

HEALTH AND MIND CLUB

FINDING HAPPINESS

January Newsletter | 2021

Do not set aside your happiness.
Do not wait to be happy in the future.
The best time to be happy is always
now.

— Humaima Butt



**"FOR LAST YEARS WORDS BELONG TO LAST YEAR'S
LANGUAGE. AND NEXT YEAR'S WORDS AWAIT
ANOTHER VOICE"**

Happiness does not have a price!



In the 21st century, with the world moving at such a rapid pace, we are often in a hurry and almost always caught up in some work or the other. In such an age, human beings are becoming more and more like machines, working endlessly to achieve various things in life.

While being ambitious is a good thing, we must not let ourselves succumb to such a fast-paced lifestyle. We must take some time to relax and focus on ourselves. Everyone has their own ways to be happy and their own unique ways to experience relaxation. A healthy and happy life can be achieved in simple ways, like talking to our near and dear ones.

Another way of leading a happy life is by spreading love everywhere. Small acts of kindness can go a long way. Giving food to the needy, volunteering at old age homes etc. are some very rewarding experiences which can make us feel happy because they provide us with a sense of purpose and satisfaction.

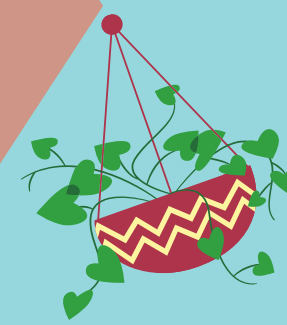
Even small moments can fill us with lots of happiness. They don't have to be very big or elaborate, money cannot buy us happiness in our lives.

Having good mental and physical health is also essential as it enables us to live life to its fullest. Another way of attaining a happy life is to have a **positive attitude** in life.



**"Life is 10% what happens to you and
90% how you react to it"**

Importance of a Positive Attitude



Imagine your mind is a garden, your thoughts the seeds. Will you choose to grow flowers or choose to grow weeds?

Your attitude is the first thing people notice about you after your physical appearance. It takes just one-tenth of a second for someone to form their first impression of you. To put that into perspective, it takes someone one-third of a second to blink. That's how little time you have to make your first impression on someone... less than a blink of an eye!

The way you go through life is only determined by one thing... your attitude. **In life, some bad things will happen, and some good things will happen. They will happen to everyone; it's the way life is.** Some people will have to battle far bigger problems than others, but the difference comes between the people who let it break them down and the people who learn from it; **their attitude makes all the difference.**

You have little control over how someone pre-judges you in that short period of time but what you do have a lot of control over is how they judge you in the time after that first blink. Your attitude defines the way you hold yourself, the way you listen to someone when they are speaking, the way you speak about others, the respect you show to others, your manner, your

disposition, your feelings, and the way you want people to react to you.



What is a Positive Attitude and how does it help?

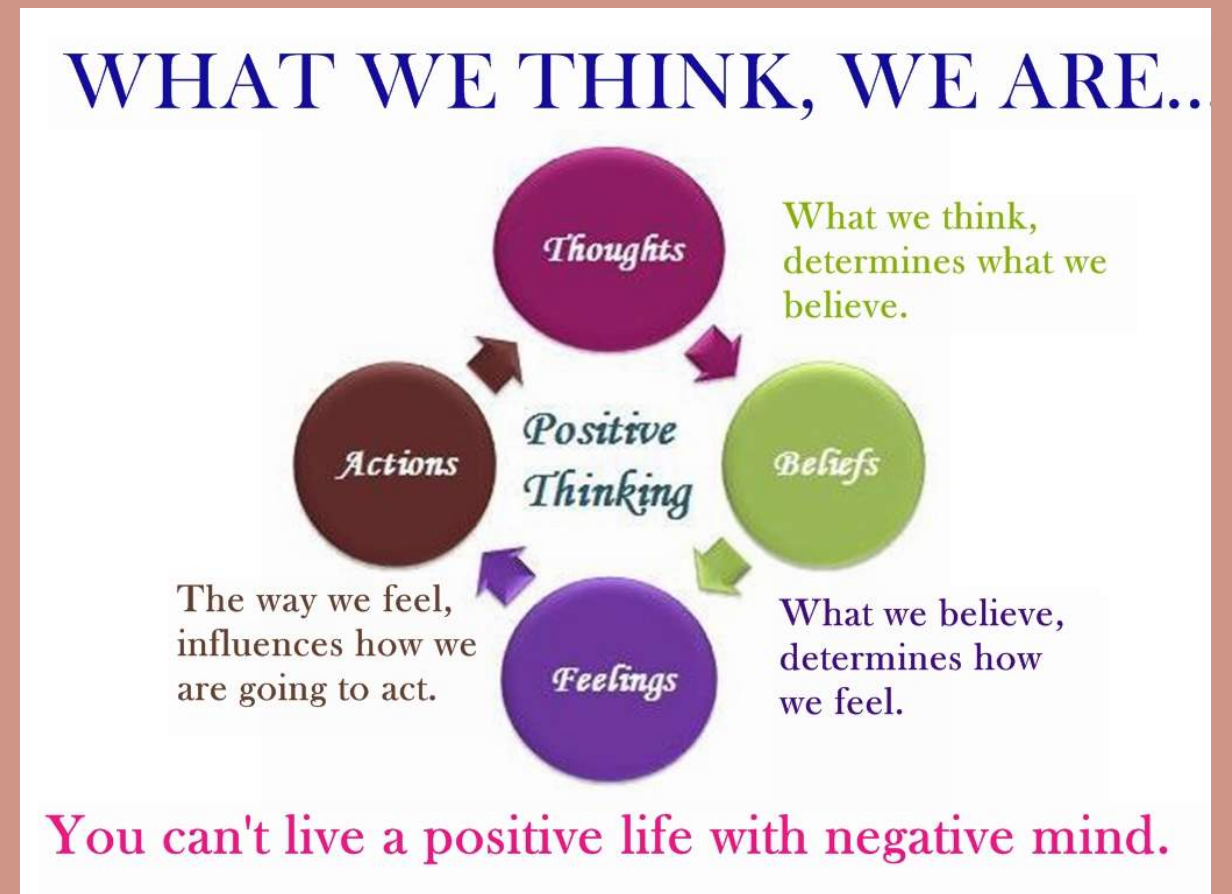
Most of us think that a positive attitude is just showing a positive appearance to everyone. **But it is actually something that goes deeper and has an effect beyond surface cheer.**

