

EX Board Valley District Conference

Reasons To Be Happy Opening

How do you view the world around you? Do you think the glass is half empty or do you see the glass as half full? I think most of us would want to be an individual who see the glass half full and view the world with a positive attitude. I know we all want to be happy and lead lives filled with happiness.

Happiness is something that we have to choose whether it is in our personal relationships or being on the Executive Board. Research has shown many important health advantages in feeling happy and positive. A few of these benefits are your heart rate and blood pressure are lower, you can experience less aches and pains, and the happiest people tend to live significantly longer than those who are not happy. One of the most important benefits I found in reading was happy people tend to make other people happy as well.

When we volunteered to run for our Executive Board positions we were not thinking about the possibility of making our lives happier by doing so, but I think being on the board can.

You might wonder, how can working on the Executive Board help us be happier in our lives?

One study that I read gave ways to increase our happiness. These are things easy to do and we can practice them as we come together as a board.

1. **Smile.** When we smile our body emits serotonin and helps us create a positive environment for those around us.
2. **Don't Blame others.** Someone who looks to blame others brings everyone down around them. Be positive.

3. **Forget and Forgive.** When you rid yourself of negative thoughts you free yourself to focus on a positive future. Forgive small grievances.
4. **Be Grateful and See the Sliver Lining.** Realizing and being thankful for what you have and how you overcame challenges of the past is essential. Not dwelling on past negative experiences can make you happier.
5. **Exercise,** Healthy exercise of any type helps reduce stress and promotes wellbeing. We need to remember to take breaks and move around.

In the end our happiness on the Board is tied to a feeling of being connected to each other and continuing to form close friendships. **Omar Khayyam** said it well this quote.

**"Be happy for this moment.
This moment is your life."**

Remembering these words will help us as we **"Step Into The Future"** in our leadership of California Alpha Delta Kappa.

EX Board Valley District Conference Closing

We have come together and worked hard on the business of Alpha Delta Kappa this weekend. But, we also have smiled, laughed and had fun with each other throughout the weekend. We have enjoyed our time to gather with some of our Valley Sisters at the conference on Saturday. We have felt connected with them and with each other as a board.