

## **19 Things Unhappy People do**

Everyone has their off days, but why cause more negativity if you can avoid it? If you work on thinking positively about yourself and others, you will be that much closer to being your happiest self. Below are 19 things unhappy people do that we should all try to avoid.

### **1. They worry about things they can't change**

We are all guilty sometimes of wondering what might have been if we had chosen or acted differently. But in most cases, this is a dead-end street. Unhappy people tend to brood about the "could've, should've, would've" of life, but it's important not to worry about things we can't change; instead, we should learn from our mistakes and simply try to do better next time! We may even end up being happy that we made some mistakes.

### **2. They give up when things get too hard**

Unhappy people tend to back down when they are presented with a challenge. It's easy to throw in the towel when things seem like a lost cause, but powering through and persevering will usually yield good results. Giving up just leaves you feeling defeated. Regardless of the outcome, following through boosts confidence and reassures us that when all is said and done, we did everything we could to make it happen!

### **3. They take themselves too seriously**

People who take themselves too seriously tend to take life too seriously in general. If you are able to take a step back and laugh at yourself and the absurdity of life every now and then, things won't seem so dire.

### **4. They never exercise**

Exercise has countless mental and physical benefits. The more you exercise, the better you feel about yourself and the more likely you are to live a healthy lifestyle. Ditching exercise for a more sedentary way of life can have an overall negative effect on mood, health, and happiness. Here are some workouts that match different moods!

### **5. They set unattainable goals for themselves**

We all know that setting goals for ourselves is important; it's the only way to get things done! But it can be a problem when the goals are unrealistic and unreachable. While we think it's great to always reach for the stars, people who hold themselves to impossible standards will be left feeling disappointed if they don't succeed. The key is to set small and attainable goals for yourself, and you will feel great when you meet and even exceed them. Remember - nobody is perfect!

### **6. They eat unhealthy foods often**

Everyone has their guilty food pleasure (truffle fries, anyone?), and we fully support the occasional indulgence. However, unhappy people tend to let their indulgences become their habits. Eating healthy foods can lift your mood, give you more energy, and improve your physical health. Plus, there are so many great healthy recipes out there to try!

### **7. They don't get enough sleep**

Sleep is essential! The amount of sleep you get corresponds with how happy and productive you are the next day. You may think that putting in that extra hour of work is a good idea, but nine times out of 10, work - and most other things! - should take the backseat to a good night's sleep. Check out some good bedtime habits to aid your beauty sleep!

### **8. They focus on their weaknesses, not their strengths**

We all have our insecurities - the key is to embrace the good and try not to focus on the bad. Self-improvement is important, but unhappy people tend to dwell too much on their weaknesses instead of working on having a positive self-image. We should recognize our flaws and own them but never let them hold us back!

### **9. They spend too much time on social media**

This one is a biggie! These days people lay out their whole lives online, and there are many drawbacks to this kind of social media over-share. For one, we can spend too much time comparing ourselves to other people. It's great that your friend just got a new job, got married, or had a baby, but it's OK that you are at a different - and

just as important! - part of your life. It's a good idea to take a step away from the screen and get some perspective. Unhappy people tend to get caught up in social media and worry too much about how they appear to other people, which can have a negative effect on how they view themselves.

#### **10. They stay in their comfort zones**

It's easy to stay in our comfort zones where we feel safe and where the potential for risk is low. But staying there too long means we may be missing out on some great things in life. A huge contributing factor to unhappiness is boredom - and this can be easily remedied by trying new things and taking some risks! We don't necessarily mean that you should drop everything and go skydiving, but maybe try a new type of food, go see a show that sounds unusual, or take a weekend trip somewhere that you've never been.

#### **11. They worry about what other people think**

Unhappy people tend to care too much what people think. At the end of the day, there is only so much you can do to please other people, so what matters most is loving yourself!

#### **12. They gossip or speak negatively about others**

Our moms taught us many things - one important lesson being that if you can't say something nice, then there is no reason to say anything at all. People who are unhappy sometimes try to bring other people down in order to make themselves better, but this never works! A better remedy is to lift others up and work on feeling great!

#### **13. They work too much**

Everyone deserves a mental health day! People who work too much can often neglect their needs, and sometimes all you need is a day to take a break from work and focus on yourself!

#### **14. They isolate themselves**

When things get tough, it's easy to withdraw from the people who care about you. But spending time with close friends and family when you're unhappy is actually a great way to feel better! Sometimes being with people can take our minds off whatever is bringing us down, so surrounding ourselves with people who love us most is a great way to turn things around.

#### **15. They never indulge themselves**

Happy people know that it's important to take a vacation, splurge on a new outfit, or enjoy a spa day now and then. People who aren't happy sometimes forget that taking care of themselves is just as important as taking care of others. Make sure to treat yourself!

#### **16. They're OK with settling**

People who are unhappy often stay in their comfort zones and are content to settle for things. Whether it's staying stuck in a relationship that isn't making us happy or settling for one job when we have our eye on another one, staying in ruts can make us feel like our lives have plateaued. Happy people work to get themselves out of these ruts and make the changes needed to start heading in the direction they want to be going!

#### **17. They refuse to forgive**

Unhappy people tend to hold on to grudges, but there is freedom and peace in letting go of things and offering forgiveness to yourself and others.

#### **18. They avoid planning and organization**

Disorganization can leave people feeling like their lives are in a state of disarray. Even if it is something as simple as rearranging your room or trying out these DIY organization hacks, restoring order can help you feel like you have regained a measure of control over things. Unhappy people who avoid organization and planning ahead tend to be less prepared to deal with life's twists and turns.

#### **19. They focus only on themselves**

While caring for yourself is essential, unhappy people tend to *only* think of themselves. Treating others unkindly or constantly focusing on yourself and your own problems can be harmful to your well-being and happiness. It's amazing what a little bit of kindness and looking at the bigger picture can do for the soul!