

40 Simple Tips For A Happy And Healthy Life

It's all about career and success these days. No matter what we achieve, it's never enough, we always strive for more. It's all good as long as we don't forget ourselves and our loved ones. Sadly, that's rarely the case.

That's why we wanted to share these life tips by Daily Health Gen with you. Hopefully, they will be a source of inspiration for some positive changes, even if the smallest ones. We all need a little push from time to time.

Leave a comment or vote for your favorite tips, we want to know what you think!

More info: [Daily Health Gen](#) (H/T: Bored Panda)

01. Tips For A Happy And Healthy Life



**TRY TO MAKE AT LEAST
THREE PEOPLE SMILE
EACH DAY.**

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02. Tips For A Happy And Healthy Life



**SIT IN SILENCE FOR AT
LEAST 10 MINUTES EACH
DAY.**

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03. Tips For A Happy And Healthy Life



**WHAT OTHER PEOPLE
THINK OF YOU IS NONE
OF YOUR BUSINESS.**

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04. Tips For A Happy And Healthy Life



**DREAM MORE WHILE
YOU ARE AWAKE.**

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05. Tips For A Happy And Healthy Life



**DON'T WASTE YOUR
PRECIOUS ENERGY
ON GOSSIP.**

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06. Tips For A Happy And Healthy Life



**YOU DON'T HAVE TO WIN
EVERY ARGUMENT.
AGREE TO DISAGREE.**

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07. Tips For A Happy And Healthy Life

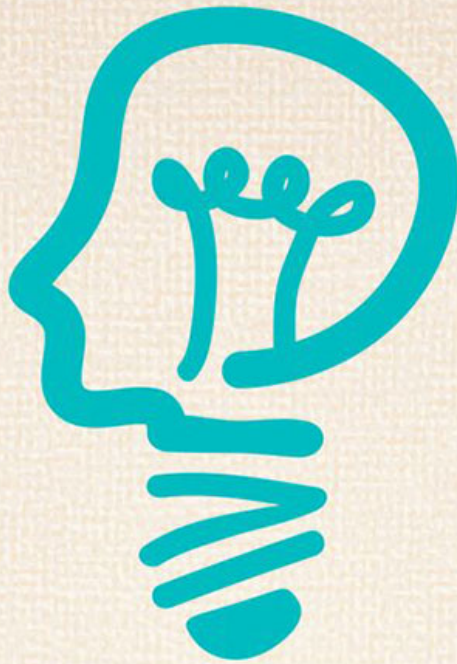


**SPEND TIME WITH PEOPLE
OVER THE AGE OF 70 AND
UNDER THE AGE OF 6.**

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08. Tips For A Happy And Healthy Life



**DON'T TAKE YOURSELF TOO
SERIOUSLY. NO ONE ELSE
DOES.**

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09. Tips For A Happy And Healthy Life

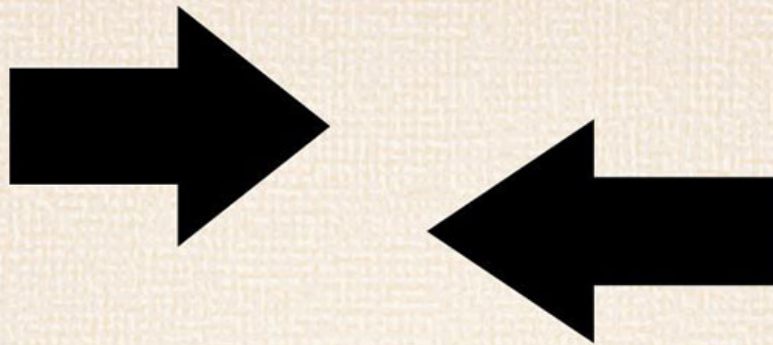


**LIFE IS TOO SHORT TO
WASTE TIME HATING
ANYONE. SO, GET RID
OF THOSE ILL FEELINGS.**

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10. Tips For A Happy And Healthy Life



**'DON'T COMPARE YOUR LIFE
TO OTHERS'. YOU HAVE NO
IDEA WHAT THEIR JOURNEY
IS ALL ABOUT.**

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11. Tips For A Happy And Healthy Life



**NO ONE IS IN CHARGE OF
YOUR HAPPINESS
EXCEPT YOU.**

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12. Tips For A Happy And Healthy Life



