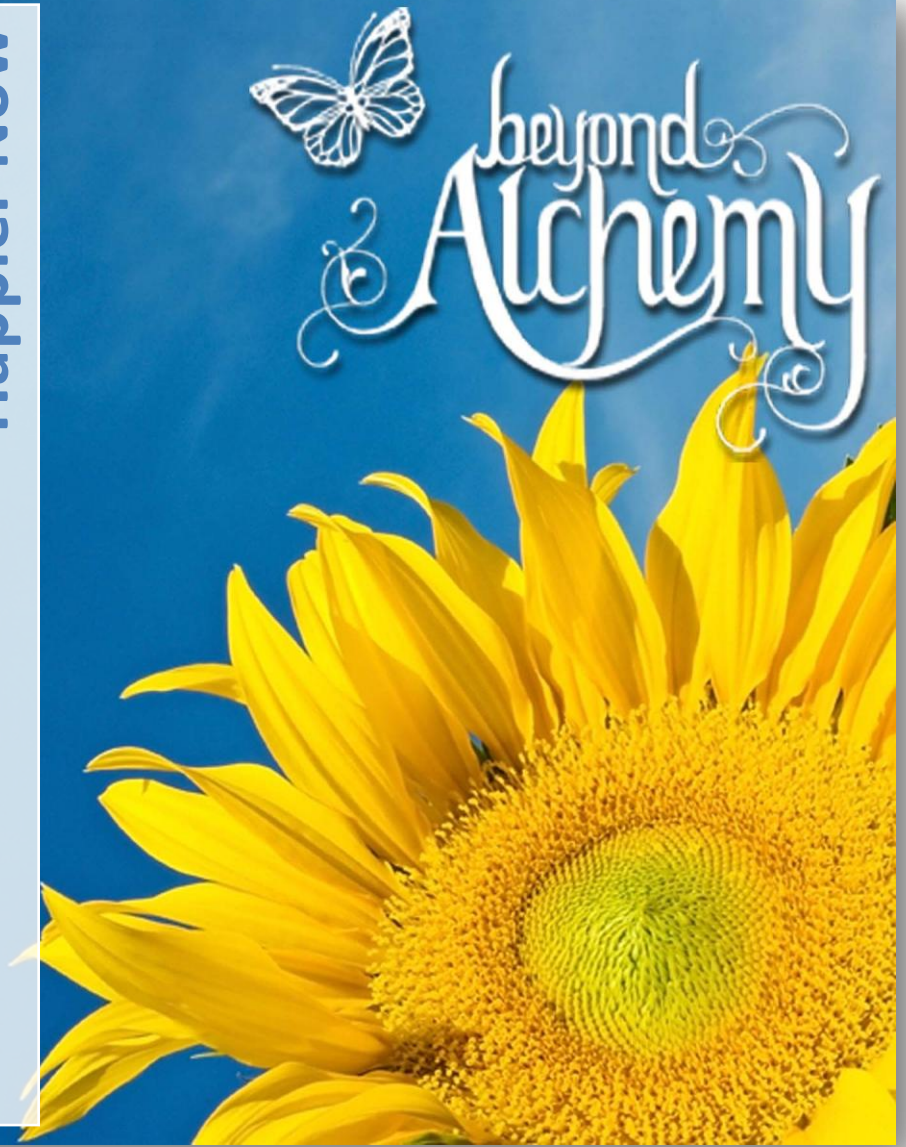


**Clare Josa**

Beyond Alchemy

**Discover 5 Secrets To Feeling  
Happier Now**



Discover 5 Secrets To Feeling Happier Now

1. Get Moving
2. Get Thirsty
3. Breathe Easy
4. Take a trip down memory lane
5. Turn your thinking upside down

What's Next?

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## Discover 5 Secrets To Feeling Happier Now

It's not always easy to admit when we're not feeling happy.

We can feel like we're a failure - or perhaps like letting down those close to us. Maybe we're just plain embarrassed?

After all, if we look around at everything we have, we might conclude that we *should* feel happy. Yet we often don't. And then we feel guilty about it, which makes things even worse.

### Putting a brave face on it

“ Eleanor Rigby  
... wearing the face that she  
keeps in a jar by the door...  
who is it for? ”

As Paul McCartney wrote in the lyrics to the Beatles' hit song Eleanor Rigby, so many of us put on a brave face when it comes to how we really feel.

In the UK, for example, if someone asks you how are you, you answer “fine, thanks,” with a smile – even if you've just lost your job, got divorced and your pet hamster just died.

