

Blog On Happiness!!

"Blogging is not rocket science. It is about being yourself and putting what you have in it!"

- Jon Morrow

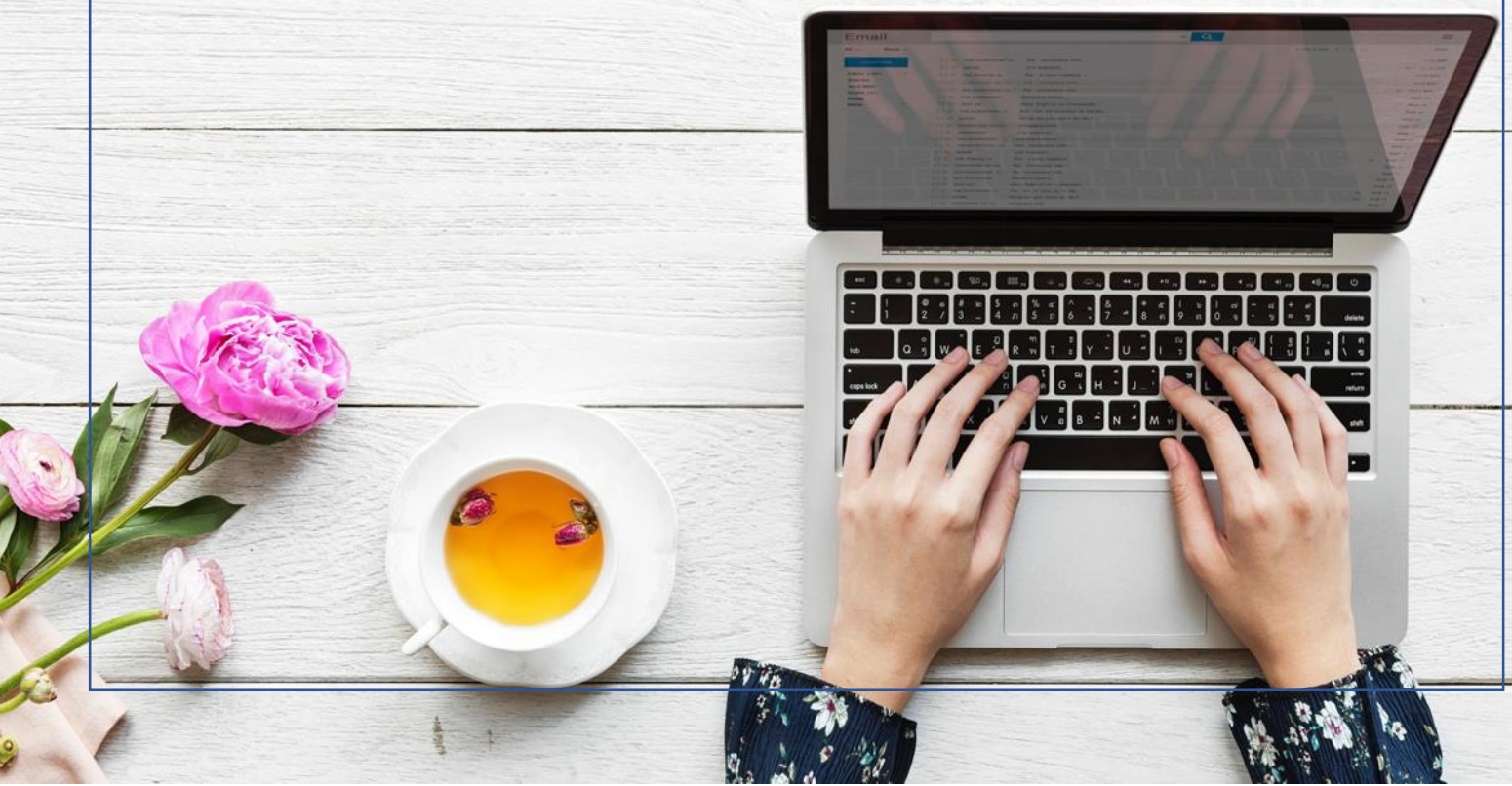


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A few glimpses of my blog

The link to my blog:

<https://thetechsavvyblogs.wordpress.com/2021/06/01/happiness-is-the-essence-of-life/>



Here is a short video on happiness:



Know the happiness time brings, do not count the years!!

