

[IMAGE]

3 Steps to a Happier You

By Editorial Staff

Challenge Yourself - Copyright © Stock Photo / Register Mark **Challenge Yourself**

If you're stuck in the daily grind, wondering why every day seems to be "same old, same old," maybe it's because it is. Fortunately, you have the power. Whether it's changing up your workout routine, learning a new language, or finding creative ways to teach your kids new things, commit to continually challenging yourself and avoid stagnation.

Girl laughing - Copyright © Stock Photo / Register Mark **Turn Bad Into Good**

We all experience good and bad moments in life, but whether you crumble or climb is really just a matter of attitude. Negative breeds negative, which can have profound consequences. Next time you're hit with a negative, think about the up side (there always is one, even if it's not immediate) and turn that frown upside down. Before you know it, you'll be back on track.

Tea - Copyright © Stock Photo / Register Mark **Find Time to Relax**

Life isn't a race, it's a journey filled with memorable moments; make sure you appreciate them, rather than rushing from one day to the next. It's all-too-easy to get caught up in daily routines and lose yourself. Schedule some you time every day, whether it's a sunset walk, a long bath, a good book, or even a nap - find time to relax and reap the physical and psychological benefits.

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