**READ MORE BOOKS
THAN YOU DID LAST
MONTH.**

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13. Tips For A Happy And Healthy Life



**YOUR JOB WON'T TAKE
CARE OF YOU WHEN
YOU ARE SICK.
YOUR FRIENDS WILL.
STAY IN TOUCH.**

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14. Tips For A Happy And Healthy Life



**SLEEP FOR 8 HOURS
A DAY.**

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15. Tips For A Happy And Healthy Life



**SMILE AND
LAUGH MORE.**

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16. Tips For A Happy And Healthy Life



**DRINK PLENTY OF
WATER.**

*“Drink at least 2 Litres of
Water Per Day.”*

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17. Tips For A Happy And Healthy Life

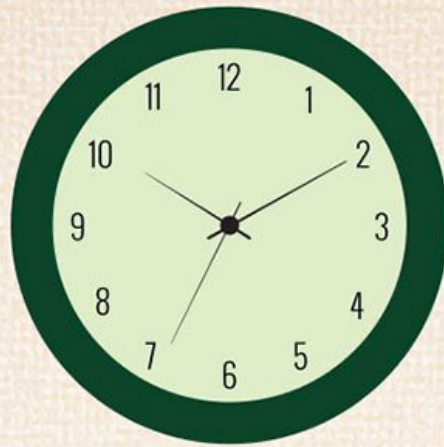


**FORGET ISSUES OF THE PAST.
DON'T REMIND YOUR
PARTNER WITH HIS/HER
MISTAKES OF THE PAST.**

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18. Tips For A Happy And Healthy Life



**HOWEVER
GOOD OR BAD
A SITUATION IS,
IT WILL CHANGE.**

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19. Tips For A Happy And Healthy Life



**CALL YOUR FAMILY
OFTEN.**

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20. Tips For A Happy And Healthy Life



**TAKE 10 - 30 MINUTES
OF JOG EVERY DAY.**

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21. Tips For A Happy And Healthy Life

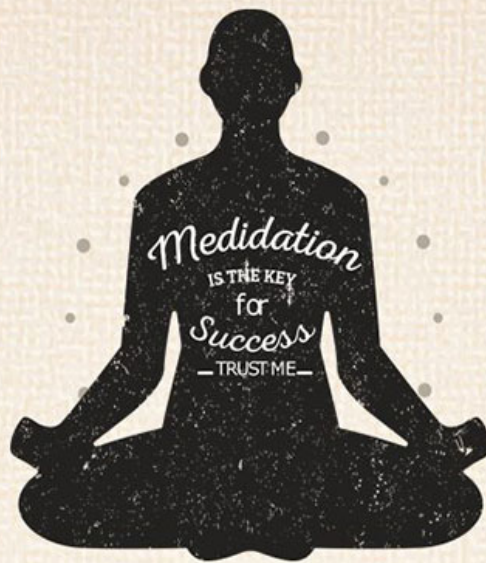


**NO MATTER HOW
YOU FEEL, GET UP,
DRESS UP AND
SHOW UP.**

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22. Tips For A Happy And Healthy Life



**MAKE TIME TO PRACTICE
MEDITATION, YOGA & PRAYER.**

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23. Tips For A Happy And Healthy Life

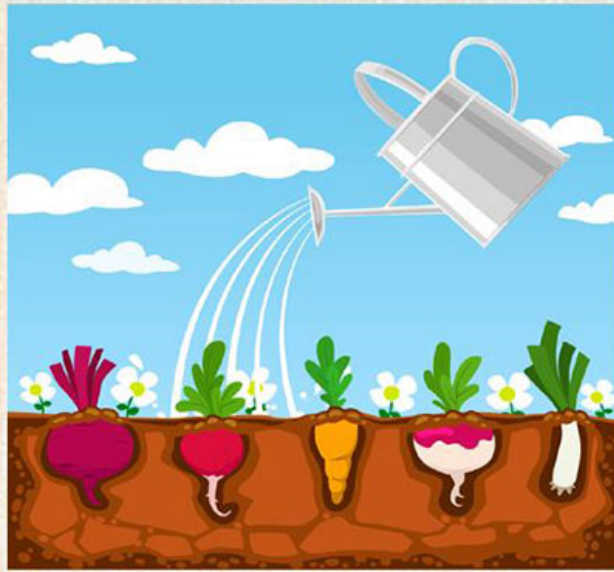


**MAKE PEACE WITH YOUR
PAST SO IT WON'T SPOIL
THE PRESENT.**

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24. Tips For A Happy And Healthy Life



**EAT MORE FOODS THAT GROW
ON TREES & PLANTS AND
EAT LESS FOOD THAT IS
MANUFACTURED IN PLANTS.**

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25. Tips For A Happy And Healthy Life



Live With The 3 E's
ENERGY,
ENTHUSIASM,
EMPATHY.

