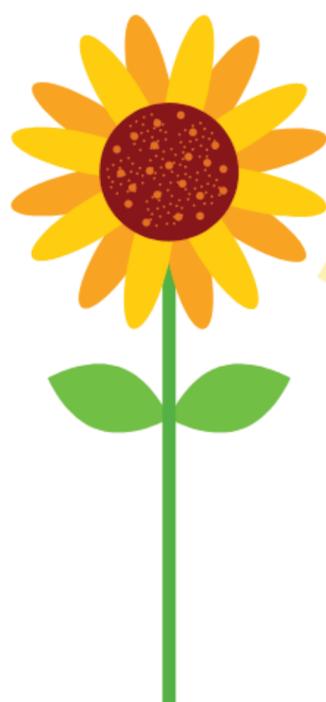


100
TINY TIPS
FOR A
HAPPIER LIFE



Jolly  Piggy

DISCLAIMER

This book does not constitute medical material of any kind. Please do not use it as a substitute of a professional consultation. The contents are for informational and entertainment use only.

Always seek the advice of your mental health professional or other qualified health providers with any questions you may have regarding your condition.

Don't disregard professional advice or delay in seeking it because of reading this material.

Please feel free to share this eBook with anyone who, you believe, will find it useful.



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A Heartfelt Note



This little book comes from the warmest place in my heart.

I truly hope it will help you **see life on the brighter side**, inspire you to do things that are good for you, and allow some bliss to come your way.

If you' ve been struggling lately, I hope that you will find some comfort here. My focus as I' m writing this book is to give you **a few tips** that I genuinely believe will help you live a more peaceful, happy, and content life. They have certainly helped me overcome my darkest times.

Please know this: **you control how you perceive the things in your life**. Yes, things happen, but you have the power to decide how you see them and how you react to them. Once you realise this, you' re ten steps closer to a happier life.

You' re not alone. I am here with you on this journey. Let' s move forward together.

Last but not least, any honest **feedback is tremendously appreciated**. This book is written for each and every one of you, and I' ll do my best to keep updating it according to your feedback and ideas. Together, let' s all help others live a happier life.

Thank you for being here, I hope this little book will exceed your expectations!

Warmest Regards,

Catherine

Jolly Piggy Founder

10

Ways To Recharge Yourself



Recharging is **different for everyone**. Alternating between productive time and breaks can consciously help you greatly increase your effective work. Set up time blocks for when you will be taking a break and stick to them.

Here are some ideas:

1.

Watch your favourite series, a movie you love or one you haven't watched before. You can either watch it with a friend or alone, just as long as you are relaxing your body and being as comfortable and cosy as possible.

2.

Spend a substantial part of your **day out in nature**. If possible, go to a place you haven't been before, and think of it as an adventure! Bring a friend along and discover new places together.

5.

Dump your thoughts onto a piece of paper. This can have two benefits: your brain will clear out any unnecessary or unwanted information and will be able to process things better. Also you can go back to your notes one day and reflect on how you were feeling, being able to see what has happened between then and now, and compare it to your current feelings.



3.

Find social media accounts, video creators or podcasts that post about your true interests, and check out their content when you need to unwind. This can be inspiring in subconscious ways; refreshing your brain, even if you don't realise it.

4.

If you are a pet lover, **visit your local shelter and meet new furry friends!** Take them for a walk if the shelter allows it. You could also try a dog/cat cafe. The cute creatures will show you how you can be happy and content just with the smallest things in life. Plus, a little bit of your love can make them extremely happy.

6.

Music! Listen, dance, or sing to it. Find new artists that inspire you. Enjoy already loved songs and music tracks. Create different types of playlists depending on your mood and enjoy them.

7.

Explore your creativity! From cooking, DIY projects and painting, to building your dream house on a computer game. Creating something can really refresh your mind and body.

8.

Spend quality time with friends and family. This could be anything from talking about each other's day, playing games, discussing issues that are interesting for all parties, to spending some time in nature together.



