

# HAPPY LIFE HABITS SELF CARE PRACTICES

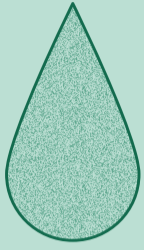
These practices will support and help you with life's challenges & opportunities. They have served me well with many having scientific backed research.  
Shaileen Shah - Happiness Coach, Speaker & Trainer

## CONTROL THE CONTROLLABLES

Focus on the things that you can control:  
Time, Energy, Attention; focus on higher energies  
Remember the Serenity Prayer

## ROUTINE

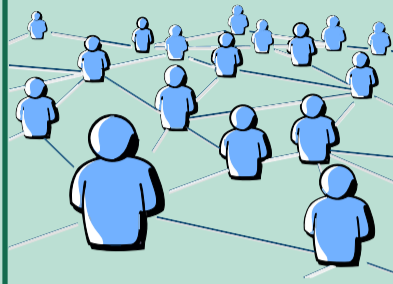
Develop empowering happy life habits  
Plan, organise and also be like a yoga teacher in your approach - be flexible



## HEALTH & NATURE

Eat sensibly - fresh fruit/veg  
Hydrate well  
Sleep well - get adequate rest and sleep to rejuvenate  
Keep breathing deeply  
Keep exercising

Spend time in nature - walk in park, down the road, garden  
Get some fresh air and sunshine



## CONNECTION & KINDNESS

Find ways to stay connected, in touch as alternative to the physical face to face. Use technology - Facetime, video conferencing, messaging apps, phone call, email (do remember the schedule/limit time aspect)  
Really deeply listen

Be kind to yourself, be kind to your nearest and dearest, be kind to others

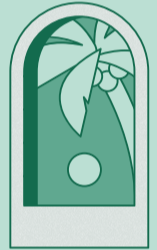


## LEARN & GROW

Adapt, grow, develop, experiment and learn  
Take opportunity to learn a new skill, revive and old one  
Watch videos (TED etc), listen to podcasts, join courses, read books, enjoy poetry

## REFLECTION, GRATITUDE & JOURNALING

Reflect, contemplate, ponder  
Practice gratitude - it helps well being and resilience  
Do some journaling - great to express, capture and learn from



## SPIRITUALITY & FAITH

Dive deeper into your spirituality or faith  
Meditate  
Help and Serve others  
Recite Prayers, Mantras and contemplate the meaning



## MINDFULNESS & PRESENT MOMENT

Be aware of your feelings, emotions, thoughts - don't dwell on the dis-empowering, low energy ones - feel, observe, acknowledge and choose to change to more empowering high energy ones  
Be present

## HUMOUR & FEEL GOOD

Smile - it increases your face value!  
Read a good book, listen to your favourite music, watch your favourite film  
Practice Laughter Yoga



## INFORMATION SOURCE

I reached out to my communities to ask what tips, practices, ways they deal with and coping with life's challenges. These are ordinary people like you and me - Humans.  
See Together In Isolation blog article

Choose to focus on one of these ideas each day or each week or each month and develop positive daily Happy Life Habits.



**HAPPY  
LIFE  
HABITS**

**Positively Impacting Happiness  
& Well Being Levels**

[www.HappyLifeHabits.co.uk](http://www.HappyLifeHabits.co.uk)