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26. Tips For A Happy And Healthy Life



**ENJOY LIFE EACH
MOMENT, TRY NEW
THINGS.**

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27. Tips For A Happy And Healthy Life

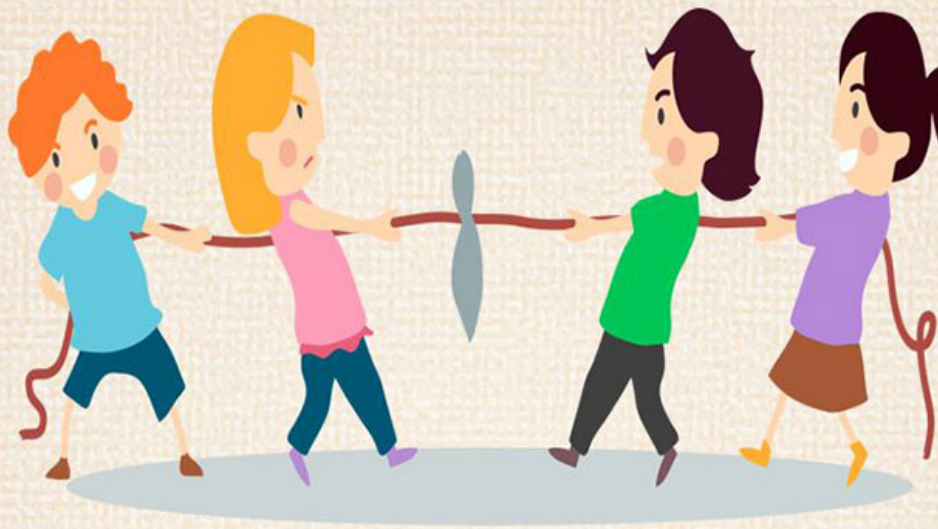


**EACH DAY GIVE
SOMETHING GOOD
TO OTHERS.**

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28. Tips For A Happy And Healthy Life



PLAY MORE GAMES.

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29. Tips For A Happy And Healthy Life



**LOVE YOURSELF, BECAUSE
YOU ARE UNIQUE AND
WONDERFUL IN YOUR
OWN WAY.**

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30. Tips For A Happy And Healthy Life



**REALIZE THAT LIFE IS A SCHOOL AND
YOU ARE HERE TO LEARN. PROBLEMS
ARE SIMPLY PART OF THE CURRICULUM
THAT APPEAR AND FADE AWAY LIKE
ALGEBRA CLASS BUT THE LESSONS YOU
LEARN WILL LAST A LIFETIME.**

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31. Tips For A Happy And Healthy Life



**DON'T HAVE NEGATIVE THOUGHTS
OR THINGS YOU CANNOT CONTROL.
INSTEAD INVEST YOUR ENERGY IN
THE POSITIVE PRESENT MOMENT.**

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32. Tips For A Happy And Healthy Life



**GET RID OF ANYTHING
THAT ISN'T USEFUL,
BEAUTIFUL OR JOYFUL**

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33. Tips For A Happy And Healthy Life



**DON'T OVER DO.
KEEP YOUR LIMITS.**

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34. Tips For A Happy And Healthy Life



**FORGIVE EVERYONE
FOR EVERYTHING.**

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35. Tips For A Happy And Healthy Life



**EAT BREAKFAST LIKE A KING,
LUNCH LIKE A PRINCE AND
DINNER LIKE A PAUPER.**

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36. Tips For A Happy And Healthy Life



**TIME HEALS
EVERYTHING.**

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37. Tips For A Happy And Healthy Life



**THE BEST IS YET
TO COME.**

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38. Tips For A Happy And Healthy Life

WAKE
UP!!



