

5 TIPS

From Amy Giddon

Amy Giddon draws her inspiration for the Daily Haloha questions around the principles of positive psychology. Connecting with certain kinds of emotions are really positive for us as humans and they allow us to thrive. She works hard to help people connect with those positive feelings. Many questions are light and help people brighten their mood; others are deeper and invite more introspection and time to respond.

TIP 01

Gratitude.

When we take time to practice gratitude for the good things in our lives--our family, friends, jobs, community—we boost our mood, and also boost our immune system and improve our mental health and our relationships.

TIP 02

Happiness.

When we take time to do the things that make us happy, we improve our creativity and productivity. In addition to boosting mood, laughter lowers stress and blood pressure and relieves pain.

TIP 03

Joy.

Choosing joy in the midst of our circumstances means that we find deep happiness even though we may not be outwardly happy. Many people say that joy is a choice, while happiness is fleeting. Regardless, choosing joy offers innumerable health benefits.

TIP 04

Presence.

Taking time to be present is a gift for you and those around you. In a culture where we are pulled in many different directions and are distracted by our devices and our many responsibilities, being fully present can be a rare experience.

TIP 05

Mindfulness.

Defined, mindfulness is a practice where you are fully attentive to your surroundings, your emotions and the emotions of those around you without being overwhelmed or overly reactive. Mindfulness takes practice but can help you remain calm in highly emotional and stressful situations.



If you find these tips helpful feel free to share them with friends, on social media, in presentations and shout them from the roof tops.

We can change the world if we pursue *Purpose in Retirement*.

Listen to our podcast online: gardenspotcommunities.org/podcast