

Happiness First Aid

Five things you can do when in a happiness crisis

Hi it's Claire from the Happiness Bank and thank you for joining me for this week's video blog.

A nice quick one this week that will hopefully point you in the right direction on the days you are feeling anything but happy.

It happens to all of us at some time and it's called being realistic because we can't be upbeat and joyful 100% of the time.

I like to call this my happiness first aid, its what I can do initially to help with my happiness crisis and get me over the hump before having to call in the big guns if needed.

If you are familiar with medical first aid you will know off by heart the acronym DRABCD, it stands for danger, response, airway, breathing, CPR and defibrillation, well in happiness first aid I follow the LAUGH acronym which stands for:

- Lighten up
- Aim for colour
- Up and out
- Give thanks
- Hydrate your body

So lets quickly go through them:

Lighten Up; pick out your favourite song, crank up the sound and dance like nobody is watching. It's the best mood booster EVER.

Aim for colour; don't binge on beige food like chips, cakes and pies. I know you will want to but it won't help lift your mood and it won't make your tummy happy. Mother nature knows best so prepare a beautiful whole food meal with lots of colour crunch and nutrition and if you want you can have a raw organic treat afterwards like this salted caramal slice. There's a link to the recipie on my website at the bottom of this blog if you want to check it out.

Up and out; get out in the great outdoors, connect with mother nature and move your body. A brisk walk around the block will release some happy endorphins and will instantly lift your mood.

Give thanks; whilst you are out walking think about three things that are already good in your life, it can be as simple as giving thanks for the beautiful blue sky and the freedom you have to enjoy it. When you are being grateful it is virtually impossible to be consumed with negative thoughts.

Hydrate your body; water is the essence of life. Your body is made up of 60% water and every cell in your body depends on adequate water to ensure proper functioning. So many of us miss this vital happiness ingredient, me included. My girlfriend Nik is always reminding me to drink more water. In fact as I was writing this part of the blog I had Nik's voice in my ear saying "Claire, you need to drink", so I got up and drank a whole glass (thanks Nik). New research is actually saying that drinking water can improve our memory and reaction times. So every day make sure you try and consume at the very least 8 glasses of water.

So next time you wake up feeling grumpy get out your happiness first aid and laugh and if needed make sure you try it out on your friends. Helping others is another great way of shedding the grumps.

Have a wonderful week and remember at every opportunity to colour the world with your health and happiness.

I look forward to seeing you next time.

Be happy, **colour** the world.

Claire