**WHEN YOU AWAKE
ALIVE IN THE
MORNING, THANK
GOD FOR IT.**

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39. Tips For A Happy And Healthy Life



**ENVY IS A WASTE OF TIME.
YOU ALREADY HAVE ALL
YOU NEED OR DEFINITELY
WILL GET WHAT YOU
REALLY, REALLY WANT.**

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40. Tips For A Happy And Healthy Life



**YOUR INNER MOST
IS ALWAYS HAPPY.
SO, BE HAPPY.**

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Sursa: architecturendesign.net

INOVATIV: Probleme cu semnalul wireless în casă? Cu o simplă doză de bere ai semnal dublu! | VIDEO



Pe zi ce trece devenim din ce în ce mai conectați cu mediul online și ne folosim de cele mai noi tehnologii. Viața noastră a devenit mult mai simplă datorită acestor tehnologii iar acum, spre exemplu, accesul la internet se realizează mult mai ușor, router-ul wireless fiind un exemplu.

Cu toții avem în casă un router cu ajutorul căruia putem folosi internetul din orice colț. Chiar dacă pe instrucțiunile acestuia scrie că poate transmite semnal până la câteva sute de metri, când îl punem în funcțiune ne dăm seama că nu este chiar așa. Cum putem rezolva această problemă?

Oricâte lucruri am încercat, niciunul nu a dat roade. În clipul de mai jos puteți vedea cum rezolvați această problemă cu un lucru pe care îl aveți în casă.

Aveți nevoie de o doză de suc/bere pe care să o tăiați exact cum vă este prezentat în aceste imagini și urmărind toți ceilalți pași veți vedea cum ideea prinde viață. După asta veți avea semnal wireless peste tot prin casă. Merită să încercați, nu? Foarte mulți oameni au declarat că este o idee eficientă.

Așteptam să ne spuneți dacă aveți aceeași părere, după ce veți pune în practică instrucțiunile din clipul de mai jos.

Sursa video: [youtube.com](https://www.youtube.com)

LEGO BLOCKS WILL HELP YOUR CHILD UNDERSTAND MATH EASILY! TRY THIS!

Every child just love to play with Lego. This toy helps in building their imagination, creativity, and logical thinking. It's fun not only for children, rather adults enjoy too playing Lego among with their kids. Exploring the best use of this toy, school teacher Alycia Zimmerman has come up with the great idea to teach children the basic math skills with Lego. Not only will it be fun for them in classroom or at home, rather it will be a source of logical learning too. Here are few seriously effective examples that teacher Alycia uses to teach her pupils.

1. Part vs. Total



via scholastic

2. Concept building of Fractions!



via scholastic



via scholastic

3. Learning square numbers!



via scholastic

4. Differentiation between mean, median, mode, and range.



via scholastic

Sursa: peacefulcentury.net

CHECK OUT THE NO-PHOTOSHOP SECRET GUIDE TO LOOK PHOTOGENIC IN PICTURES

Everyone wants to look good, especially in the photos, and why not? It is everyone's right and requirement as well, to be looking good and attractive. For that one purpose, tools and a lot of them are designed, techniques are developed and everything has been done to crack the secret of looking good in pictures.

Just as they say, you are gorgeous just the way you are. 'Course you are, all you need is a little change in perspective (of the camera) and a few tweaks here and there to bring out the best of you. And like always, the best advice comes last.

Pay attention; no attention



Do not stand like a cadet, you got curves girl, flaunt 'em and if not then create them. Changing your standing posture can dramatically bring in hidden details. And never ever let those arms left hanging, I repeat, NEVER.

Bend everything that can be bent



That means your knees, ankle, arms, wrists and every other freaking joint. Bends introduce curves and dynamics of the anatomy to the picture. But too much, and you'll end up making awkward angles and poses.

Don't be full force over the camera



Standing straight towards the camera doesn't seem natural. While sideways, gives a caught-in-the-act (of being beautiful) kind of feeling which seems more natural. Apart from that, the width of our frame is reduced sideways which gives a more consistent and flowing figure.

A little testing before moving forward



Look how the curves and details are enhanced just by slight bends and slacking up the body a bit. Also, the sideways perspective really brings out details beautifully which would be hidden if square with the camera.

Tight and straight is defensive, little loose and

slant is friendly



Slanting forward looks friendly and open while cross armed else it is but defensive in nature. Also, tucking your hands in is again not really friendly. Also, it reduces the visibility of double chin and/or excess fat bringing out curves and decreasing inconsistencies.

