



The secrets of HAPPINESS



Want to find out how to unlock your happiness? (Hint: a healthy lifestyle is one of the keys!) Our expert advice will help set you on the path to a blissful existence.

Most of us will spend a large part of our lives pursuing happiness. We might change jobs, travel overseas, move to a new city, get married, have children, end a relationship or take up a new hobby in a bid to increase our enjoyment of life at different stages. And yet so many of us neglect one of the easiest ways to boost our happiness at any age.

“Exercise is one of the cheapest, simplest and most effective mood enhancers,” says Dr Tim Sharp from The Happiness Institute. “But a recent survey we conducted with Fitness First found that more than half of all Australians don’t get enough physical activity and one in four don’t exercise at all. That’s a pity from both a physical and mental-health perspective.” Here’s why happiness is so important to your health, and how you can nurture it and make it a part of your everyday life.

Why is happiness important?

It wasn’t until recently that mental health professionals understood the essential role happiness plays in our lives. “Until 10 or 15 years ago, we didn’t really know that much about happiness,” says Dr Sharp. “Psychologists focused primarily on negative emotions because we knew they were important and we only saw positive emotions as a nice added bonus. But thanks to the work of a few leading researchers in the US, we’ve understood that happiness is profoundly important. If we want to live our best lives, we need to have a good proportion of positive emotions.”

In addition to putting a spring in your step as you go about your day, happiness has a range of physical and emotional benefits. “Happy people actually perform better in every area of their lives,” says Dr Sharp. “They’re healthier, they have better relationships, they live longer, and the list goes on.”

Sounds great! Where do we sign up? “Well, it’s not that simple,” says Dr Sharp. >



