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— Listen to Your Enchanted Silence —



Your Happiness Should be Your #1 Priority

How is your day going so far? Are you tired? Are you anxious? Or are you exploding with energy and excitement? Chances are you will answer being at least a little anxious and tired. You're likely trying to juggle a job, relationship, social life, and family. And if you are a woman (no disrespect to men!), you are used to multi-tasking and taking everyone's best interests into consideration. Except for whose? Except for taking YOUR best interest in mind!

According to the study, "The Paradox of Declining Female Happiness," young women today in the United States are less happy than in the past despite educational and financial advancements in life. Now isn't that interesting! And an even more striking observation was an overall decline in women's happiness across the spectrum, meaning this holds true "for working and stay-at-home mothers, for those married and divorced, and across the education distribution."

I remember reading this study and feeling flustered. I literally wanted to bang my fists on the coffee table. Today, women run countries and companies, and join the military.

Heck, Hilary Clinton was a strong presidential candidate in 2008 and a frontrunner for 2016. It should be a fabulous time to be a woman today. So doesn't that mean women should be happier today?

Women have traditionally been playing the role of nurturer for ages, spending a lot of time making others happy, without giving any thought to themselves. They seem to feel that they must be Super Woman and overwhelm themselves to the point of exhaustion and despair. I once worked at a company where I mingled with the executives and many of whom were women. Through our conversations and lunches with these ambitious and well put-together women, I came to learn how some of them were clearly unhappy with their lives despite their monetary and professional success.

Could it be with increased opportunity available today, women actually are becoming less happy? Is it due to the pressures in trying to balance everything in their lives? Do women end up neglecting their own needs and desires in this pursuit?

While I can't answer with complete certainty, one thing I can say for certain is that you must learn to focus on your happiness. Life has become busier than ever, this holds especially true for women. Make time for yourselves and do things that bring you peace and happiness. It is alright to escape to the spa or read a book in solitude once in a while, even though there may be a million chores waiting for you at home. Or perhaps just indulge in some fun time with your girlfriends. It is perfectly fine if you want to spend time away from your boyfriend or hubby or family. Your happiness should always be a priority.

You may be thinking: Gosh, how can I put my happiness over my relationships and family? Isn't that selfish? Aren't I neglecting their needs? Absolutely not. The most important relationship in your life should be the one you have with yourself. Once you start to acknowledge you are not Super Woman and make time for yourself and appreciate yourself, you will be happy.

And that is exactly why you will make a better girlfriend, sister, friend, employee, whatever title you want to insert here. Your happiness will be infectious and by being your best, you will bring out the best in your loved ones. You'll find you are more present, draw energy and happiness from yourself, and feel joy in your relationships, family, and career. After all, what's the point of having it all if you aren't happy?

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