With your face in your hands, keep the fingers together



It'll bring in inconsistencies and ruin the details, which as such won't be enhanced by the fingers.

Don't foot strongly on the camera



Weight should be put on the foot behind, while the front foot should close in and bend to give you that easy carefree lean, looking all relaxed. Combine it with tilting your face a bit too. It'll also add dynamics.

Another test before going further



All the basics combined with that beautiful smile, make up for the best of you in the photograph. Look how relaxed and natural the whole set up seems with just tweaking your stance.

Getting closer to the grounds



Similar measures need be taken as for the standing positions.

Add to it a somewhat higher or not lower than your face.

When on something, don't sit with flat foot



Instead, extend your toes.

90 degrees is just not the right angle, especially not for legs



Either stretch a little forward or pull 'em back a little (recommended when very close to ground). Also, try twisting a little towards the camera instead of only the neck.

Finally, the best advise as promised, be yourself



Hire a good photographer, then play around, be naughty, laugh, enjoy and most importantly, smile and let the clicking be his problem; if he's good he'll get it all right. So ladies, be happy and be beautiful. And share the secret with everyone around.

source

Sursa: peacefulcentury.net

How to calm a crying baby

everytime

Sursa foto: parenting.com

Sursa: youtube.com

7 Common Home Repairs You Can Easily Do By Yourself

Hey my friends when it was a last time you have called a handyman for a small home fixes. Personally i was so stupid for everything around the home and i need always assistants from the handyman.

Until one day i have decided to look the best tips and advices for small home repairings that could save me time and money. I have came across Heiton Buckley and i found wonderful infographic and cool video guide for 7 of the most common home repairs.

These are the right tips for every homeowner. Take a look below and enjoy!

Here is the video tutorial

Sursa: youtube.com

Also do not forget to check the

infographic and learn all these easy home repairs



Courtesy of: Heiton Buckley
Sursa: worldinsidepictures.com

21 Ways To Save On Your Grocery Bill

Feeding yourself and your family can be really expensive. A tight budget shouldn't mean that you can't eat well though. There are many things you can do that will help save some money on food. The more you do these things, the more you will reap the results. Some things cost more money upfront but save over the long run and some are instant money savers.

1. Buy In Season

To save the most money, buy mostly produce that is in season in your area. You'll save money and enjoy better-tasting foods. This handy guide not only tells you when it is in season, but how to cook it too!

via Cook Smarts

2. Buy In Bulk

Buying things like grains and potatoes in bulk will save you money in the long run.

via The Thrifty Couple

3. Know What To Look For

Sometimes buying fruits and vegetables is a guessing game. Is this ripe? Too ripe? This helpful guide can show you what optimal produce should look like. You'll never buy an overripe melon again.

via Life Hacker

4. Ripen Up Produce

It can be super frustrating to buy things that won't be ready to eat until next week. Learn how to store things to get them to ripen up fast here.

via Lunds and Byerly's

5. Cook It Right

Grains are a great addition to bulk up meals but they can be tricky to cook properly. Nobody wants to eat overcooked rice or beans so save yourself from throwing away food by using this guide to cook it right the first time.

via Getty Images / Brett Stevens

6. Is It Safe?

„Best by” and „sell by” dates are just a suggestion and a best guess. Don't throw away perfectly good foods because the label says so. Use a guide like this one, which can tell you what foods last forever and which ones you should err on the side of caution with.

via Still Tasty

7. Store Meats Properly

Keep your expensive meats from spoiling by storing them in the proper places in the refrigerator or freezer. Here is a helpful guide to keeping things safe.

via Getty Images / Brett Stevens

8. Give Produce The Same Consideration

Storing produce on the counter, in the crisper or in the cupboard makes a difference. Find out which foods go where with this guide.

via Design Mom

9. Use Sand

You're probably thinking this is super weird, but by storing root vegetables in sand, you can preserve them for a very, very long time. If it is good enough for farmers then it should be good enough for your kitchen.

via Gardenista

10. Put Paper Bags To Work

Not a fan of sand? You can store onions, garlic and shallots in paper bags instead.

via The Yummy Life

11. Take To The Freezer

Buying in bulk also means freezing things to make them last longer. Buy in-season fruits and freeze them using this guide as reference.

via One Good Thing By Jillee

12. Freeze Meats

Portion out your meats before freezing so that you can take out only what you need when you need it.

