



MONDAYS

with Mike

Improving our overall happiness

For five years in a row, Finland has ranked No. 1 as the happiest country in the world, according to the World Happiness Report. In 2022's report, people in 156 countries were asked to "value their lives today on a 0 to 10 scale, with the worst possible life as a 0." It also looked at factors that contribute to social support, life expectancy, generosity, and absence of corruption.

In Finland, here are three things they never do:

- 1. We don't compare ourselves to our neighbors.** Focus more on what makes you happy and less on looking successful. The first step to true happiness is to set your own standards, instead of comparing yourself to others.
- 2. We don't overlook the benefits of nature.** Nature provides peace of mind, energy, and relaxation. Spending time in nature increases our vitality, well-being, and gives us a sense of personal growth. Take walks; find ways to add some greenery to your life, even if it's buying a few plants for your home.
- 3. We don't break the community circle of trust.** Value honesty above self-preservation or acquisition. High truth with high grace is the winning equation. Volunteer more, engage in small acts of kindness, do right - regardless of the consequences.

Well, it may not be as easy as 1-2-3 every day, but the Fins sure send a clear message of what can be built if we live in these three actions as often as possible.

Steer clear of comparison, get into nature as often as possible, and be trustworthy. It sounds like if we balance these three, that we nurture happiness and health, overall.

Have a week full of improved happiness!