9.

If you keep **a diary, go back to previous entries** preferably from a long time ago. Just a few lines can be enough, but it's very easy to read several days' worth of entries without realising it. Relive happy moments as intensely as possible, and find useful lessons from unpleasant ones. Revisiting old entries can be a fantastic tool to help you recollect your thoughts and understand yourself better; it's as if you're reading a novel about someone else's life and you can look at it from a distance. This helps you to re-evaluate your actions with a clear mind and will also inspire you to keep moving forward. If you don't keep a diary/journal, perhaps consider trying it out.

10.

Take a hot bath or shower. Enjoy this time, it's for you. Not for your thoughts about the future or your worries. Put your favourite music on, sing along to it, and even do a little dance if you like.



10

Ways To Feel Calm Again

It's **completely normal** to feel overwhelmed, angry, confused, or stressed from time to time. Find your favourite ways to bring back some moments of calm and peace when you need to. Here are a few ways that you can do that:

1.

Go for a brisk walk and do your best to focus on your environment.

3.

Look through old photos that make you happy. Keep a "happy memories" folder on your phone for emergencies ;)

5.

Dance it out! Jump around! Perform physical exercise to expend some of that trapped energy.

2.

Lay on your bed, close your eyes, and take 5 deep breaths.

4.

Listen to the sounds of nature, either real ones or find a video online. There are countless options for different environments.

6.

Call a friend, family member or someone you trust and pour your thoughts out.

7.

Clean up something in your space. It will keep your body and mind occupied for a little while and you'll also make your space more pleasant to be in.

8.

Take a piece of paper and **write down your thoughts**, whatever comes to mind. Don't worry, no one will read it afterwards. You can throw it away, you don't have to keep it so don't feel restrained to write what comes to mind. This exercise is only purposed to allow you to express yourself, rant/vent and empty your mind. It will help you immediately feel calmer and more composed; in the long term, it can help you realise things that you're not able to see unless you write them down.

9.

Take a few moments to **calmly reflect on why you may be feeling this way**. Was it some external factor? Or perhaps your body has an unfulfilled need?

10.

Remember that this is temporary, as all feelings are; you will feel better again, even if you don't see it now.

10

Ways To Simplify Your Life

There's no need to complicate things to make them work better. Sometimes the simplest solution is the more effective one. Let's look at a few ways we can simplify our lives:

1.

Plan your meals once or twice a week.

This will make it so much easier to go grocery shopping too (two birds, one stone), and it will release your mind from constantly making decisions about what to eat during the day, as you would have already decided.

2.

Declutter your home once a week.

Everything will be so much easier to find, your space will be more organised, and your mind will be clearer. It can be daunting at first, so take it one step at a time. Simply start with a drawer or two, and soon you'll find that it will become much easier.

3.

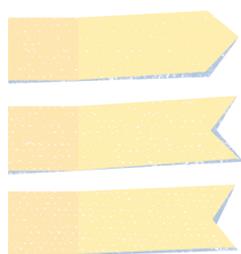
Say no when you feel like it. When you say yes if you don't truly want to, you end up with frustration, anger and sometimes resentment, spending unnecessary energy you could be putting into something useful. Things are so much simpler when you speak your mind.

4.

Make a conscious choice on how to spend your time, instead of letting things just happen and define your schedule. Be mindful of how quickly time passes. Choose to do difficult activities when you're more rested and easier ones when you're more tired.

5.

Minimise your digital devices/apps/organisation tools, etc. Find the most efficient and pleasant way to take care of each part of your life and use as few tools as possible. Less and more efficient is much healthier for your mind than lots of options that you can't choose from.



6.

Create a simple morning routine that works for you, short if you need to, that covers your needs and works with you to help you be your best self for the rest of the day. Then go back, step by step, and see what other things you need to do to reach this result. Perhaps go to bed earlier? Or prepare your clothes from the night before? How much time do you need in the morning in order to feel good and take care of yourself?

