least one form of mental health conditions....

Health / Alternative Therapies / Mind Body

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हिंदी

International Day Of Happiness 2020: Tips For Busy Entrepreneurs To Stay Healthy





International Day Of Happiness 2020: "Money Can Buy You All the Happiness" is the most frequent quote we have ever listened but despite its frequency, one pretty clear thing- is this is not the whole truth. Having an abundance of money is not going to ensure your mental well-

being. Research, conducted by Wharton surveyed around 11,000 graduates to find out their happiness levels, and the conclusion of the research reveals a different story altogether that shows this frequently quoted quote holds no currency. How to be always happy - Onlymyhealt...



happening." So we have some tips to keep tensions away from your daily life and maintain mental peace. Take Load As Much As You Carry **International Day of Happiness**



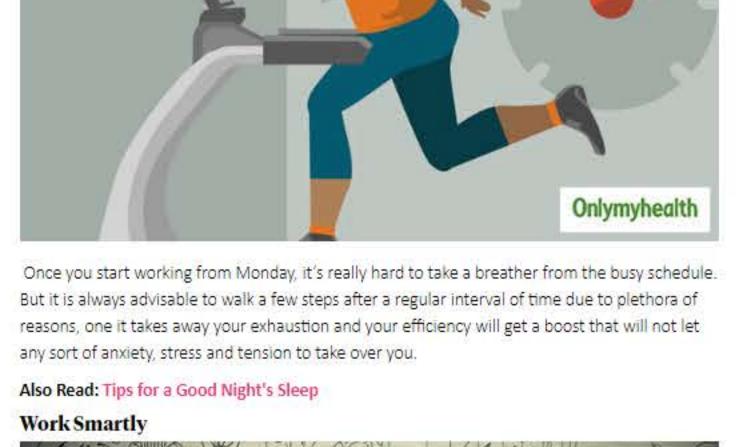
Food for Your Own

does not take the excess of burden.

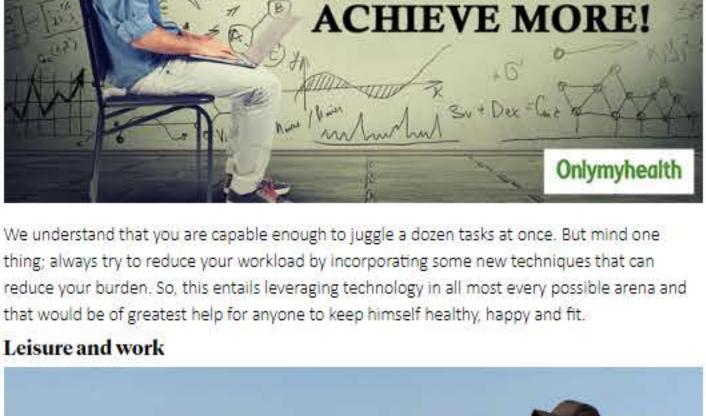


Also Read: 5 Types Of Tiredness and Ways To Overcome Them

Little Work Out During Work Time



WORK SMART





Onlymyhealth Sometimes putting your hyperactive mind on switch off mode for a while is necessary, as taking time out for leisure and enjoyment is mandatory to keep your efficiency at the highest level. The leisure activities and an appropriate time to do that varies from one person to other but it is required to keep your mind working with full efficiency without the sense of fatigue taking over

Read More in Mind and Body

you.

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