

# SIMPLE TIPS FOR HAPPINESS

**By Tula Tzoras**

- Take a few deep, slow breaths. You can close your eyes and bring your attention to your heart. This allows the mind chatter to stop. It is also a great stress release. When you open your eyes, take a good look around and take everything in. Now you are in the Present and you are on the right track.

Bringing your attention to the present, you may now begin to see the magic around you. You can truly see your surroundings, the sunshine, the vibrancy of the flowers, can you hear the birds singing?

Staying in your heart space, continuing to breathe you can now begin to think about the things or people you love. Make a conscious choice to focus on what you love, rather than what you don't. Go where the love is! When we experience love, it is difficult not to love others. Soon we realise that what we withhold from others, we withhold from ourselves.

- Do something nice for yourself. Treat yourself every day! Perhaps it is a walk in the park, a piece of cake, a coffee or some chocolate. Always check in with yourself by asking, is this loving to me? Your beautiful complex body will always tell you, by a feeling of comfort or discomfort.
- Make a decision not to judge people, places or things, especially yourself, as good, bad, right or wrong. If this is difficult for you, beginning with an hour a day is a great start! Then you can build it up to a full day and so on, until it becomes second nature.

- Find Gratitude. Thank Yourself!  
The more grateful you are the more you will attract good things into your life and, it is a sure way to bring yourself out of the doldrums. If you don't believe you have anything to be grateful for, then what about the magical air you breathe, the warm towel you dried yourself with, the soft bed you slept in, or the food you had to eat? It can be as simple as a fresh breeze.
- Another great way to get happy is to connect with other people! Being kind to others, feeling compassion for them, or going into service by asking, "how can I help?" rather than "what's in it for me?" will always bring you joy. People always respond to loving-kindness.
- How about learning something new? We all have a unique talent and a purpose in life. Being in your heart space you are able to connect with that purpose. Do you have a direction in life? Making goals will give you so much to look forward to. They can be as simple or as complex as you like.
- It is said that it is not what happens to us, but how we deal with it that matters. How about giving yourself credit for all the times you have bounced back in life? It is about resilience, something to be proud of and happy about.
- Think about your achievements and acknowledge them. Even if you consider them to be small, give yourself credit, you did it!
- Looking at the bigger picture and what is happening in the world, perhaps becoming involved with a cause you are passionate about will always give you purpose and make you happy. When we focus on bigger things, our own plight often seems a lot smaller.

There are so many ways we can make ourselves happy every day. When we find the love in our own heart, we can give to others. It may be the little things that make a difference, but there lies the magic and we deserve it, because we are amazing!

I wish you happiness every day.

*"One of the secrets of a happy life is continuous small treats" – Iris Murdoch*



Tula Tzoras has just released her second book titled *The Truth About Acting*, where acting and spirituality fuse to propel you. Tula has had a successful acting career starring in several of Australia's popular shows. She is also an experienced TV presenter, film maker, producer, coach. To find out more about Tula and her book, please visit [www.tulatzoras.com](http://www.tulatzoras.com).