

CHICAGO BRIDE

11 Roadblocks to True Happiness -

By Diane Lang Positive Living Speaker and Author

1. Doing the same thing over and over again and expecting different results. We get stuck in habits that are not good for us. If we don't change the bad habits then how can we change the outcome?
2. Keeping up with the Jones' -- If you're constantly trying to keep up with everyone around you, you can't be happy. You will be too busy comparing yourself to others. If we're constantly comparing ourselves to others, we will never measure up. We will always focus on our faults. Comparing yourself to others is setting yourself up for failure, your living up to others standards not your own.
3. Sitting when you should be moving -- having an active lifestyle boosts endorphins (the happy chemical). If we don't get up and move around/exercise we will feel low energy/sluggish, fatigued and cranky.
4. Sunlight = Vitamin D and we need both. Even spending ten to fifteen minutes outdoors in natural sunlight can boost your mood. Its hard in the winter months but make the effort; it's worth the mood boost you will get.
5. You are what you eat -- if you have a day of eating bad you feel it immediately. You will feel it not just in your stomach but in your moods. To feel good both physically and emotionally, you need to watch what's in your diet. The better you eat, the happier and healthier you are.
6. Focusing on what you can't control causes frustration, anger, stress and feelings of helplessness. If you make the choice to focus on what you can control, you will feel more empowered. By working on what you can control, you can take action and make the changes you need.
7. Limiting beliefs -- a lot of us have that tape player in our head that keeps replaying the negative thoughts/beliefs such as: I can't do this or I will never succeed, etc. If you continue to think this way, your beliefs will become a reality.
8. Change -- if you're not willing to change, then you will remain stuck. Nothing can get better if we don't let it. You make the choice; ask yourself, "Am I willing to change?"
9. Expecting happiness 100% of the time. We need to be realistic. We will have bad days, circumstances that are negative, situations we can't control. It's okay to have bad days. We just need to remember it's temporary.
10. Your biggest stressor is you -- we are our own worst critic. Think about how you speak to yourself. We say some harsh things to ourselves. We cause a lot of our unneeded stress due to our negative self-talk and our low self-worth. You need to love and accept yourself to be happy.
11. Trying to buy happiness will be one big disappointment. It's okay to have and enjoy material things, but true joy has to come from within.

ABOUT DIANE LANG

Diane Lang - Positive Living Expert and psychotherapist - is a nationally recognized speaker, author, educator, therapist and media expert. Lang is extremely mediagenic and offers expertise on a variety of health and wellness topics about creating balance and finding happiness through positive living as well as multiple mental health, lifestyle and parenting needs. In addition to holding multiple counseling positions, Diane is also an adjunct professor at Montclair State University.

Lang speaks to employees of large companies to help reduce stress in the workplace and speaks to parents about how to create balance and find happiness along with a variety of other health and wellness topics. For rates or to book Diane Lang contact pr@dlcounseling.com.

Diane is also the author of two books: "Baby Steps: The Path from Motherhood to Career" and "Creating Balance and Finding Happiness."

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