



5 Simple Steps to Feel Happier in 5 Minutes



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Life is full of challenges and there are plenty of situations that trigger your stress responses. However, you don't have to be overwhelmed by stress and worries. When you find yourself in a stressful situation (albeit non-crisis/not life-threatening), take a few minutes for yourself and go through these steps. Those precious minutes might make a difference in your decisions and your mood.

STEP 1 Take a deep breath

You're overloaded with worries and stressful thoughts. Pause. Take a deep breath. Inhale deeply.



STEP 2 Ground yourself with gratefulness

Run through the top 3 things that you can be grateful for right now. Are you breathing? That's very good. Are you standing? That's very good. Are you safe? That's also very good.

STEP 3 Is there anything can be done about it right now?

If yes, proceed with the action. It can be making a plan to resolve the issue. Even venting can also be the action. When complete, skip to step 5

If no, go to step 4.



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STEP 4 Does it matter right this second?

If yes, what is the **one** thing you can do right now? It can be disengage, or reach out for help, or stay quiet, etc. If you're stumped, go to step 5 then come back to it.

If no, go to step 5



STEP 5 Self-affirmation

You're always more amazing than you think. Give yourself a pep-talk with any of your favorite mantra or inspiration. Here's a practical, simple and helpful one:

"(your name), **you're bigger than this**/(your problem). You can figure this out. **It will pass.**"

Next step

Now that you know how to feel better in any stressful situation, you can apply it in your life. If you feel stuck on any of the steps, I can help you. If you would like to feel **empowered** to live your life in an **authentic** way and you want personal support to get clarity of your next step, I can help you. Check out the [Truth Bomb Hour](#) and schedule your breakthrough session [HERE](#).

