

An Easy Way To Shift Your Mood – Permanently!

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Life can be hard. And being a parent is one of the hardest things we do. No wonder we're in a bad mood sometimes.

Getting into a better mood takes effort. We can choose to see things differently, to take better care of ourselves, to tackle the problems that are wearing us down. But that takes work. And there will always be hard days. So if you want an easy way to make a bad day better, and an easy way to increase the happiness you feel on a daily basis, you'll be happy to know that researchers have discovered a strategy that actually works: Gratitude.

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