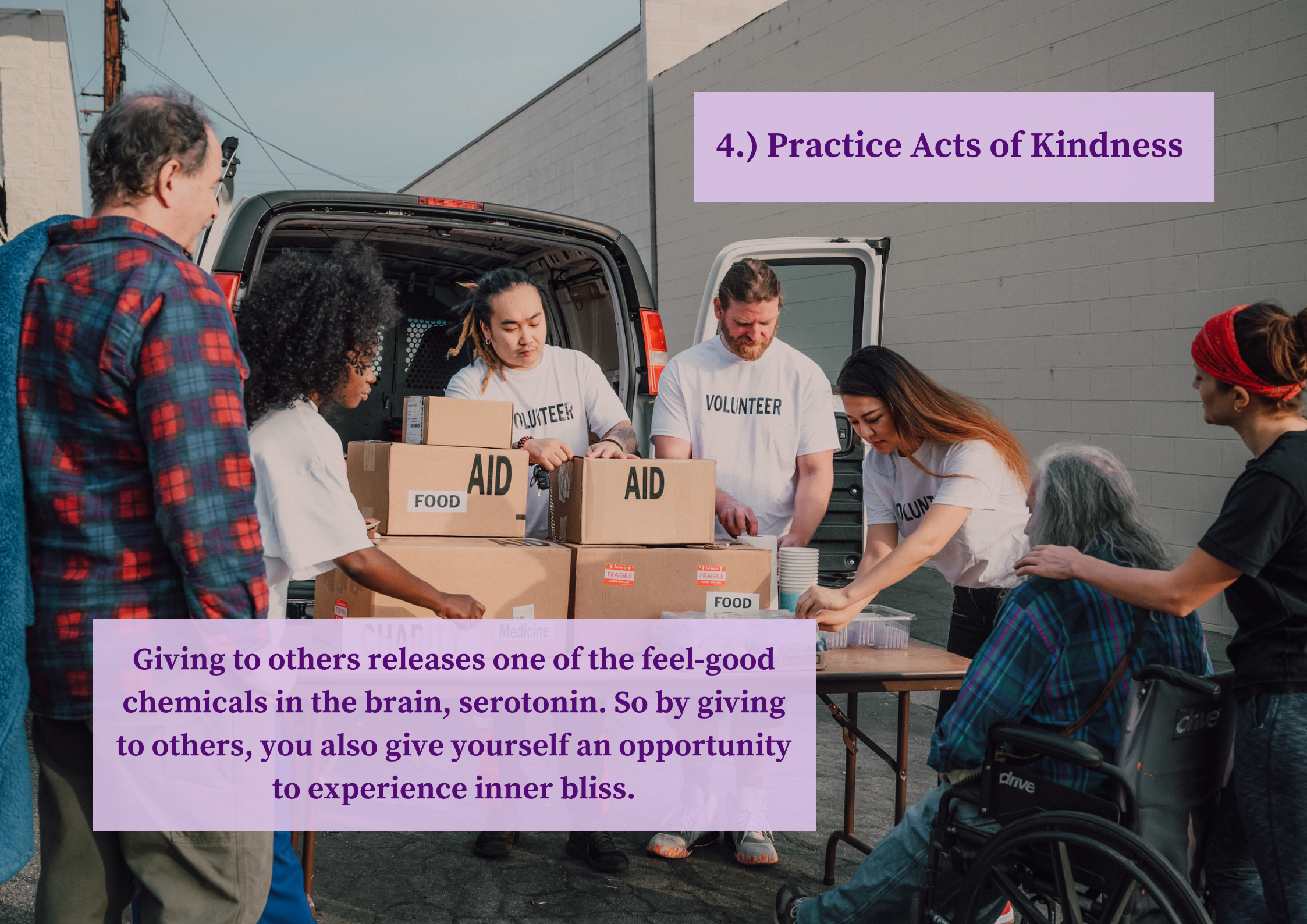
You can choose to see any problematic situation as either a hardship or a challenge. Hardships are just bad. Challenges offer the opportunity to learn, grow, exercise current strengths and cultivate new ones. Happy people can maintain optimism even in the direst of circumstances. So practice finding the bright side.

