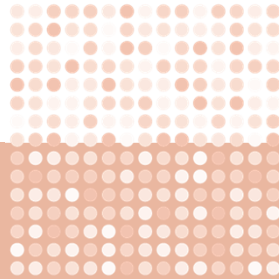




GLION SELF-HELP SERIES

# Mental Wellbeing



## How to be happy

Read about this topic & understand  
what you are experiencing, as well  
as tips on how to manage it.



"Happiness depends upon ourselves." —Aristotle

Being happy can lead to more effectiveness, productivity, and a healthier life. However, the definition of happiness is different for everyone. That's why it's important that you explore what works for you!



●●●● TIPS AND TECHNIQUES ●●●●

**Live in the moment**

It's here and now, why would you not enjoy what is around you? Forget for a moment what you want in the future and enjoy what you have right now. Living in the present moment is essential to enjoying the here and now, by doing so you will fully immerse yourselves in the present and find joy in the little things.

**Change your habits**

Healthy lifestyle, good food and good sleep are essential. Your body and mind will thank you later. By taking care of our physical well-being, we are also nurturing our mental health, which is crucial for overall happiness.



### **Be a social creature**

You don't need alcohol for this one. In fact, the impact of alcohol in the long term can lead to a higher level of unhappiness. Rather than relying on alcohol to socialize, try engaging in conversation. Humans are social creatures, and all of us enjoy being with others, for sport or social activities.

### **Engage in physical activity**

Regular physical activity or exercise will have a positive impact on your overall wellbeing and can help reduce stress levels. Incorporate this activity into your day-to-day life. Find an activity or exercise that you enjoy and make it a consistent practice in your daily routine.

### **Choose positivity**

You can choose to see the glass half-full or half-empty. Or you can choose to imagine what catastrophes could happen, or just relax and be confident and optimistic. Choose the right person to be with, choose people that nourish your positivity.

### **Manage your stress**

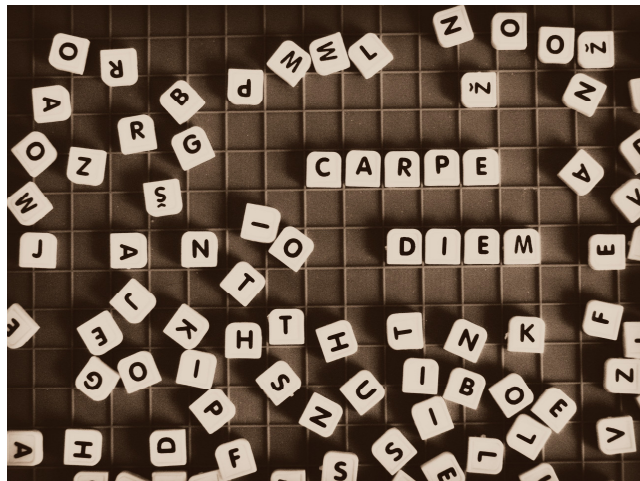
Overwhelming stress can lead to a feeling of unhappiness. You can learn techniques to manage your stress, however implementing these techniques in your daily life is an important step. Make it your priority. Read more about Stress management

### **Give back – make a difference**

A highly effective action to improve your overall feeling of wellbeing is to get involved in volunteer work or to find ways to contribute to your community. It is a valuable and meaningful way to boost your sense of happiness.

### **Seek professional help if needed**

If you are struggling with your mental health, it is important to seek professional help. You should contact the Welfare team or a general practitioner if; your feelings of unhappiness prevent you from leading a normal life and if self-help isn't enough.





## ●●●● CONCLUSION ●●●●

Happiness is a complex and multi-faceted concept that can be attained through various means. It's important to note that what brings happiness to one person may not bring happiness to another, so, it's important to explore what works best for you. Explore what brings happiness into your daily life and take a step towards a happier and more fulfilling life. Remember that happiness is not a destination, but a journey. You may not always feel happy and that's ok; be kind with yourselves and remember that life is a journey filled with ups and downs.

Life can be tough; however, you cannot control every aspect and everything that happens to you. But what you can control is the way you feel or how you react to events. And therefore, sometimes the basis of happiness is contentment. Be grateful for what you have, and not always chasing after a more perfect state.

## ●●●● FURTHER RESOURCES ●●●●

<https://actionforhappiness.org/vanessa-king>

Action for Happiness – App:

[https://play.google.com/store/apps/details?id=uk.co.disciplemedia.actionforhappiness&hl=en\\_GB&gl=US](https://play.google.com/store/apps/details?id=uk.co.disciplemedia.actionforhappiness&hl=en_GB&gl=US)

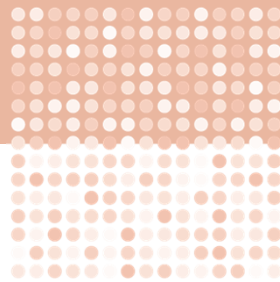
<https://thehavenatcollege.com/how-to-be-happy-in-college/>

<https://www.endeavour.edu.au/about-us/blog/student-tips-how-stay-happy-and-calm-while-studying/>

<https://www.timeshighereducation.com/campus/spotlight/how-create-happy-campus>

<https://www.forbes.com/sites/tracybrower/2021/10/17/learning-is-a-sure-path-to-happiness-science-proves-it/?sh=39a532a9768e>

<https://www.pursuit-of-happiness.org/history-of-happiness/john-locke/>



## Contact us

THE WELFARE TEAM

[healthadvisor.bulle@glion.edu](mailto:healthadvisor.bulle@glion.edu)  
[healthadvisor.glion@glion.edu](mailto:healthadvisor.glion@glion.edu)

THE LEARNING SUPPORT TEAM

[learningsupport@glion.edu](mailto:learningsupport@glion.edu)