FOR MANY PEOPLE HAPPINESS IS PRESENT IN THE MATERIALISTIC WORLD. BUT I FEEL THAT REAL HAPPINESS LIES IN SPREADING SMILES. HERE ARE A FEW FUN ACTIVITIES THAT CAN SPREAD HAPPINESS AMONG ELDERS!

READING



Reading is the most traditional entry on our list of hobby ideas for older people. A good book can provide days of entertainment. There are many different genres to choose from. A few recommendations are-The Immortal Life of Henrietta Lacks, The Nightingale and many more.

COOKING DELICACIES

While it may be a hobby for some people, many older adults actively pursue cooking as their passion. Whether it is preparing delicious recipes or trying out new dishes, cooking is sure to give seniors a sense of excitement and happiness. Also, cooking for their children and grandchildren is bound to give them the utmost joy.



GARDENING



Awonderful exercise for the mind as well as for the body, gardening is also known to reduce anxiety and stress among the elderly. It's also often very popular with the elderly because people our age love going outdoors and interacting with nature.

YOGA

An ideal way to take care of mental and physical health is to practice yoga. Yoga can be performed at any age, which makes it the perfect retirement hobby for the elderly. Some seniors find it quite challenging due to mobility issues, but there are different types of asanas one can do.



Play Indoor Games



Card and board games can improve memory and help with age-related ailments. Stimulating the brain via numbers, letters, colors etc. enhances brain function. Classic board games that they may enjoy are chess, backgammon, and Trivial Pursuit.

KNITTING & SEWING

Once seniors have mastered the basic stitches, they can rely on body memory to complete most projects. As their fingers handle the bulk of the work, seniors can enter something similar to a meditative state. Since repetition allows the mind to relax, seniors enjoy a simple way to ease stress.



Play an instrument



Listening to music is a relaxing pastime for many of us, but did you know that playing music yourself can have the same effect? What's more, decreasing stress comes with the double benefits of reducing high blood pressure and heart rate. It's a win for both mind and body.


If you enjoyed this article, share it with your friends and colleagues!



4 bloggers like this.

**SMILE AND THE WORLD
WILL SMILE WITH YOU!!**


COMMENTS I RECEIVED ON MY BLOG

 **Disha Narang** June 1, 2021 at 5:44 pm

Beautiful! The ideas, videos... everything is very well demonstrated!

★ Liked by [1 person](#)


[Reply](#)

 **Karan Singhania** June 1, 2021 at 6:27 pm

I feel it is really important that people know these things as this pandemic has made people really sad and depressed in many different ways and reading such blogs on happiness and different ways to be happy would be really valuable in these uncertain times. Thanks for posting it.

★ Liked by [1 person](#)


[Reply](#)

 **Dristi** June 1, 2021 at 7:03 pm

Amazing blog! Very informative

★ Liked by [1 person](#)


[Reply](#)

 **khushi890** June 1, 2021 at 9:08 pm

Really needful blog in this pandemic! Apt illustration with amazing animation

★ Liked by [1 person](#)

[Reply](#)

 **shreya0618** June 1, 2021 at 9:10 pm

This was really helpful , it gives us innovative ideas to pursue.....lovely message conveyed in the video....

★ Liked by [1 person](#)

[Reply](#)



Harsh Vardhan Singhania

June 1, 2021 at 9:36 pm

Very well prepared. During these tough times, the activities mentioned here would help
People distract themselves and Spend some quality time in doing something they like.

★ Liked by [1 person](#)

[Reply](#)



Ditya

June 2, 2021 at 10:15 am

This was very helpful....very well presented..loved it

★ Liked by [1 person](#)

[Reply](#)



Krish Mehta

June 11, 2021 at 3:47 pm

Nice and Insightful!

★ Liked by [1 person](#)

[Reply](#)



Kinjalk Sarda

June 12, 2021 at 12:55 pm

A very thoughtful blog!

★ Liked by [1 person](#)

[Reply](#)



Saket Fatehpuria

June 13, 2021 at 6:28 pm

Noice blog!!!

★ Liked by [1 person](#)

[Reply](#)

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THANK YOU!!