A positive attitude doesn't mean ignoring life's troubles. It just means being an optimist and looking for the good in things, rather than being a pessimist and concentrating on the bad in things.

A positive attitude is a guide for leading a positive life. In very simple words, a positive attitude is **a mindset that helps you see and recognize opportunities. It is a mindset that uses the words, "I can", and "it is possible".** A positive attitude will become your torch and lead you out of the negative tunnel during your darkest times.

The benefits of a positive mindset are:

- **Optimism:** It brings optimism into your life and opens you up to new perspectives and opportunities and makes it easier to avoid stress and negative thinking. “The difference between an obstacle & opportunity is the attitude towards it.”
- **Self-Esteem & Confidence:** It is easier to believe in ourselves and we gain confidence in our decisions.
- **Better Health:** Stress causes many health problems. However, maintaining a positive attitude makes it easier to cope with stress in a healthy way. The body releases positive chemicals and it becomes easier for one to stay happy.



How to Build a Positive Attitude

By adopting a positive attitude and training yourself to see the positive in as many situations as possible, you become a much happier person overall and someone that others enjoy being around. **You don't need to go around with a silly grin on your face all day, it's not about that.** It's about changing your thoughts so that you change your outlook on life and attract other positive people into your life.

It's not always as simple as just waking up in the morning and deciding to be happy, and that's perfectly alright. This holds especially true for someone with mental illness. Mental illness is not a choice and things like depression, mania, mood swings (etc) aren't a choice. But, what is under our control is to take control of our lives and do the next best thing. That could mean seeking professional help for someone with a mental illness, or something as simple as deciding not to check social media first thing in the morning.

Your attitude is not something that you can change within a few minutes; it is a slow process. But by practicing a little every day you will begin to see things in a more positive light, and I guarantee you that others will notice the difference in you too.



Life and Happiness – a reasonable purpose

If there is one thing that we look forward to with great excitement and even greater expectations, it would have to be our future. I do, and I am certain that many of you do too. We interrogate people about what they would be doing with their futures – I never get the reply I anticipate though. Your questions never matter – They always circle back to talking about what they would be doing for a living.

Why is it that the answer about one's picture of his or her future revolves around chasing green bills of paper called 'money' and not about the simple things you live for. The happiness and satisfaction about it all. Has the term happiness been reduced to mere numbers on a cheque book? And wasn't the purpose of money and all those materialistic things to make our life easier and pleasant?

Humans are simply not moving towards development! How can that be true if the happiness levels are progressively declining with each generation? Isn't that ironic? We have a lot of tools at our disposal that we can use to make our day and that of other people around us happier and brighter!

- **Smile, smile and smile EVERYWHERE. They say smile and the world smiles with you. That wouldn't hurt would it?**
- **Help anyone and everyone in whatever way you can. Not only are you making life a little easier for someone but you are also satisfying and clearing a little bit of your own conscience.**



- **Periodically, do something that dedicates your 100% to someone else's happiness. Maybe visit an old age home or take some underprivileged kids for a day out? Whatever it may be, trust me, every move from your side makes things a little better for them.**

All in all, do everything you feel is feasible and makes things around you better than they would have been otherwise. In the end, all that matters is the effort you put in.

Spreading happiness is what one would call a dilatory task but in its defense it's a rather easy one too. The great philosophers of the ages have pondered the questions - why are we here and what does everything mean? Well we don't know for sure but leading a joyous life whilst sprinkling that joy around us does look like an enticing answer. But It does depend on the partaker, are **you** up for this challenge?

Positive Possum believes you can do the thing



Credits

Happiness does not have a price!: Nandini Gupta

**Importance of a Positive Attitude and how it helps:
Moksh Taneja**

Benefits of a Positive Attitude: Malika Kapoor & Moksh Taneja

How to Build a Positive Attitude: Moksh Taneja

**Life and Happiness - a reasonable
purpose: Tushar Tyagi**

Design - Livleen