

Wee steps can make a **big difference**

Tips for feeling more cheerful



What does cheerful mean?

Being cheerful is like being optimistic, it doesn't mean you don't recognise there are challenges, it just means you may look at those challenges differently. Sometimes when we look at a challenge from a different perspective, we realise we maybe worrying about something that may not actually happen, or we realise there is something we can do to adapt to or reduce the challenge. Being cheerful offers us a break from worry, stress, and tension, it can help reduce the symptoms of stress, and even help us recharge our energy levels.

Why being cheerful matters

Being cheerful, doesn't just benefit us, but those around us. We all know people who light up a room and inject energy and enthusiasm into a situation, not because they are faking it, or don't pay attention to the fact there are challenges, but because they are hopeful, positive, putting energy out to the world to find solutions and by doing so energise others, as well as themselves. Sometimes when life is challenging, we want to talk about that to others and this is good for our wellbeing, however, there are also times when we need to realise many people face challenges, being interested in others is as important as others being interested in us, it can't always be about how we feel. This piece may be of interest www.cope-scotland.org/index.php/latest-blog/being-interested-in-others Remember if life is so challenging you just cant feel cheerful just now and you do need more formal support to discuss a challenge, it may be you need to speak to a counsellor, or other mental health professional. These are general tips, not a replacement for professional advice.

What is your passion?

To be cheerful we need to love our life, find something we are passionate about, it maybe how we offer a better future to our children, it maybe finding a cure for a disease, it maybe saving the planet, it maybe cooking, woodworking, your choice. However, it has to be something which you feel passionate about, something which you feel gives meaning to what you do. This piece may be of interest www.cope-scotland.org/index.php/latest-blog/finding-meaningfulness-in-the-everyday If you don't know what your passions are, take time to think of times you were really happy. What were you doing, where were you, who were you with, what else was happening, what about that situation made you feel happy? Once you have had a good think capture that on paper or perhaps in a journal. This may be useful www.cope-scotland.org/index.php/latest-blog/the-pen-is-mightier-than-the-sword Then when you have remembered, or visioned what your goal is to bring more cheer into your life, practice visualisation to help make it manifest. This piece may be useful www.cope-scotland.org/index.php/latest-blog/what-are-we-giving-attention-to-visualise-the-world-you-want Its also good to have tools to help goal set for what matters to us, this piece may be of interest www.cope-scotland.org/index.php/latest-blog/have-fun-achieving-what-matters-to-you

Being cheerful takes work

As with many things becoming cheerful takes work, also it helps when others also approach a situation with a cheerful disposition. It can be very draining if you are the person constantly looking for a solution, or the bright side, while others focus on the doom and gloom and all that could go wrong. This in fact can drain energy from a room and leave you and others feeling exhausted before you start. If something has you feeling less than cheerful and does not respond to self-management speak to your GP or health care providers. Remember also the **Samaritans are there 24/7 365 Tel 116 123**.



Love being you

This may sound obvious, however, to be cheerful you are wise to love being you. Focusing on your strengths and forgiving yourself for not being perfect, no one is! Loving and caring about ourselves also means when we are struggling with something, we do something about it, speaking to someone if we need to. Being cheerful doesn't mean we don't have days we feel down or experience a range of emotions. This piece may be of interest www.cope-scotland.org/index.php/latest-blog/covid-19-an-emotional-roller-coaster It just means we are mindful of where we put our energy, and look for ways where our energy can be put to better use for our wellbeing. This piece may also offer some ideas on learning to love you for being you www.cope-scotland.org/index.php/latest-blog/feeling-good-being-me



Learn to work through things which are holding you back

There can be events in life, or situations we find ourselves in where being cheerful just does not feel like the default emotion we can manage e.g., when we are dealing with loss. This piece may be helpful www.cope-scotland.org/index.php/latest-blog/coping-with-loss or, perhaps we are suffering chronic pain, or some other health challenge which makes it harder to feel cheerful www.cope-scotland.org/index.php/latest-blog/wee-tips-to-help-reduce-suffering-caused-by-chronic-pain Recognising our pain and seeking to find ways to work through it can help us get back to a place emotionally, which is better for our wellbeing. Asking for help when we need it, as we all need help sometimes.



Adopting cheerful behaviours

This may sound obvious, however, when we smile often, have a pep in our step as opposed to slouching, use upbeat language when we talk to ourselves and others, this may be of interest www.cope-scotland.org/index.php/latest-blog/what-are-you-saying-to-yourself-because-you-are-listening-1 Also being relaxed within ourselves, kind to ourselves and others, this can make us feel more cheerful! Here are some tips for being more relaxed www.cope-scotland.org/index.php/latest-blog/relaxation-and-what-we-can-learn-from-frogs this may also be of interest www.cope-scotland.org/index.php/latest-blog/yoga-is-it-for-me

Being around others

Most people are social in nature, they enjoy being around others, some people are happy in their own company and that works for them too. However, if someone feels lonely, or doesn't feel close to other people this can make it hard to feel cheerful, and not feeling cheerful can make it hard building new relationships with others. These pieces may help www.cope-scotland.org/index.php/latest-blog/why-for-many-feeling-close-to-someone-matters also www.cope-scotland.org/index.php/latest-blog/is-it-we-feel-lonely-or-is-it-we-feel-we-have-no-purpose Remember, you do matter. It's amazing how a shift in perspective can shift how we feel www.cope-scotland.org/index.php/latest-blog/viewing-the-world-through-a-lens-of-optimism Being cheerful and finding ways to bring more cheer into your life, can help improve your wellbeing. Doesn't mean we don't have a moan at times, we all sometimes need to vent our frustrations, just means we are mindful of this and seek to either do something about it, or find a way to adapt so it doesn't ruin our day.

**Remember, you do matter,
so does your happiness**