

Some ways in
which you
can get the
“happy you”
back.

Feel Yourself Heal

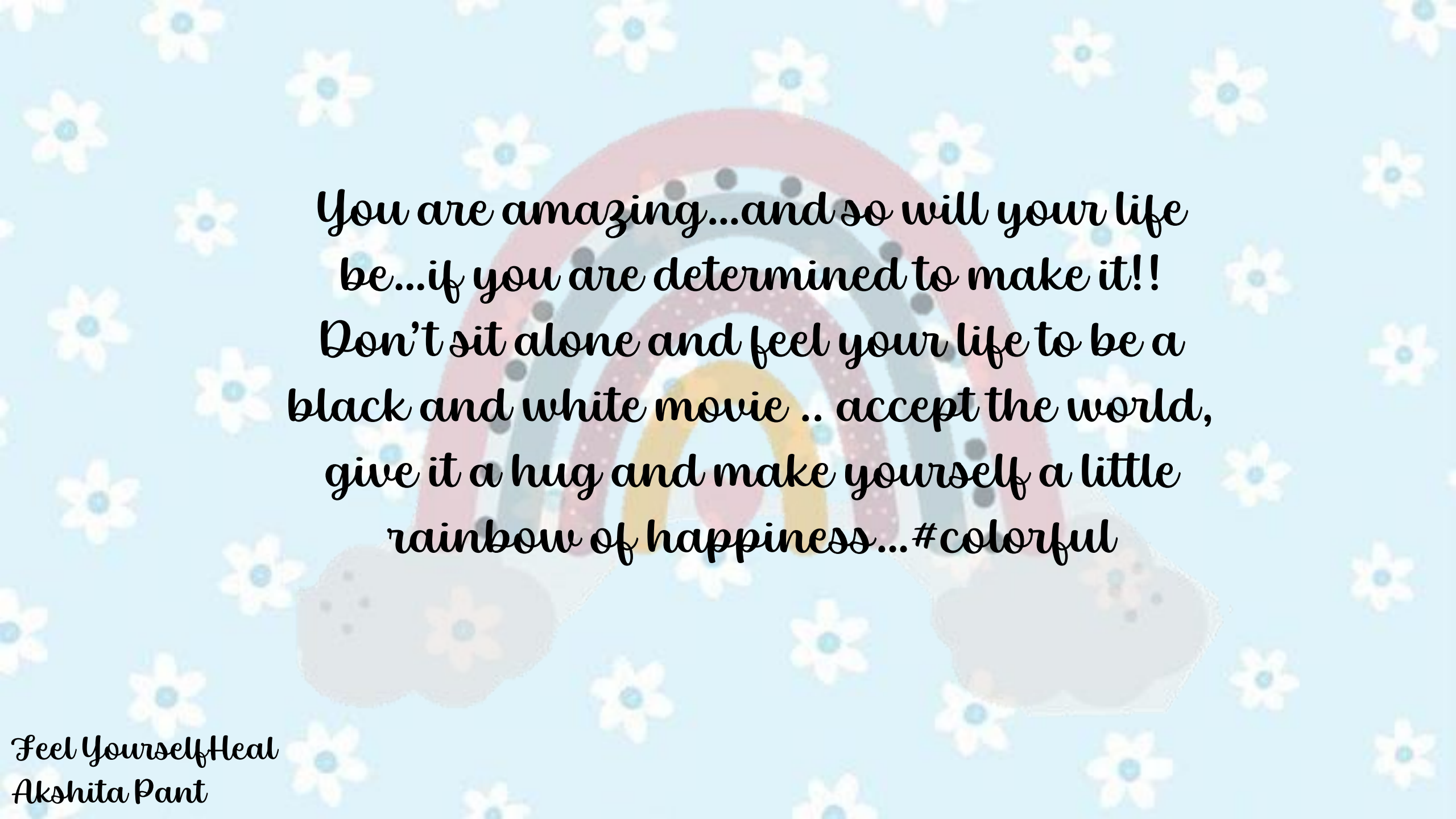
Akshita Pant

- **Introspect:** Sit alone for a while and try to realize what all problems make you sad, irritated , angry.
- **Calm down and note:** note all those reason somewhere, maybe a paper and analyse...then throw that paper away... have a determination to stay away from that negativity.
- **Find what makes you happy:** this is more important than finding you sadness reasons...because, you can stay away from -ve when you are close to +ve.

- **Adopt those things:** when you know what makes you happy, you can do them too...even if you anxiety doesn't let you do that...keep trying.... you can do it!
- **Go out:** go out, have some fresh air... visit the park near your place...sit there...and realize the happiness around.
- **Meditation and yoga:** This can really help to relax you chattering mind...yoga and exercising will help you to have a healthy life and will give you a good sleep.

- **Sleep:** it should be your priority. One should have a good sleep cycle...with average of about 7-8 hours of sleep a day.
- **Talk:** not just sitting alone to introspect is important, you will have to come out to speak to your loved ones...nothing can be a better medicine than your family and friends...open up and say!

There are a lot more things and ways you can add to your list...because no one knows you better than you do. Remember you are incredible...you can do the impossible, so cheer up!!



You are amazing...and so will your life
be...if you are determined to make it!!
Don't sit alone and feel your life to be a
black and white movie .. accept the world,
give it a hug and make yourself a little
rainbow of happiness...#colorful