via Lunch in a Box

13. Make Your Own Baby Food

Baby food is crazy expensive. Puree your own and freeze it in ice cube trays for a healthy, inexpensive alternative.

via How Sweet It Is

14. Freeze Smoothie Ingredients

Freeze things like spinach and greens for making smoothies. Keep it whole or pre-puree it.

via Popsugar

15. Single-Serve Herbs

Freeze things like herbs or green onions flat then put them into an empty water bottle for storage. You can pour out just what you need and put the rest back in the freezer for next time.

via Lunch in a Box

16. Preserve Celery In The Refrigerator

Wrap celery in aluminum foil to keep your celery lasting longer.

via Just A Little Nutty

17. Avocado Knowledge

Usually you want an avocado the day you buy it. Here's how to tell if it's ripe enough.

via Illuzone

18. Store Food In Glass

Glass jars are reusable, don't get smelly like plastic, and won't warp in the microwave.

via Big Red Kitchen

19. Grow Your Own

Use the ends of the produce you buy to regrow your own. Green onion, lettuce and celery are great options that grow in only water.

via Don't Waste the Crumbs

20. Double Your Butter

Whip butter with water to make it easier to spread and last longer. Don't use it for baking though—the moisture content will make things turn out improperly.

via Call Her Blessed

21. Last-Minute Milk Use

Milk about to expire? Freeze it with some crushed Oreos for amazing iced coffee.

via Facebook / Oreo

Main Photo Source: Gardenista

Collage Photo Source: 1. Don't Waste The Crumbs 2. Getty Images / Brett Stevens 3. Design Mom

Sursa: diply.com

A aplicat pe par fieritura de cartofi si a scapat de una dintre principalele probleme cu care se confrunta orice femeie

Un articol de Maya

Femeile detesta aspectul parului incaruntit, intrucat firele albe sunt un semn evident al inaintarii in varsta. Poti scapa de aceasta problema estetica apeland la vopseluri de par, dar mai poti apela la o metoda care sa inchida nuanta parului carunt.

In loc sa fugi imediat la coafor si sa arunci banii pe vopseluri profesionale la aparitia primelor fire albe, poti incerca mai intai acest truc. Oricat de ciudata ar parea la prima vedere, metoda chiar functioneaza.

Spala 4-5 cartofi, spala-i CITESTE IN CONTINUARE

Sursa video: [youtube.com](https://www.youtube.com)

Sursa articol: [secretele.com](https://www.secretele.com)

Iata cum sa iti dai jos

inelul de pe deget, daca ti s-a intepenit – Video

Un articol de Calin Petru Barbulescu

Sa ne gandim ca intr-o zi vrei sa iti scoti inelul de pe deget- vrei sa joci baschet sau tenis, sa modelezi lut pentru a te relaxa, sau sa il pui bine ca sa nu il pierzi pentru ca pleci in vacanta. Il tragi de pe deget si constati ca pur si simplu nu vrea sa iasa.

Iata cum poti reusi sa il dai jos, intr-un mod foarte simplu.

Degetul umflat sau cu probleme trebuie infasurat in spirala cu o bucata de elastic. In acest fel, tesutul este strans, iar inelul va putea fi scos.

Capatul CITESTE IN CONTINUARE

<https://www.youtube.com/watch?v=7aYgJT1W38M>

Sursa video: youtube.com

Sursa articol: secretele.com

Un baietel de 3 ani s-a vindecat singur de cancer dupa ce medicii ii mai dadusera 48h de viata – iata tratamentul

Un articol de Calin Petru Barbulescu

Cand medicii l-au diagnosticat pe acest baietel de 3 ani, pe

nume Landon Riddle, cu leucemie si i-au dat sanse de viata de numai 8-10%, nimeni nu s-a gandit ca s-ar putea intampla asta. „Tot pieptul lui era plin de tumori de leucemie, si din aceasta cauza nu mai putea respira. Medicii l-au supus tratamentului de chimioterapie, insa ne-au spus ca probabil nu va supravietui”, a declarat mama lui, Sierra Riddle.

Dupa inceperea tratamentului starea lui s-a inrautatit, iar dupa doua luni a CITESTE IN CONTINUARE

<https://www.youtube.com/watch?v=zbNVe57vKEk>

Sursa video: youtube.com

Sursa articol: secretele.com