8.

Chores and housework: organise them on different days and know beforehand exactly what you need to do each day so that you don't have to think and decide about it when the time comes. This will help you free up your mind from unnecessary decisions that can tire you out. To make this time more pleasant, you can listen to music, your favourite podcast, or watch online videos.

7.

Simplify your physical health and activity; long hours at the gym aren't sustainable if you don't absolutely adore it. Find the minimum effective dose that works for you that can bring you results in your physical health, but also that you really like doing, so that you can keep it up. You can change this whenever you want, but find something that you could consistently do for the next 6 months.

9.

Create your "circle of control" and update it regularly. Focus on what you can control: the amount of effort you put in, your words, your actions, how you treat others, whether or not you "follow the rules", how you handle your feelings, your decisions, how you take care of yourself, etc. When you focus on what you can control, you can cope better with stronger feelings.

10.

Compare yourself only to who you were yesterday, not to who someone else is today. We all go through our own journey and everyone is different. Comparisons with others are truly unfair for your deeper self. Ups and downs will always be there. Everyone has their own, but we don't always see the whole picture.

10

Things To Do When You're Bored At Home

Sometimes we feel like we're stuck at home with nothing to do. Boredom is a really frustrating feeling, even though it's so easy to get out of. Let's crush it!

1.

Listen to an awesome podcast about something that interests you. It could be just a good chit-chat podcast, or a more educational one - something that is not boring and you're really interested in.

3.

Practice mindfulness for a few minutes.

Some exercises can be about your breathing, or taking in your surroundings and trying to notice small details around you.

5.

Video call a friend or relative. We live in a wonderful era when you don't have to be alone, even if you physically cannot be close to your favourite people.

2.

Take an online course on something you're really interested in, that perhaps you haven't tried yet. You can find lots of resources online, and some are even free.

4.

Rearrange your space, declutter a bit, and freshen up your surroundings. Perhaps look into updating your space with some plants, DIYs, etc. You can find lots of inspiring ideas online.

6.

If you're into reading, **check websites with book reviews;** research, add books to your reading list, and get inspired.



7.

Look for things in your house that you don't need anymore. You could donate these to a charity or give them to someone else directly. Not only will this help others, but also declutter your space and freshen up your brain.

8.

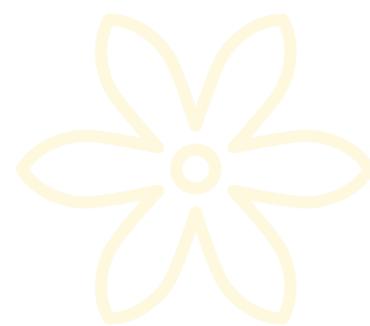
Try a brain-teaser app; there are lots of different variations available for free that are really good. Play is important in our lives! You'll have fun whilst also keeping your brain actively entertained

9.

Look up gift ideas for friends and family. Make a list of things they love and when the time comes, it will be super easy to get them a gift. If you're feeling creative, why not try crafting your own unique gifts, people always appreciate the effort and it might even be a more budget-friendly solution.

10.

Write a list of things you like about yourself. It can range from physical, mental, personality traits, achievements, things you know, things you're good at. Keep it in a safe place for "emergencies" and go back to it whenever you're feeling down, or when have moments that you doubt yourself and if your confidence is lower than normal.



10

Mundane Things To Be Grateful For

If you have never consciously practised gratefulness before, you will be completely surprised by the effect it can have on your mood and the way you face difficulties. Here are a few ideas to help you get started:

1.

Food on the table; the ability to nourish your body with the nutrients it needs daily.

3.

Warm showers / baths; this is not an option for many people around us.

5.

Being able to instantly look up something funny on the internet and have a good laugh.

7.

A person you're glad to have in your life. They could be a family member, a partner, kids, a teacher, a mentor, or a neighbour.

9.

A memory, big or small, that makes you smile every time.

2.

Your senses. We very often take these for granted.

4.

