Being Cheerful Encourages Your Civility

I recently learned of David Byrne’s project “BE CHEERFUL”. In 2016 for himself he began to collect good news as both a remedy and a kind of therapy for the state of the world. Next he shared this news with New York. By 2018 he started an online project where anyone could find cheerful events as well as share their own.

Once again seeking out his ideas set me to thinking how it related to civility. A definition of cheerful is a “person or thing that brings joy, humor, or good spirits”. Secondly I found that some of the characteristics of a happy people are hopeful, optimistic, kind, positive, curious, authentic, approaches life with energy and zest, and gives and receives love. Consequently, it seemed to me that having and keeping an attitude of cheerful would be key to maintaining a civil approach in all our interactions.

I like you to pause for a moment and think about what seems cheerful to you and ways that cheerfulness affects you. A sunny day lifts our spirit and gives us energy to get out there and do something. A friendly smile gives us a feeling of happiness and well-being. Giggles can heighten us to even higher levels of cheer. A word of encouragement gives us a positive perspective on life and a desire to achieve our goals. Even when we face hardship, words of care and concern can help us understand that things do happen and we can get through this hard time. Other’s cheerfulness or what pleases us helps us to be civil in all our interactions.

We can also work on becoming cheerful or more frequently. First you need to be comfortable in your own skin. Honestly look at who you are as a person. Like all humans you have some strengths and some weaknesses. You have many feelings, simply accept that these are yours. Then try to look at the bright side of things in an honest way. Truthfully we can accomplice much more on that side, and each positive occurrences increases happiness. Some other suggestion are keeping a journal, meditation, and living healthy. Finally find your passion and act on it. When you have a constant that gives you pleasure, the other aspects of your life are much more cheerful.

I would like to add one more suggestion that has always worked for me. I turn on some of my favorite music at a high volume and sing along. Very soon I am in a good place. There are so many songs over the ages that tell you to get happy despite the unpleasant mood that you are in. Here are a few lyrics or titles that come to me. “A spoon full of sugar, I whistle a happy tune, I get down, but I get up again, It’s going to be a good day, Don’t worry, be happy”.

So start today to be happy all day. Your happiness will reach out to others and then right back to you. Smile!

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