

EPISODE 132: QUICK TIPS FOR A GREAT DAY

TIP #1: SIT AND SAVOR A CUP OF COFFEE OR TEA

- Power of simple things that settle us down in the moment and set our disposition for the day.
- As you sit quietly think about three things, people, or experiences you are appreciative of.

TIP #2: MAKE IT AN “ONLY GOOD NEWS” DAY

- Mean world syndrome: modern media creates a sense of anxiety and fear.
- No news shows/talk shows/podcasts/audio books/social media
- Consider listening only to music that makes you want to tap your feet, hum, or sing along!

TIP #3: CHOOSE TO SLOW DOWN!

- Mind-body loop: thoughts impact physiology and physiology impacts thoughts.
- Slow your pace: walking/talking/driving/breathing/eating/reaction time to unpleasant moments.

TIP #4: LOOK FOR MOMENTS THAT MAKE YOU LAUGH!

- Some people inadvertently slip into the mindset of living each day being stressed or serious. Doom and gloom mindset.
- Keeping a light heart is serious business.
- Jean Ann Ford, founder of Benefit Cosmetics, coined the phrase, “Laughter is the best cosmetic.”
- When was the last time I chuckled? Laughed freely, fully?
- Read a joke book and laugh because the jokes are either really funny or because they are so bad you have to laugh.
- Dare to tell a joke! Four jokes you can use:
 - What kind of exercises do lazy people do? Diddly Squats
 - What do you call a fake noodle? An Impasta! (Grandson)
 - Did you hear about the restaurant called Karma? There’s no menu. You get what you deserve.

TIP #5: WISH PEOPLE A HAPPY INTERNATIONAL DAY OF HAPPINESS

- Let the calendar day/month be your excuse for a kind gesture.
- Use phone/voice mail/text/email/social media to wish people a good day..

TIP #6: THINK AND SPEAK ONLY WORDS OF KINDNESS ABOUT YOURSELF AND OTHERS

Sources mentioned in this episode:

<http://dayofhappiness.net/about>

©2019 The Communication Guys

Please help protect our intellectual property by not reproducing or distributing this content without our permission.

<https://www.actionforhappiness.org/>

Communication Guys, Episode 116: “The Epidemic of Loneliness”

Communication Guys, Episode 126: “The One Day Communication Challenge”

Are there other communication-related topics you’d like to hear the Communication Guys address? Let us know on our [Facebook page](#).