Days off work when you can relax, chill and recharge, meet family and friends, or simply rest.

6.

Your ability to learn new things every day.

8.

A life lesson you've learned the hard way.

10.

A personality trait of yours that you like; that you've learned to use and work with for your benefit.

10

Things To Do When You're Having A Bad Day

"Bad" days exist for everyone. Whatever happens, you need to **take care of yourself and come back stronger**. Here are a few tips to help you deal with such days:



1.

Rest or take a nap

2.

Have a **heartwarming comfort meal or drink**. Go the extra mile so that you really enjoy it.

3.

If you can, **be with someone whom you're glad that they're in your life**.

Share your day with them, choose someone that will understand.

4.

Help someone in need. If you cannot do it in person, do it online. Answer people's questions on groups if you know the answer, make a donation, leave kind comments on your favourite content creators' posts. Do something kind for someone, even send a message or call a loved one and tell them that you're grateful they're in your life.

5.

If possible, **go for a stroll**. Try to be present and leave behind all your worries. This is your time, and you'll have a much clearer mind to solve issues when your mind is rested.

6.

Get creative, it really helps. All kinds of creative work count!



7.

Check out support teams. It could just be a group online, or an organisation. Reaching out to others can be scary, but it gets much easier after you try it. There is goodness in people and most of them would like to be kind to you and help you get through your day. You can, of course, do it anonymously if you prefer.



8.

Smile for a few moments, even if you don't feel like it. Your body is wired to release feel-good hormones when you smile, so, unconsciously, you're pumping good feelings in your body. You will instantly feel a bit lighter, and your strength will rise to the surface to help you face your difficulties. Then your smile might even become a true feeling.

9.

Get as comfortable as you can, pamper yourself so that, physically, you make your body feel as good as possible. This will release happy hormones that will help you lift your mood unconsciously.

10.

Go back to your **list of things you like about yourself** (check Chapter 4). Read it aloud if possible :)



10

Ways To Take Care Of Your Mental Health

Please take care of your own mental health, but **never hesitate to ask for help**. We all need it sometimes. Be mindful of it and try these few exercises:

1.

Write things down. You can always do this digitally too, using the notes section on your phone or a note-taking app.

2.

Take breaks from technology, go walking, and try to get out of the house once a day. Even for 5 minutes if possible.

3.

Remember to **notice and listen to how you talk to yourself.** Let yourself know that you're human, and take it easy even when things don't go as you want them to.

4.

Nourish your body with **good quality sleep and food.** This plays a huge role in mental health as well.

5.

Communicate with others and avoid total isolation, even if it feels hard. Just 5 minutes per day talking with a friend or family member will help. Texts are ok, but it's much better to talk to someone on the phone or via a video call.

6.

Meditate on **gratitude-gratefulness**

7.

Keep on learning; our minds are happy when we give them new information that they can work with. Keep doing things that challenge you. This keeps your brain active and awake, and the feeling of achievement when you succeed is incomparable.

8.

Tell the truth politely, and try to stay away from “dramatic” situations.

These always complicate our lives and make it harder to work things through.

9.

Do things you love. If you don't have a specific hobby, start with watching a series you like or listen to music. Set up a time block for this, so that you know this time is for you to rest. At the same time, find a hobby that sparks your soul.



10.

Set up a goal and work towards it. Make it a small goal, take baby steps, and keep setting new goals when you achieve them. Take it one step at a time. It can be about anything: physical, a project, a new habit, etc. For example, walk around the block for 5 minutes every day. Do this for a few days and if it starts to feel too easy, increase the target a bit, so that it's still doable and enjoyable for you.



Ways To Rephrase Judgmental Thoughts

10

Below are some general guidelines to help you **alter thoughts** that are not beneficial to you. On the next page, you can also find **examples** of rephrasing some negative thinking.

1.

Challenge any self-criticism. There are times when we should listen to it and times when we shouldn't.

3.

Remember that you always learn something, whether you succeed or not.

