

The secret of being happy

Cosmo looks at what makes **KATY PERRY**, 26, smile – from Russell Brand to, er, dancing cheeseburgers



Hot 'n' Cold: Katy and Rihanna show off their drinks preferences...

Happiness is...

LIFELONG BESTIES

"I've got really good friends, thank god. And I've had them for a long time. They're having as much fun on this insane roller coaster [of fame] as I am."

LAUGHING AT HERSELF

"I think if people are making parodies of your songs, you've made it! I love that stuff. I'd actually like to see more, please. I'm a jokester. Even if the joke's on me, I'll still play along."

HER FELLOW POP PRINCESSES

"We're all unique. That's why we all win and we can all exist. I couldn't do what Rihanna does. I couldn't do what Gaga does. They can't do what I do."

JOYFUL JAPAN

"When I went to Japan [at 19], it peeled back a layer in my brain. Everything was so sweet and cute and petite and feminine. Dancing cheeseburgers with faces make me happy."

SETTLING DOWN

"When you're single, you use so much energy looking for The One. When you find him, it's *phew*; you can turn that radar off. You don't care about going



And relax... Katy's caught her man

to clubs and bars anymore. You apply that energy to other things."

COUNTING HER BLESSINGS

"I don't take anything for granted. There are 500 other girls right behind me. And I know that, because I was one of them. I remember what it's like to be someone who's always trying to get there. And I wouldn't be working at this pace now if I didn't truly know that fame is fleeting."

Unhappiness is...

HATERS

"I don't care what people say about my relationship; I don't care what they say about my boobs. People are buying my songs and I have a sold-out tour. I'm getting incredible feedback from my music."

• *Katy voices Smurfette in The Smurfs Movie, out 10 August*

Why humour = happiness

“ Laughing not only relaxes your whole body, but it boosts the number of immune cells and releases feel-good chemicals. Being able to laugh at yourself keeps things in perspective. Accept your own imperfections – it's better to laugh at your mistakes than get stressed about them. Like Katy, don't take yourself too seriously. Spend time with your funniest friends and share your embarrassing moments with work colleagues and friends. The best way not to take yourself too seriously is to laugh at an occasion when you did. Always remember to smile – smiling is the beginning of laughter and it's contagious too. If you do feel yourself getting anxious, breathe in and out a few times and maybe share a good joke. ”

Maggie Chapman, co-founder of the College of Cognitive Behavioural Hypnotherapy, www.ccbh.org.uk ♦