My Views Towards Happiness

When we talk about happiness, it may have different meanings and sources for everyone. I think happiness is a positive emotion, but not the only one of the positive emotions in our life. It can also be an attitude, a choice even a habit. Happiness can be short or long-lasting. Happiness can be subjective or objective. Happiness can be personal or shared. In short, happiness is a complex and diverse phenomenon, without a concrete definition.

Nevertheless, how to make life happy? Usually, I will do these things to maintain my happiness. Firstly, I will reduce my comparison with others. Generally speaking, comparison can lead to many conflicts and disagreements. Everyone has their own advantages in different aeras which they are good at. I will focus on my own growth and progress, rather than comparing myself to others.

Secondly, I will try to live a healthier life, such as reasonable diet, moderate exercise, and sufficient sleep. When I am physically comfortable and mentally full, I am more likely to feel happy. For example, I often play table-tennis or badminton with my friends when I felt unhappy.

Thirdly, when I urgently need joy, I will do different things. Perhaps the tedious and repetitive things in life can lead to my dislike. For me personally, I would like to go to the game center and playing arcade rhythm games. This is a different choice from most other people do. From these special choices which I do, I will rediscover my own value and become happy.

Of course, these are just some universally suggestions and may not be entirely suitable for your personal situation. In the end, happiness still depends on oneself to find and create. I hope you can find your own way of happiness in life.