

## 《想要快乐，以下三件事得避免》

导读:你想快乐，有谁不想呢？然而，你可能在进行一些阻碍你成功的不良行为。不管是拖延、消极的自我对话，或是不让大脑休息，这些都会降低你获得幸福的潜能。



You want to be happy, who **doesn't**? However, you might engage in unhelpful behaviors that thwart your success. Whether you procrastinate, feed negative self-talk, or don't rest your mind, you lower your potential to create happiness.

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### Procrastination

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Putting off mowing the lawn, or not writing a letter, may not seem like a big deal, but every time you don't carry out tasks you think you should complete, you ignite a mild fight or flight response. Fight or flight happens when you face stress, and, although it exists to aid survival, it isn't always a helpful response. You aren't in mortal danger if you procrastinate, but your system doesn't always take this information onboard. You still react as though you are anxious and produce stress chemicals. Additionally, as your system constricts physically, your mind also closes off a little. Just as your muscles tighten when you are anxious, your ability to see the big picture of life is reduced when you procrastinate, so, you don't see as much joy

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