5.

Treat yourself as a friend or family member that you love very much, like someone who you want to be happy and you know they should take it easy on themselves. Try to see yourself from the outside. Wouldn't you console and comfort this person, tell them it's ok and to keep going? Do the same for yourself.

2.

Use compassionate self-talk and see yourself with empathy.

4.

Try to identify a pattern behind your judgmental thoughts. Think about how this could be affected by the opinions of others. Acknowledge that it doesn't have to be that way if you don't want it to. Then make a decision to be the one that keeps yourself in check, in an understanding way, and take the time to rest when you need to.

6.

Practice mindfulness, any method you choose will be helpful.

7.

Approach tasks as "done is better than unfinished" and crush perfectionism. Make it good enough and move on.



8.

Remember that “we suffer more in imagination than in reality,” as the stoic Seneca said.

9.

Train your perception to **avoid** “good” and “bad”. Think of it only as the way you perceive things; this shows you that you are in control.

10.

Examples of rephrasing judgmental thoughts are:

- I am being lazy -> My mind and body need a break now. Rest is productive too.
- There's no way I can do this as well as they can -> I can find my unique way of doing things. I shouldn't compare my learning curve to someone else's highlight.
- This is too hard to figure out -> I know I can reach out for support; I don't have to do this alone.
- I keep making mistakes -> Mistakes are part of the process; I have the power to focus on what helps me learn and grow.
- There is no way that it will work -> I can learn to make it work.
- I am going to fail and embarrass myself -> I'm proud of myself for trying, this is what courage looks like.
- I should've known better than this -> I did the best I could with the information I had at the time. I can forgive my past self and grow into a wiser version of myself.

10

Tips To Deal With Low Self-Esteem

Self-esteem depends on the perception we have of ourselves.

Once you establish yours, it's really deep and cannot be shaken. So even when something unpleasant happens, you know deep inside that you'll get through it.

1.

Do things that challenge you regularly; even small things that are difficult for you yet seem easy to others.

2.

Believe that nothing is too good for you if you're willing to work for it.

4.

Understand that you are a human and that it's normal to fail. Our most valuable lessons come from these failures. Don't forget that. Go all in and if you fail, you learn and you move on to the next challenge.

3.

When you do something, go for it with all your effort. Then no matter if it goes well or not, you know that you did your best. And, next time, you'll be wiser and you'll have more chances to succeed.

6.

Low self-esteem might be connected to being a "people pleaser". Spot this and change it if you don't like it.

5.

Every day is a new chance to change anything that doesn't help you. Just because you've done something in the past that doesn't serve you, it doesn't mean that you have to or will do it again. Choose to improve yourself today, and self-esteem will follow without you realising it.

7.

Congratulate yourself on consistently showing up, even when things aren't going your way. Your perseverance will grow.



8.

Realise that, in order to be mentally healthy and value your self-esteem, you need to **set boundaries** if you haven't already. This applies to yourself and others as well. Boundaries, apart from everything else, will help you see that you're an independent person with values that you can choose for yourself.

9.

Having courage doesn't mean that you always roar. Sometimes, it's a little voice at the end of the day that says "I will try again tomorrow"; that comes from your self-esteem and the belief that you can do your best.

10.

Avoid these:

Projecting your self-criticism on others and imagine that they are judging you: **don't assume that others think of you in a negative way.**

Bad posture; **try not to slouch.** The way you carry yourself plays a role in your negative self-image.

Wanting something but **not trying to get it:** every time you want something that you have not tried for, you miss up on a chance to build your self-esteem.

Not acknowledging that you have power over your self-esteem: you need to take responsibility for your thoughts and actions.

Procrastinating regularly: it gives you a false sense that you have no control over your life. It can lead to guilt, anxiety, and low self-esteem.



10

Habits To Help You Be Happier Every Day

Most of these are related to your morning and the few minutes after you wake up; **these moments set up the whole mood for the day.** Even if something unexpected happens, we're more grounded and determined to keep going.

