
5 Simple Ways You Can Improve Your Life





Introduction

This guide includes fundamental simple daily practices that are based in research that you can start using today to improve your life. I recommend implementing as many of these practices as you feel comfortable with because the benefits can be quite profound.

The Practice of Gratefulness



We often hear about the power of gratitude for creating a more positive and happy mental state, but gratitude literally transforms the brain.



When you practice gratitude, you are more peaceful, less reactive, less resistant, and happier.



Keeping a daily journal of some of the things you're thankful for is one way to practice gratefulness.



Another way is to tell someone you know something you appreciate about them. It's also important to practice being grateful for things you like about yourself.



Mindfulness Practice

Mindfulness is a state of open attention on the present. When we are mindful, we carefully observe our thoughts and feelings without judging them as good or bad. It means living in the moment and awakening to our current experience, rather than dwelling on the past or anticipating the future.

It has many positive benefits, including lowering stress levels, reducing harmful ruminating, improving our overall health, and protecting against depression and anxiety. There is even research suggesting that mindfulness can help people cope better with rejection and social isolation.

Mindfulness is a form of mental training that will teach you to experience the world in an entirely new way. You will learn for the first time what is truly happening to you, around you, and within you. It is a process of self-discovery, a participatory investigation in which you observe your own experiences while participating in them as they occur.

Visit drnathanbrandon.com to learn more about mindfulness.



Recording Your Thoughts



Keep a thought record of all of your thoughts, both positive and negative. Be sure to track your emotions associated with the thoughts.



The way we think affects the way we feel. If we want to change the way we feel then we need to make changes to the way we act and think.



We all have automatic thoughts, but these thoughts are often based on assumptions, not facts.



Thought records make our negative automatic thoughts visible to us. They help us identify problems with our thinking, so we can make changes that are more accurate.





Scheduling Pleasant Activities

Engaging in pleasant activities can help you recover from stress. By scheduling and participating in activities that you find enjoyable, you may find that you feel less depressed. It's important for you to identify activities that are pleasant to *you*. They don't have to be expensive or time-consuming to improve your mood.

There are many resources online for pleasant activities if you have difficulty coming up with ideas for activities you may enjoy. It is important that you not only identify activities that you enjoy, but that you schedule time to do them and then follow through at the planned time to get in the habit of self-care.

Identifying Values

Values are the ideals that give your life meaning. They drive our behaviors and determine our goals. Once you increase awareness of what you truly value, you will be better equipped to find the motivation to live a purposeful and meaningful life. Some core areas to consider include:

- Family
- Romantic relationships
- Parenting
- Friends and social life
- Work
- Education and training
- Recreation and fun
- Spirituality and religion
- Community life
- Self-care

Once you recognize your core values, you can begin to take specific actions that can move you toward your intentions. Having a fulfilling life can give you something to look forward to and can make you stronger during times of distress.

If you would like to further explore any of the topics presented in this guide, please feel free to visit my website at drnathanbrandon.com and contact me for a free phone consultation.

