

## 50 Ways to be Happy

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Being a fundraiser or a nonprofit leader is hard. We hear ‘NO’ an awful lot, and sometimes it feels like the weight of the world is on our shoulders. That’s why self-care is so important. Here are 50 things (some small, some not so small) you can do to bring a little more happiness to your life.

1. **Practice mindfulness:** This can help you to live in the present moment and reduce anxiety and stress.
2. **Connect with nature:** Spend time outdoors, enjoy a walk in the park or a day at the beach.
3. **Maintain a healthy lifestyle:** Good physical health can contribute to mental happiness.
4. **Help others:** Acts of kindness and charity can bring about feelings of fulfillment and joy.
5. **Express gratitude:** Try to notice and appreciate the good things in your life.
6. **Foster relationships:** Spending quality time with friends and family can boost happiness.
7. **Pursue a hobby:** Engage in activities that you enjoy and are passionate about.
8. **Meditate:** It can help in calming the mind and reducing stress.
9. **Stay organized:** This can give a sense of control and reduce anxiety.
10. **Smile:** Even if you don't feel like it, the physical act of smiling can boost your mood.
11. **Avoid negative people:** Surround yourself with positive individuals.
12. **Set achievable goals:** Progress towards these goals can bring satisfaction and happiness.
13. **Prioritize sleep:** Lack of sleep can affect your mood and energy levels.
14. **Learn something new:** Learning can bring a sense of achievement.
15. **Practice forgiveness:** Holding onto grudges can lead to feelings of unhappiness.
16. **Listen to uplifting music:** Music can significantly influence our mood.
17. **Stay hydrated:** Dehydration can affect brain function, potentially leading to mood swings.
18. **Limit screen time:** Excessive use of digital devices can lead to stress and anxiety.
19. **Journal:** Writing down thoughts and feelings can help process emotions.

20. **Get regular exercise:** Physical activity releases endorphins, known as 'happy hormones'.
21. **Eat healthily:** A balanced diet can improve your physical health and mood.
22. **Declutter your space:** A clean and organized environment can promote peace of mind.
23. **Volunteer:** It can be very rewarding to help others.
24. **Practice self-care:** Take time to relax and treat yourself.
25. **Focus on the positives:** Try to maintain a positive outlook on life.
26. **Visit places you love:** Travelling to places you enjoy can make you happy.
27. **Read a good book:** Reading can provide an escape from reality.
28. **Spend time with pets:** The companionship of a pet can boost happiness.
29. **Engage in creative activities:** Activities like painting, writing, or dancing can be therapeutic.
30. **Disconnect from work:** Make sure to have time away from work to relax.
31. **Enjoy silence:** Taking quiet moments for yourself can be restorative.
32. **Avoid overcommitting:** Don't stress yourself out by taking on more than you can handle.
33. **Laugh:** Watch a comedy or spend time with funny friends.
34. **Have a routine:** A regular routine can provide structure and reduce anxiety.
35. **Be patient with yourself:** Don't put too much pressure on yourself.
36. **Limit news consumption:** Constant exposure to news can lead to anxiety.
37. **Create a comforting environment:** Make your living space a place you enjoy spending time in.
38. **Use positive affirmations:** Reinforce positive thinking with self-affirmations.
39. **Nurture your spiritual side:** Whether it's through religion or mindfulness, this can provide a sense of peace.
40. **Enjoy the sun:** Exposure to sunlight can increase serotonin levels, known as the 'happy hormone'.
41. **Maintain good posture:** It can boost self-esteem and mood.
42. **Keep learning:** Life-long learning can provide a sense of achievement and fulfillment.
43. **Don't compare yourself to others:** Everyone has their own journey.
44. **Be genuine:** Stay true to yourself.

45. **Cook your favorite meal:** The process and the meal itself can bring happiness.
46. **Practice deep breathing:** It can help reduce stress and promote relaxation.
47. **Celebrate small wins:** Recognize and celebrate your achievements, no matter how small.
48. **Dance:** It's a fun way to boost your mood and get some exercise.
49. **Spend time alone:** It's important to enjoy your own company.
50. **Practice acceptance:** Accept yourself and others as they are. Understanding that everyone has flaws can help improve happiness.