Sure, there are cultures that are more open about how they feel, but we generally invest much more energy in pretending we're ok than in doing something about it.

### So what can you do about it?

The good news is that there are some simple solutions to help you feel happier right now. And each of them takes less than 5 minutes.

“we invest much more energy in pretending we're ok than in doing something about it”

Are you ready to discover the 5 secrets of how to feel happier now?

Here are 5 proven strategies that will have an immediate effect.





## 1. Get Moving

When you're feeling unhappy, it's not just in your head.

Chances are you'll be slouching over, with your back curved and your head down. Our movements, if there are any, tend to be tired and sluggish.



**Yet the mind and the body are linked.**

Want to prove it?

1. Sitting in your chair, keep repeating the following phrase in your head:  
Tired and weak... Tired and weak...  
Do it about 10 times.  
Now try and stand up.  
Kind of difficult?

2. Now for the contrast:

Sitting down again, repeat this phrase 10 times in your head:  
Powerful and strong... Powerful and strong...  
Stand up.  
Notice the difference?  
Did you almost fly across the room?

As I said: Mind and body are linked!

One of the easiest ways to feel happier right now is to change your posture.

**Mind and body are linked. So you can change your posture to change your mood!**

If you're reading this somewhere where you can stand up, then stand up and give yourself a shake.

Start with your arms, then your legs, then gently free up your torso and carefully tilt your head from side to side, to

release tension in your neck.

Then give yourself a big stretch and a yawn, if you can. This wakes up the body.

If you can't stand up for any reason, you can have a good stretch, even in a chair!



Either standing or sitting, keep your back straight and your head up (all within your own comfortable range, of course).

**Now for the icing on the cake...**



### Give a big smile.



My friend John loves telling stories about his kids.

And one day I remember him recounting talking to his son, then aged around 8, about smiling.

Now John smiles a lot.

It's not that he leads any kind of charmed life (he doesn't). Or even that he's in Pollyanna-style denial.

But he *does* understand how important a smile is.

And we're not talking a forced, tight-lipped, passport-photo-style smirk. We're talking big, toothy grins that light up your face.

So John was explaining this to his son. And his little boy was listening intently to his Daddy explaining how, when we smile, it releases endorphins into the bloodstream, which are nature's way of giving us a happy boost.

The thing is that **our body doesn't care if the endorphins are triggered by the mind / emotions or the body**, so smiling for about a minute will give you an instant happiness boost.

And John's son was nodding wisely as he grinned from ear to ear. Then he said something that will always make me smile:

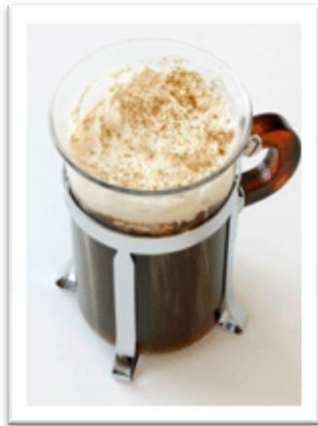
"So, Daddy, when I smile, I get dolphins swimming around inside me? I like that."



**Your body doesn't  
care where the  
endorphins come  
from, so even faking  
a grin will make you  
feel happier!**



## 2. Get Thirsty



### And another thing...

Watch out for chemicals in what you're drinking. Some of them have been linked to depression.

As a rule of thumb, if it's an additive that's not adding nutritional benefit, it's probably best avoided...

How about giving this one a go:

If we're feeling down or bored, one of the first things most people do (in the UK, at least!) is put the kettle on.

**Drink a large glass of cool water.**

**"What you need is a nice cup of tea!"** is a phrase uttered for



every eventuality, from a broken fingernail to bereavement.



It's better to choose cool water over chilled, as drinking too much cold water can actually send your system into shock...

**But there's a problem.**

And you want to get the water back into your system faster than you would with a cup of boiling water.

**Dehydration can make you feel depressed.**

Sometimes when we're feeling low, it's simply because we're dehydrated. Our automatic

response is to reach for a mug of tea or coffee. But caffeine-based drinks just leave us even more dehydrated.

Don't swig it down or sip it slowly over several hours. Just drink it over the space of a couple of minutes. If you can manage a large glass, that's great.

