

Serenity

A happy attitude can be better for your health than many medicines. If you are happy your pressure, blood sugar and cholesterol will be better, you will catch fewer colds and you will live longer and enjoy better health.

- Try to see the positive side of every situation and don't get angry about things.
- Avoid judging others, even if their ways are different from yours: accept them as they are.
- Find the balance between the efforts you make and your rewards to yourself.
- Make time for yourself each day, to think, listen to yourself, review your schedule, catch your breath, relax.
- Indulge in your favorite pastimes.
- Love your body, nurture it with a healthy lifestyle and eating habits.
- Avoid smoking, limit alcohol, exercise regularly.
- Rest, get enough sleep and don't push your body beyond its limits.
- Take advantage of waiting times to rest, breathe deeply and look around you (for example, when you are waiting in a queue, or when taking the bus or metro, or when your computer is down.)
- If you want something, ask for it; don't wait for others to guess.
- If something is bothering you, write it

down. It can help you organize your ideas and make you feel better.

- There are three things we can do when we have a problem:
 - fix it, if possible
 - accept it, or
 - become angry or depressed

It is normal to be angry or sad when something angers or upsets us. Do what you can to overcome the situation and try not to worry too much about it. Worrying won't change anything.

- Avoid worrying about other people's (children, friends, etc.) problems. Let them worry about them and make yourself useful by providing them with any help you can.
 - Try to do things well each day, that will make you feel better.
 - Smile, greet others, be kind, enjoy good times.
- In short, take life as it comes, your health will benefit.