1.

Tell a few simple encouraging words to yourself as you wake up. These could be:

I'll do my best to create the life I want.

I'll make conscious decisions, even if it's hard.

I'll remember to take a break when I need to.

If something unpleasant occurs today, I will learn something from it.

I'll do my best to focus on my goal.

5.

Have **mental reset days** where you simply do the things that make you happy. Choose to spend these alone or with friends, and don't push yourself to be productive on these days. Play is important, and it helps you reset your brain and come back with motivation and inspiration.

2.

Think of **one thing you're grateful for** in the morning, and **try to not use your phone** for at least 10 minutes after waking up.

3.

Wake up **early enough** to get things done, but make sure you **get your required amount of sleep.** It can be different for everyone.

4.

Cheesy, but **drink one glass of water** as soon as you wake up. It will transform the feeling you get in the morning! Your body is very dehydrated during the night. Please give it a go for a week and feel the difference. You won't go back! If it helps, set a reminder.

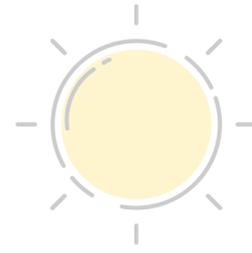
6.

Invest your time and money more in **experiences and knowledge** and less in items. Remember to live these moments as fully as you can, and to take photos if possible!



8.

Make tomorrow as easy as possible. Use a “to do” list, prepare food/clothes, tidy your space so that you wake up to a pleasant environment.



7.

Brain dump so that your mind can clear up. This can be in the form of a diary, bullet journaling, or simple notes on your phone.

9.

Set good boundaries around your bedtime routine. Examples are, staying away from your phone at least 30 minutes before bed, or deciding to not talk about work or things that stress you out for at least 2 hours before bedtime.

10.

Do some kind of activity, even if it's 5 minutes around the block. Inside your house, you could even do a few body-weight exercises if possible, legs, arms, or whatever you prefer; just to let your body know that you're active. It will kick start the release of hormones that regulate your daily rhythm as well as serotonin, which lifts your mood.



BONUS:

15 Soothing Simple Things

Here are a few simple things to soothe you, that use your five senses.

Feel free to add your favourites to the list!

Sight

Low lighting

The sky

Green nature space

Taste

Nostalgic tastes

Strong flavours

Yummy nutritious food

Touch

Soft fabrics

Hot shower

Weighted blanket

Sound

Nature sounds

Guided meditations

Relaxing music

Smell

Aromatherapy candles

Fresh air

An item that brings back memories of someone dear.



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60 Days Mindfulness Challenge



60 MINDFULNESS CARDS

7 THEMES

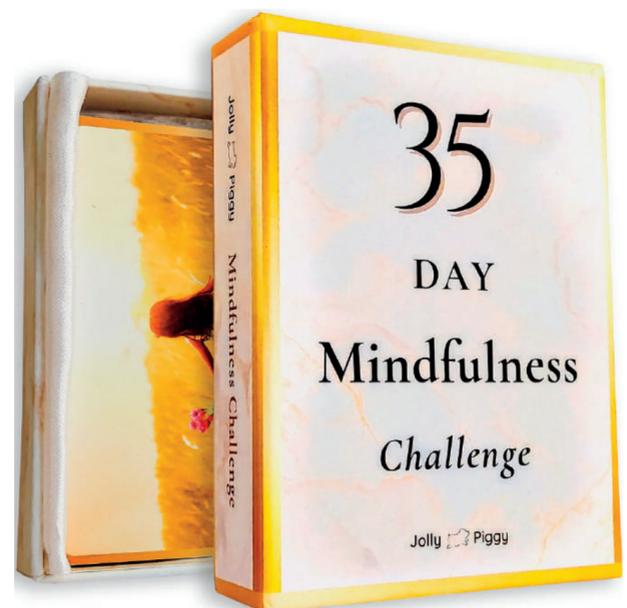
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