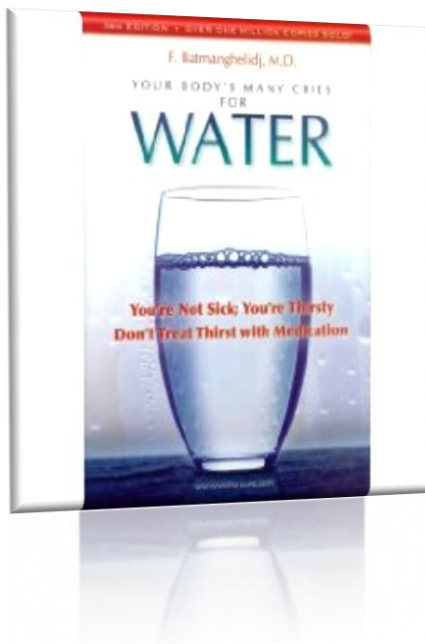
**The simple act of drinking a large glass of water can cheer you up!**



Now just feel the gentle energy boost it gives you and, within 5 minutes, it will lift your mood.



If you'd like to find out more about the impact of dehydration on your body, Dr. F. Batmanghelidj has written the highly acclaimed book, "[Your Body's Many Cries For Water](#)." It's well worth a read.





### 3. Breathe Easy

Take A Deep Breath...

When we're feeling unhappy, we slouch. This makes it almost impossible for our diaphragm and lungs to work properly.

If you're not convinced, try it out now. Slouch – curving your back and looking at the floor. Now try to take a deep breath.

What happens?

Not a lot...

It's easily remedied.

1. Sit up straight and put your hand on your stomach, just below your rib cage. Imagine you are breathing in to your hand, at the bottom of your lungs.
2. As you breathe in, your chest will expand, pushing your hand outwards.
3. As you breathe out, your chest will get smaller and your hand comes back in. Most of us do this back to front!

I still remember my driving instructor, a few decades ago now (!), seeing I was going to squeeze through a tight gap and issuing the order, “breathe in!”

Sure enough, I'd imagine myself getting smaller and easily make it through the gap.

But it was back to front.

You don't get smaller when you breathe in!

As we breathe in, your chest and belly get bigger. Then they get smaller as you breathe out.

Most of the clients I have taught this technique to over the past decade were like me, getting it the wrong way round.



Doing this deep breathing for just 1 minute will make a difference that you will notice, as you re-oxygenate your body and release tension.

If you'd like to be talked through this technique, check out the video on YouTube.

You'll find the Beyond Alchemy Channel at

<http://www.youtube.com/beyondalchemy>

The other benefit of what I call “belly breathing” is that it gets the diaphragm working properly.

Your diaphragm is like a sheet of muscle, at the bottom of your rib cage, which makes your lungs expand and contract. But it has another job, too.

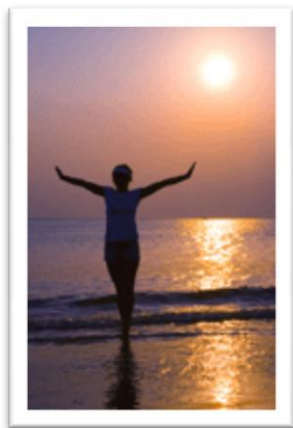


When you breathe in, the diaphragm moves downwards. When you breathe out, it moves upwards. While it's doing this, it's also giving your internal organs a gentle massage, which helps keep them working properly!

Poor breathing makes us tired, grumpy and sluggish.

Without this deeper breathing, your digestion can get sluggish and your energy levels will stay slumped!

And it's free!



If you've enjoyed your minute of deeper breathing, here's a way to take it to the next level:

1. Sitting as you were before, with your back comfortably straight and your head up, breathe in and out through your nose, rather than your mouth.
2. Next time you breathe in, slowly and deeply, imagine you're breathing in sunshine. Bright, canary-yellow sunshine. Allow it to flow into your body.
3. Then as you breathe out, imagine you're breathing out and releasing any stress or tension from your body and your mind.
4. Do this for 5 minutes and you'll feel like a new person!



## 4. Take a trip down memory lane

Another great technique for feeling better fast is to get into a happy memory.

The key is to go as deeply as you can into that happy experience, even if it's just for one minute.

Then, when you return to the "here and now", you'll have given yourself another dose of those endorphins I mentioned in step 2 and you'll be feeling better.

**Reliving a happy memory creates the same physical changes as it would if you were actually having that experience now.**

The thing is that your mind and body don't care whether you're actually living the experience or just imagining it – you'll get the same physiological responses, either way. So reliving a happy memory will produce the endorphin release and relaxation that you would have if you were happy, right here and now.

