

# TO BE HAPPIER — & FEEL YEARS YOUNGER!

**You can be happier and feel years younger — simply by imitating the young people around you, experts say.**

“We can’t become kids again, but we can feel younger, happier and more relaxed by selectively copying portions of the younger generation’s philosophy and adopting some of their attitudes,” says psychiatrist Dr. William Chapman.

Dr. Chapman offered these tips for thinking and feeling young again:

● **Allow yourself to enjoy life.**

“Many adults go out of their way to deny themselves pleasure,” the psychiatrist said.

“Kids have no such problem — they’re always eager to find enjoy-

ment. Each evening ask yourself: ‘Did I have any fun today?’

“If the answer is no, you’ve had an unsuccessful day no matter what else you’ve accomplished. Resolve to do better tomorrow.”

● **Pack more living into every day.** “To feel younger and happier, keep moving, doing and experiencing new things.

“Imitate the brisk, sprightly stride of a young person. Find activities that will keep you interested — take on a new hobby or attend an adult education course.”

● **Stop living to please others.**

“Kids are quite selfish, but adults who go to the opposite extreme by always thinking of others first are going to feel downhearted and filled with re-

pressed anger, which drains their energy and makes them feel old.”

● **Play for fun.** “If all your leisure activities have a competitive aspect to them, you’re not playing for fun, like young people do.

“Find things to enjoy where no scores are kept, where no one judges your performance. You’ll feel younger, happier and more relaxed.”

● **You don’t have to “buy” happiness.** “Learn to live on less instead of always striving to earn more.

“A family picnic may provide more fun than an expensive dinner in a gourmet restaurant.

“You can enjoy a less-luxurious vacation right now by roughing it a bit, the way kids do.

“The more you’re able to do for yourself without spending a lot of money, the younger and happier you will feel.”