

MAKING LIFE MORE FUN

How To Make Every Day A Little Happier

(NAPSA)—Every day can bring a new reason to celebrate and new ways to add happiness to your life. It's easier than you might imagine. Here are six simple ways to add happiness to your life:

1. Be grateful. Every day, take a few moments to consider who and what you are grateful for. There is always something or someone who brings you happiness and it's easy to take your life for granted.

2. Be kind. One of the fastest ways to cheer yourself up is to make someone else happy. Volunteer for a worthy cause. Perform small acts of kindness for loved ones. Remember their special days or do something nice, just because. Take a friend out to lunch or surprise your friend by sending something sweet like a fresh fruit bouquet to brighten his or her day.

3. Be active. Exercise is proven to boost endorphins, which affects mood and energy and will make you feel happier and healthier.

4. Be optimistic and proactive. Take some time to consider what you can do to improve your life in the future and ways to head off potential problems.

5. Be positive. It may sound simple, but smiling can put you in a better mood. Several studies, including a 2010 study by psychologists at Barnard College, have found that mimicking the physical gestures of a smile can make you feel happier. Other mood-boosting activities include listening to happy music or watching a comedy.

6. Be generous with your happiness. Plan to make celebrations a regular part of your life. Get your office mates together after hours. Call old friends and colleagues and arrange for lunch. Socializing is a great way to reduce stress and rejuvenate friendships or working relationships.

Celebrations are not just for



Every day can bring a new reason to celebrate. Celebrations need not be elaborate and can center around something as simple as a fruit arrangement.

holidays or life's bigger milestones and they don't have to cost a lot of money. If you are hosting an event, keep the menu simple and serve healthy food, such as hummus and chips or cut vegetables and low-fat dip.

Another great idea is to offer fresh fruit as both a healthy snacking option and an attractive centerpiece. Edible Arrangements offers a beautiful selection of sculpted fruit arrangements that are a delicious and stylish snacking solution for any occasion—from birthdays to Valentine's Day, Father's Day or to brighten any day. The company can add chocolate-dipped fruit to the arrangement and there are several themes to choose from. For example, you can order an arrangement such as The Delicious Fruit Design® with dipped strawberries, a fruit bouquet with half of the strawberries hand dipped in gourmet chocolate and complemented with cantaloupe, pineapple daisies, grapes and honeydew.

For more party ideas, visit www.ediblearrangements.com.