Cool, or what?

[By the way, the same goes for fear – imagine something scary and your body reacts as though it's real. It can't tell the difference. That's why it's best just not to go there!]

If you're one of the people who falls in love with this technique, then a really easy way to remember to use it is to have a picture or object from that memory on your desk at work or somewhere obvious in your home.

That way, whenever you see that object, it will take you straight back to that happy memory.



Want to know how it works?

Here goes!

1. Sit down and close your eyes for a moment and think back to a time when you felt really happy.

Sometimes people find it tricky to pick a memory. One technique that works well is to imagine your life so far is written in a huge book, with a story on each page.

Allow the book to open at random and then flick a page at a time, until you reach a happy memory.





2. Once you're there, spend a few moments getting back into that experience.

Really notice what you can see.

What do your surroundings look like? What are you wearing? What can you see around you?

What can you hear around you? Are there voices? Is there music? Is there birdsong?

What physical sensations are you aware of? Is it warm? Hot? Cool?

What can you smell? What can you taste?

And how are you feeling?

Just allow those happy feelings to wash over you and stay with the experience for as long as you feel want.

3. Then, when you're ready, slowly become aware of your body in your chair. Gently start to move it, to wake yourself up and come back to the here and now.

### How was that? Feeling better?



There's another strategy (bonus one for you here!) that fits really well with taking a trip down memory lane.

### I call it "Thank You Letters".

While you're in the mood for reminiscing, take a pen and a piece of paper.

At the top of it, write today's date.

Then write the following sentence:

*Dear Me,*

*Despite how I've been feeling today, I'd like to say thank you for ...*

And then list at least 3 things you'd like to say thank you for today.

If you're feeling like a stretch, make it to 7.

Then read through your list, really feeling the gratitude for each of the things on your list.

### Notice how much better you're feeling?

Some people do this each evening for a couple of minutes, before they go to bed. Then they re-read their list the next morning, before they get up.

**It really sets the tone for the day!**



## 5. Turn your thinking upside down

Ever noticed how, when we're feeling stressed out, down or even angry, we're really good at keeping ourselves there?

Ever noticed how we tell ourselves a story in our minds, that keeps us in those murky feelings?

Ever found yourself imagining scenarios of what he or she might say, with entire conversations running through your mind like a movie?



When we're feeling bad, we're usually telling ourselves a story about how awful or annoying things are. It's as though we're creating

our own, private soap opera, cranking up the drama with each cycle, as the story goes round and round in our heads.

The problem is that this leaves us feeling lousy.

### The solution is simple.

Press pause on the mental story and ask yourself, "What do I want instead?" The great thing about this question is that it isn't asking you to jump into Pollyanna mode and pretend nothing is wrong - it's allowing you to shift your focus to your desired solution, instead of dwelling on the problem.

What do I  
want  
instead?

Right at this moment, the "how" isn't important.

What matters is gently allowing yourself to shift to thinking about what you want instead, so you can move towards that.

### How about giving it a go?

1. Just for a few moments, reflect back on a problem that's been annoying you or getting you down.

Acknowledge that the problem feels real for you – you're not trying to deny it.

2. Then stop the mental chatter and story-telling and ask yourself, "What do I want instead?"

Just allow yourself to pay attention to the first thing that comes to mind.

What do you want instead?

3. How about writing it down?

4. Now, just imagine you knew what a good first step would be, to move you towards what you want instead. It might even be just a tiny, baby step. What would that be?

Write it down.

5. Then do it!

### How are you feeling now?

Any more excuses coming up? Then go back through steps 1 to 5.

Write a list of things you're grateful for.



## What's Next?

The 5 Secrets in this guide are highly effective strategies you can apply right now, for fast results.

Of course there are many other ways to feel happier and create the life you really want to be living – that's the whole point of the Beyond Alchemy website!

**If you want to take your journey further, you could:**



**Check out the Beyond Alchemy website.**

**There are plenty of articles and other**

**resources and you can share your views by commenting on the articles.**

<http://www.beyond-alchemy.com/>



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Here's how to find out more and apply to join one of our courses:

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## And Finally...

If you found this guide useful, please tell your friends. Here's where they can sign up for our **Practical Inspiration** newsletter and get their copy of Discover 5 Secrets To Feeling Happier Now:

<http://www.beyond-alchemy.com/practical-inspiration/>

Thank you and wishing you sunshine and smiles,

*Clare*

Clare Josa  
Beyond Alchemy