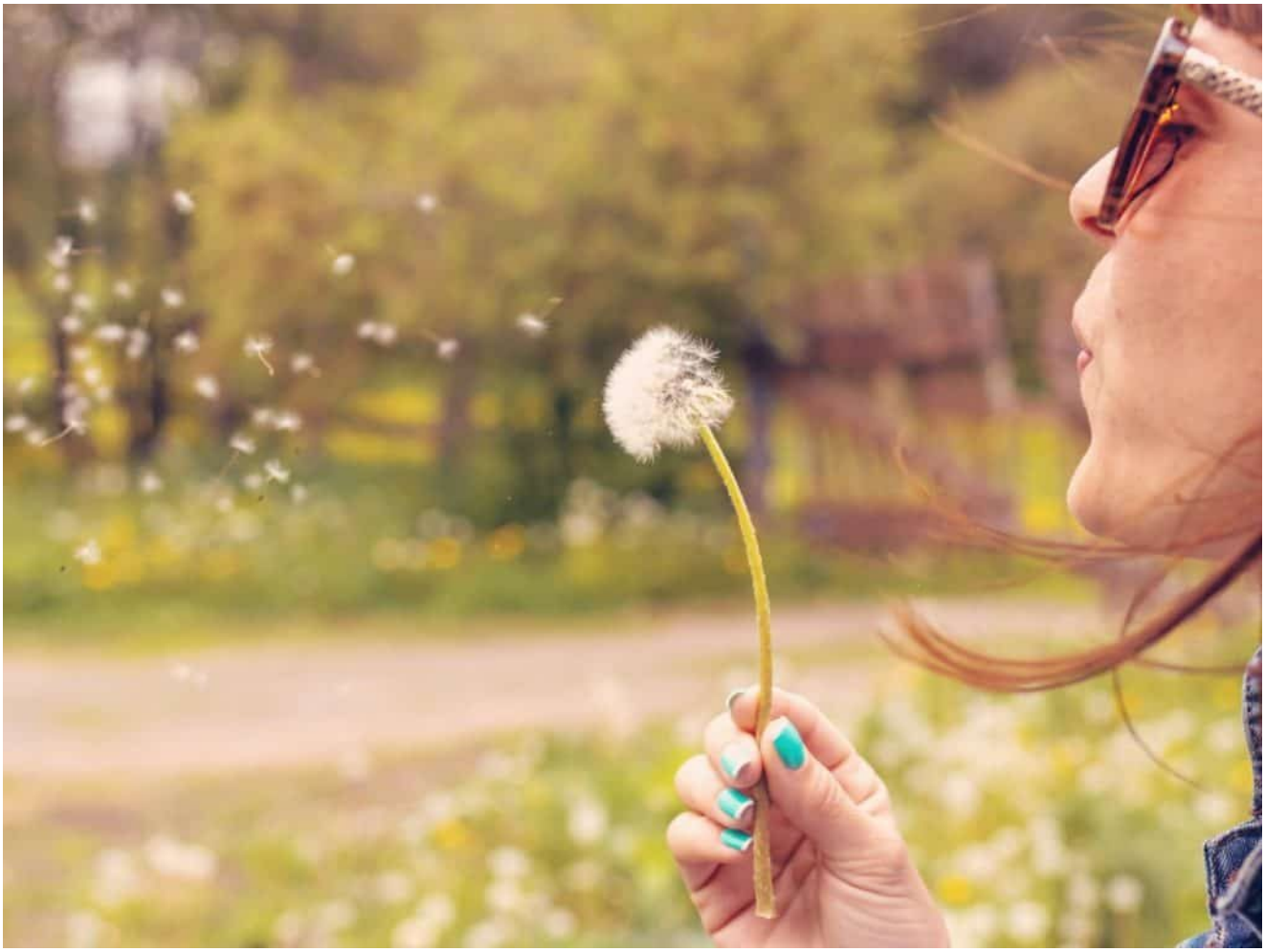
HEALTHY TIPS

7 Things You Should Give Up To Be Truly Happy

By bestfolkmedicine · 07/07/2019 · 3 min read



Without doubt, throughout life, we are all searching for genuine happiness, but not everyone finds it. However, sometimes, we are unconsciously blocking happiness from our lives thanks to some of our choices and habits.

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Without doubt, life has its ups and downs and the trick is how you look at them. A lot of us choose to make things more complicated rather than embracing the simplicity of life and realizing that happiness is already here.

This being said, if you want to experience genuine happiness and live a happier life, check out the following seven tips.

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7 Tips for a Happier Life

1. **Let go of overthinking**

Overthinking can really destroy our happiness and unfortunately, it is a common habit of many. Though it can be difficult to stop overthinking, it is important to try.

When you notice yourself overthinking, stop, breathe, and calm down. Let go of your thoughts and dedicate yourself to the present moment.

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- **Let go of comparisons**

Comparing yourself with other people's appearance, life, career, etc. will only make you feel bad about yourself and your current situation. Remember, the grass is always greener on the other side until you get there. So, it is essential to stop comparing yourself with others.

You are you and you are on a unique journey, same as those other people are. Count your blessings and show gratitude for the things you already have and feel better.

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- **Let go of resentment and anger**

Forgiving and letting go is crucial if we want to feel happier. When you hold on to resentment and anger, it's like you are grasping a hot coal to throw it at someone else, but you end up getting burned (as Buddha said).

- **Let go of worries about the future**

Without doubt, the future is uncertain and regardless of how much we worry about it, we cannot always know what it holds for us. When you are thinking too much about the future, you are wasting your now.

Therefore, stop worrying about what is coming and live in the moment. Seize the day.

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- **Let go of negative thoughts**

When we think negatively, we will feel unhappier and destroy our happiness. When you look at a situation, the glass is either half full or half empty. It is your decision. Try to see the glass as half full and decide to choose happiness and positivity.

- **Let go of fake friends**

As human beings who are social creatures, we love being surrounded by people and we also need this for good health; however, not every friend is a genuine one and there are a lot of toxic ones.

These are the friends who think of you only when they need something. These people can't be called your friends. A good friend is someone who is there for you no matter what, motivates you to do better, and shows you the beauty of life.

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- **Let go of the past**

Yesterday is gone and it will not come back so there is no benefit from thinking 'I could have done it differently' or 'What if I did something else'. It is what it is and release this attachment and holding on to the past.

Remember, we only live in the present moment. Every day is a new chance and a new beginning.

Sources:

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