

Recommendations for Happy Living

Post by “Kalosyni” of December 6, 2023 at 4:16 PM

[Quote from Eoghan Gardiner](#)

Social media too, if you want to be filled with anxiety about your weight, finances etc... spending an hour on insta or tiktok is a great way to achieve it.

Some anxiety is your conscience warning you of possible pain in the future. Of course things on the internet can often be "over the top" and annoying.

Yet these are practical issues...when it comes to weight, modern medicine gives tips for a range of what is considered a healthy weight based on height and gender. As for finances, it is important to consider your long-term situation, and thus relieve the anxiety by brainstorming solutions to any improvements that are needed and thus increase confidence in a sense of long-term security ...and this includes knowing which friend or family member would let you sleep on their couch if things went really wrong for whatever reason (but hopefully you've got all bases covered so nothing really wrong will ever happen).