

Guidelines

Colonial Heights Middle School Guidance Newsletter

December 2017



National Junior Honor Society



Candy cane grams will be sold by NJHS students December 7th - 13th during all three lunches. NJHS will be meeting after school this month on **Tuesday, December 5th** (regular meeting) and on Wednesday and Thursday, Dec. 13th & 14th to assemble candy cane grams.

Habits of Happy People

Adapted from

"11 Habits of Supremely Happy People"

by Dr. Travis Bradberry



Have you ever thought to yourself: "When X happens, I'll finally be happy!" We often think that getting that new phone, job, or relationship will make us happy. Research shows that major events do make us happy at first, but this type of happiness doesn't last. Even the happiness ratings of "regular" people and people who won the lottery one year earlier are practically identical! Psychologists know that such **event-based happiness is short-lived.**

Happiness is actually synthetic, meaning you either create it—or you don't. **Happiness that lasts is earned through your habits.** Supremely happy people have developed habits that maintain their happiness day in, day out. Try out their habits, and see what they do for you!

Habit #1 - Happy people slow down to appreciate life's little pleasures. All of us fall into routines,

which is a good thing in many ways, saving

brainpower and creating comfort. But sometimes we get so caught up in our routines that we fail to appreciate—or even notice—the little things. Happy people know that it is important to savor the taste of their meal, laugh at the cute face their toddler made, enjoy the amazing conversation they just had (and participate in one in the first place!), or even just step outside to take a deep breath of fresh air.

Habit #2 - Happy people spend money on other people. Research

shows that spending money on other people makes you much happier than spending it on yourself. This is especially true of small things that demonstrate effort, such as going out of your way to buy your friend a book you know they will like.

Habit #3 - Happy people surround themselves with positive people.

Happiness spreads through people. Surrounding yourself with happy people builds confidence, stimulates creativity—and it's fun! Hanging around negative people has the opposite effect. Negative people want others to join their pity party, thinking that will help them feel better about themselves. Think of it this way: If a person were smoking, would you sit there all afternoon inhaling the secondhand smoke? You'd distance yourself, and you should do the same with negative people.

Check out the next three habits of happy people in the January issue of GuideLines.

"It is time to defend not so much human rights as human obligations."

--Aleksandr Solzhenitsyn

