

MAKE THE NEXT 10 YEARS YOUR HAPPIEST YET

For the past decade, your happiness has been GLAMOUR's priority. Well, you know what? We've got your next decade covered too, says **Hannah Ebelthite**

For centuries, the idea of happiness has fascinated researchers, from ancient philosophers to modern scientists trying to find out what works and why. The fact that sales of self-help books have increased by 40% in the past five years shows that the quest for emotional wellbeing is more important to us than ever. But does it need to be a lifetime's project, or is true contentment within easier reach?

"Most of the time when we're happy, we don't even think about it – we're chatting with friends, listening to music, relaxing in the bath," says Oliver Burkeman, author of *Help! How To Become Slightly Happier And Get A Bit More Done*. "It's this attainable stuff that counts, not some higher state of bliss."

We've gathered all the latest research and expert advice to fill your next ten years with happiness.

YOUR SUPER CONFIDENCE, MEGA SELF-ESTEEM CHECKLIST

These mood boosters come straight from your friends in white lab coats – they know what works

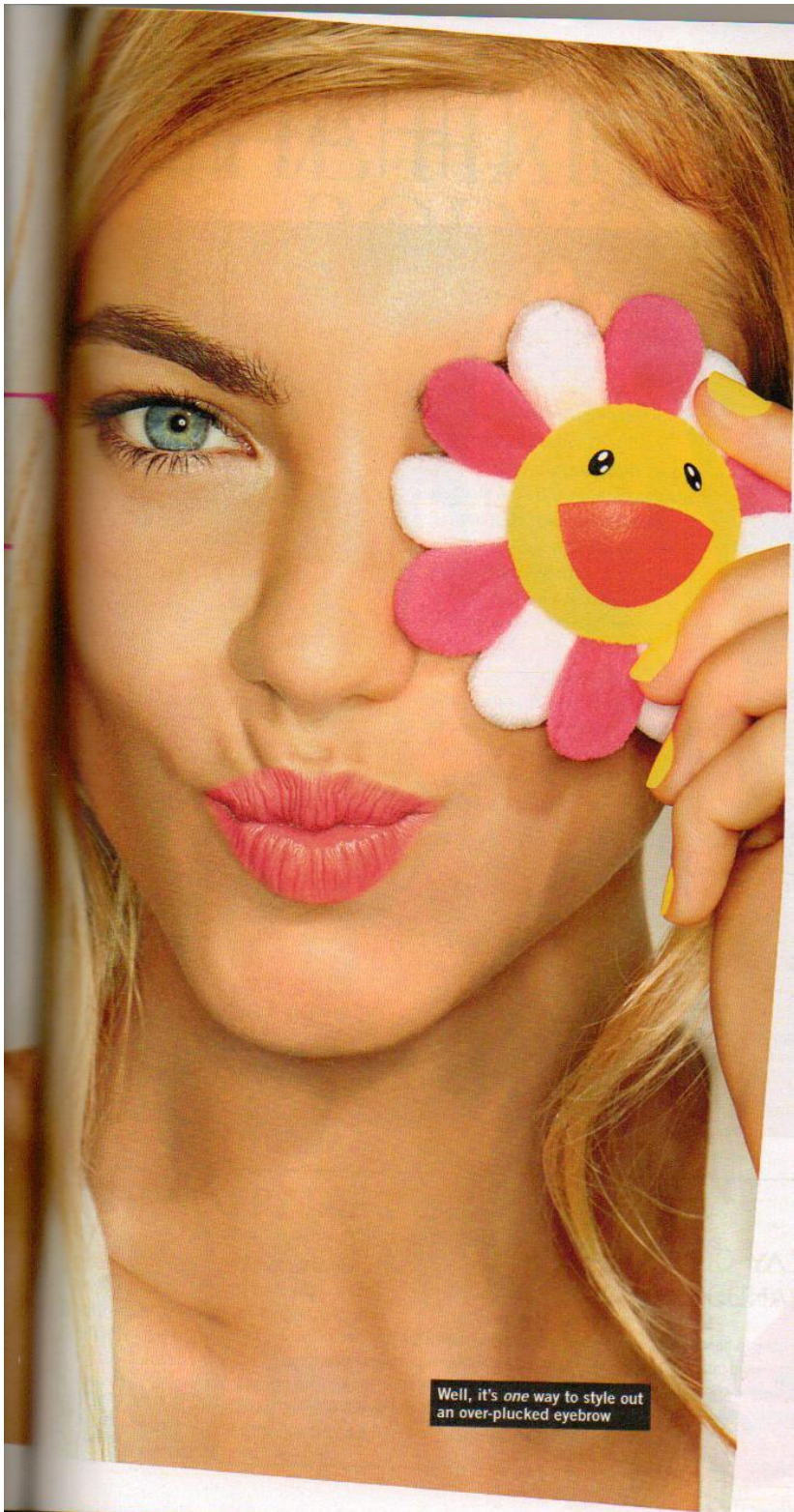
Remember, it's not all about you...

If you're feeling down on yourself, it's tempting to assume everyone else is, too. Your boss doesn't rate you, your man's bored and your friends are talking behind your back. "It's not that everyone's thinking wonderful things about you, just that they're not thinking about you at all," says Burkeman. "We're too busy worrying about what others think of us. Studies

show we give ourselves far too prominent a role in the mental lives of others."

Mind your own business

Remind yourself, 'What people think of me is none of my business.' "It's a useful mantra," says counselling psychologist Dr Victoria Galbraith (galbraithconsultancy.com). "You can't control anyone else's opinion. Making *yourself* proud is all that matters."



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Increase face time

Texting's handy, emailing's great if you're shy and social networking is a fun way to keep in touch. But there's nothing like real face time with your friends. "The same goes at work," says Dr Rob Yeung, author of *The Extra One Per Cent: How Small Changes Make Exceptional People*. "Humans are a social species. You'll achieve much more in a 20-minute, face-to-face conversation than in an email. Every time you pick up the phone and ask someone to meet you for a coffee, your confidence will increase."

Create your future

"Visualise yourself in ten years' time," says Gael Lindenfield, author of *101 Morale Boosters*. "What do you want your life to be like? Use all your senses to create a mind movie that includes every possibility. Where will you be living, who with, what will you do with your free time, your work time? When you have a clear picture, make it concrete by drawing it, or making a collage from magazine pictures that represent your goals."

Do sweat the small stuff

Not all goals have to be big. "Try setting absurdly small ones, to achieve changes so tiny they make you laugh," offers Burkeman. "So instead of vowing to get fit or run a marathon, tell yourself you'll run *one* minute a day. If it makes you laugh, it won't make you scared." ►

Well, it's *one* way to style out an over-plucked eyebrow