A person with a beard, wearing a white t-shirt, is shown from the chest up. Their right hand is held up, palm facing forward, in a universal 'stop' gesture. The background is a soft-focus indoor setting with light coming from the right side.

3.) Avoid Social Comparison

Comparing yourself to someone else leads to feeling inferior, as there is always someone more beautiful, talented or smart than you. You are better off only looking at your own personal development and challenging yourself to be the best you that you can be.

4.) Practice Acts of Kindness

A group of diverse volunteers, some wearing white t-shirts with "VOLUNTEER" printed on them, are loading cardboard boxes labeled "AID" and "FOOD" into the back of a van. One volunteer is assisting an elderly person with white hair who is seated in a wheelchair. The scene is set outdoors in front of a building with a grey brick wall. The overall atmosphere is one of community service and kindness.

Giving to others releases one of the feel-good chemicals in the brain, serotonin. So by giving to others, you also give yourself an opportunity to experience inner bliss.



5.) Nurture Social Relationships

Studies show that loneliness can lead to increased mortality rates (dying younger). Happy people have deep, meaningful relationships. If for some reason you are not ready to have intense, significant contact with other people, try getting a pet. Pets, especially sociable ones like dogs, have been shown to decrease loneliness and increase the lifespan and life satisfaction.

A photograph of a woman with dark hair and glasses, wearing a light-colored blazer, sitting on the floor and hugging a young girl with long blonde hair in a ponytail, wearing a beige sweater. They are in a modern living room with a wooden floor, a black tufted chair, and a small table with a plant in the background. A semi-transparent purple box with white text is overlaid on the image.

6.) Develop Strategies for Coping

Happy people have healthy coping strategies all ready to go, so they are prepared when times get rough. Just like a first aid kit, having an emotional bag of tricks ready to go when you need to pick up your mood or deal with a setback leads to a quick return to happiness.



7.) Learn to Forgive

Harboring negative feelings toward others stresses your immune system while doing nothing to them. Happy people know how to forgive and let go so that they are not eaten alive by hatred and resentment.



8.) Increase Flow Experiences

When you get lost in a moment or a task, so that time stands still, you are experiencing “flow.” In this state, you are so focused that you become one with the task, with no distractions and no awareness of hunger, exhaustion or emotion.

You can achieve flow through engaging in your passion or through meditation. The experience of flow is healing and uplifting, leading to an overall sense of well-being.

A photograph of a family of four outdoors. A man in a blue denim shirt is carrying a young girl on his shoulders. A woman in a white lace top is in the foreground, smiling. A young boy is sitting between the woman and the man. They are all smiling and looking towards the camera. The background is a soft-focus green field.

9.) Savor Life's Joys

Especially the little ones. Happy people know how to thoroughly enjoy the moment without worrying about the past or the future. Great happiness can come from finding the magic in the feeling of a hot shower, the smell of a flower, or of the giggle of a child.

A close-up photograph of two business professionals shaking hands. The person on the left is wearing a dark blue pinstriped suit jacket over a white shirt. The person on the right is wearing a dark grey suit jacket over a light blue striped shirt. In the background, another person in a grey suit is visible, and a desk with a tablet and papers is in the foreground.

10.) Commit to Your Goals

Don't talk about what you are going to do – take action. Happy people set goals and then go about achieving them leading to a sense of self-efficacy and accomplishment.

A group of five diverse older adults are smiling and exercising outdoors. They are holding colorful dumbbells (yellow, pink, and purple). The background is a soft-focus green outdoor setting. The text is overlaid on the image in purple font on a light purple background.

11.) Take Care of Your Body

Studies show that regular exercise can be as effective in raising happiness levels in depressed people as psychotropic medication. Exercise releases endorphins, another happy brain chemical, which leads to a positive sense of well-being.



12.) Practice Spirituality

Happy people have a powerful connection to their inner guiding Spirit. They also feel some connection to spirituality or religion, which helps them acknowledge that life is bigger than the individual and helps them feel connected to a force larger than themselves.



**I work on all 12 things personally
and help others do the same.**

**Choose to embrace happiness
today!**

Peace & Blessings,

Dr. Akhu

"Dr. Akhu you are really good at what you do and I can't thank you enough for how you helped me dig up and throw away dirt that I was too distraught to even comprehend. Your love and healing powers are more priceless than gold." ~ N. H.