



Don't Worry, Be Happy!

In years gone by, a senior was a retired person or one who reached age sixty-five. Retirement rules have changed and so has our perception of who is a senior. There are many rough times during the aging process. Each of us has to face them in our own way, on our individual timeline.

I'm unique! So lose the titles identifying seniors, such as "youngster" or "madam." Either just talk, or ask for my name, then use it. I'm Marcia! Hearing my name gives me a familiar feeling, a special happy glow. I sure wish I had a sense of humor about those cutesy names.

I know, Don't worry! Be happy!

Laughter is the best medicine!

The award winning song, "Don't Worry, Be Happy" has a far-reaching message, telling us to expect some trouble in our lives, however when you worry, trouble will double.

Keep problems in perspective by planning for happiness. Avoid worrying. It can create illnesses from the stress. Worrying does not solve problems, actions do. Look for and find happiness on a daily basis.

Happiness principles:

1. Feel happy! Laughter is the best medicine.
2. Inner happiness can't be taken away.
3. Fill your day with activities that make your heart glow.
4. Give a compliment every day.
5. Smile at yourself in the mirror and give yourself a hug.
6. Forgive and let go. Do not hold a grudge.
7. Appreciate what you do have!

Laughter is like taking a mini vacation. Social interaction stimulates the brain to release feel good chemicals like nor epinephrine, which leads to contentment.

Spend time with compatible friends to discuss what makes each one feel happy. Share ideas.

Mature happiness is knowing the old stressors don't have to exist anymore. It is no longer necessary to accept a grueling pace to succeed in the workplace competition. It's more like a quiet choice to see the good in today and in every moment. Happiness will be found when the daily pressure is lifted.

Don't worry! Be happy!