HAPPINESS

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How does feeling happy really mean? Is it the feeling we get when we drink mango shake on a sunny day? The feeling we get when we see our crush walking towards us? The feeling we get when our dreams do come true?

All of us wants to be happy. And there are so much reason or happenings in life that can make us happy because happiness also depends on an individual’s situation. Some person is born with a cheerful personality who wanted to see goodness in life and always beat the negativity surrounding them. They chose to see the positive side in every situation than to see the faults in people. Positive thinking or being optimism leads to a healthier life because people who think positively in present and in the future tends to eliminate stress and suffer less depression, like the saying t “Happiness is a choice. You can choose to be happy. There’s going to be stress in life, but it’s your choice whether you let it affect you or not.” Through this we can also say that happiness also depends on us, on how we can control our emotions and our mindset.

Emotion has a great impact to a happy life because emotion is powerful. In a blink of an eye it can make you feel happy or sad and can become inappropriate at times so learn how to deal with it appropriately in every situation. Manage your mindset so you can do all the things with joy and can create a good relationship to others. Always remember to choose to be happy cause this is one of our purpose in life, to feel ad live with the true meaning of happiness.
References:

https://www.lifehack.org/621815/22-happiness-quotes