

Find A Little Happiness

I don't know about you, but it has been difficult finding that silver lining lately. I consider myself to be an optimist but day after day the news gets worse. Some of my friends have decided not to watch the news on TV at all anymore.

It seems like we all have one common goal, to find true happiness. So what is happiness really and where does it come from? Happiness is a state of mind or feeling such as contentment, satisfaction, or pleasure. It is something that is internal not external.

Apparently we are sorely in need of it. Last year, 25 Million people received treatment for depression according to the American Psychological Association. Could this be why we are in this mess to begin with? People are depressed and never satisfied so they always want more things or a bigger house or a better paying job? They are constantly searching for something else to fill the empty void inside and think that if they just get it they might be happy. What ever happened to being content? As a matter of fact, on one of my trips I noticed a village in Peru where all the kids seemed so happy. They played with a ball for hours; there were no Wii players or video games. It was just pure play and they looked a lot happier than many kids I see in America.

There are the happiness basics of course, things such as; exercise, get enough sleep, eat a well balanced meal, think positive thoughts, and maintain long-term relationships. These things are just the beginning steps to allow happiness in.

The bottom line is that happiness comes from the inside. It is an inner attribute. Just like the sun shining above us, happiness is always there even when it might be covered with clouds. Clouds can take the shape of worries, fears, or desires. If we can

calm our minds, spend some quiet time with ourselves, we can see happiness emerge.

Happiness will only be fleeting if we look for it in objects or our circumstances.

Certainly winning the lottery or summiting a mountain will bring temporary happiness but it won't last.

Abraham Lincoln once said, "*Most people are as happy as they make up their minds to be.*" Today I encourage you to choose happiness.

Jodi Cross is a marketing consultant, speaker and freelance writer and may be reached at jcross@crossnm.com or www.crossnm.com