

Happiness is considered very important in life.

Why is it difficult to define? What factors are important in achieving happiness.

Happiness plays an important role in people's life, Even though stressful conditions are more common nowadays. The manner people face problems, ~~reduce-reducing the~~ stress and ~~provide-providing~~ positive situations are absolutely important for being happy.

In my opinion, happiness is the main factors in a healthy life. If people attempt to be happy, most of their problems ~~would-will~~ be solved. For instance, the power of happiness to cure diseases is incredible. Also, researches show that happiness leads to living more with healthier mind and body.

Next, the ways which makes everyone happy are vital. Closedd relationships with family particularly immediate ones help people to be more happy. Furthermore, sympathetic friends are quite effective. Those who give positive reinforcement to others, are usually well mannered. Besides, Since most of the life time ~~are-is~~ spent at work, the less stressed atmosphere of work is important too. Making more efforts to establish friendly relationship between colleagues can aid them in being happy.

On the other hand, I think through positive activities that happiness can be preserved. Sports, art, music, dance, reading various kinds of books and improving specific skills are some instances of the mentioned activities. Finally, I believe that helping others in each cases, gives people a large amount of positive energy as a miracle to achieve happiness.

Consequently, further to the mentioned explanation, succeeding in establishing satisfactory relationship with family, friends and colleagues, assisting each other in different situations and doing positive activities are some effective factors in terms of happiness.