

As Good As It Gets?

Do you wonder, "Is this as good as it gets?" You may feel stagnated at work, in your relationships, or socially. For some reason you may feel like something is missing from life or you may even fear making changes. However, don't just ignore these feelings. They likely won't just go away with time. Understand that how you feel right now, isn't how you will always feel, or how you should always feel. The truth is, you can't just put off happiness!

Here are some helpful tips for creating positive life changes:

- **Take inventory of your priorities and goals.** Find out what really appeals to you and align it with your priorities and time. Make sure that your work-life is something that you enjoy and/or fits within your life's purpose and values.

- **Make changes, big or small.** You may be thinking that you need to make big life changes, like your career or where you live. However, small changes can oftentimes have as much impact on happiness as big ones. Small changes might include picking up a new hobby or simply scheduling extra time for relaxation or time with a loved one.

- **Practice acceptance.** An attitude of acceptance can neutralize unpleasant and irritating experiences and even sometimes transform them into pleasant ones. Acceptance is an active process.

- **Live spontaneously.** Try enjoying each moment as it comes, without worry about what you should be doing. It oftentimes feels easy and safe to stick to what you know, but challenge that urge. Take reasonable (healthy) chances and be open to trying new things.

- **Appreciate the small things.** Take time to appreciate aspects of your day-to-day life that often go ignored in the busyness of living.

- **Live authentically.** Instead of living according to what other people suggest you do, follow your own desires and live according to the guidance of your heart. Be honest with yourself about your feelings. Of course, respect the rights of others, but work to maximize your potential, not someone else's.

- **Develop compassion for yourself and others.** Strong self-compassion can set the stage for better health, relationships, and well-being. Research suggests that people with self-compassion have lower levels of anxiety and depression, as well as, better ability to be compassionate to others. This oftentimes results in deeper and more meaningful relationships with others.

For additional support beyond these tips, please reach out to your ART, or seek other mental health services.

Questions? Contact us at 363ISRW.ART.363ISRW@us.af.mil or at 757-764-9316