

HAPPINESS

FEBRUARY NEWSLETTER



Happiness is an emotional state characterized by feelings of joy, satisfaction, contentment, and fulfilment.

Scientific studies have begun to reveal a host of physical health benefits surrounding positive emotions like happiness and joy, they help lower stress hormones, ease anxiety, and overall improve your immune system.

We feel joy in our bodies because of the release of “happy hormone” (dopamine and serotonin), two types of neurotransmitters in the brain. Both chemicals are heavily associated with happiness.

Feeling happy has an immense effect on your wellbeing and mental status. It does a lot from improving relationships to increasing productivity, so be happy and spread the happiness!

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HABITS TO INCREASE HAPPINESS



As we edge closer to the end of our academic year and to our final examinations, I'm sure a lot of us have been feeling the pressure. Lucky for you we're here to help you make your mood a little more brighter and days a lot easier with a few habits you can adopt in your daily life to increase your happiness!

Spend time with your friends.

- Nothing can even come close to spending time with your close friends, without fulfilling social interactions one's feelings of loneliness and isolation keeps increasing gradually and that often leads to a downfall in one's mental health so even if it's only on the weekends make sure to keep some time out for the ones you cherish.

Count your blessings.

- Sometimes the best cure for when you're feeling down is gratitude and focusing on the good things in your life. Focusing on these positives helps reduce negative emotions like envy and anger.

Get enough sleep

- Sleep is one of the most important aspects of our life, but many people still disregard it but the impact that has on one's mental and physical health is detrimental. So, make sure to get an adequate amount of sleep every night.

Saying happy affirmations is a powerful act of compassion toward yourself that can increase your happiness. Here are a few; -



"I choose happiness, and happiness chooses me."



"Today is a gift, and I embrace it with positivity."



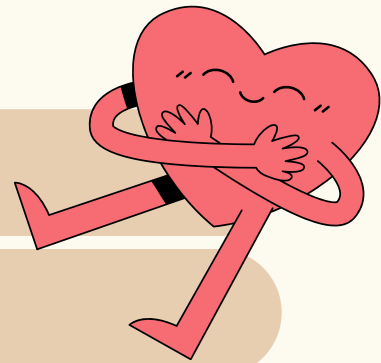
"I feel healthy, joyful, and vibrant."



"I bring light with me wherever I go".



"Everything is working out for my highest good".



BOOK RECOMMENDATIONS



Your Fully Charged Life by Meaghan B. Murphy



The Happiness Project by Gretchen Rubin



The Geography of Bliss: One Grump's Search for the Happiest Places in the World



Hector and the Search for Happiness by François Lelord



WORD SEARCH

T L O O C D O E U N Q K A Q C R P
M K X H U N L L L E O G D S C V E
F K I P I T X I O S B O T A U X X
B M L C E Q P M V G F C C H J I D
O C E U S C M S E A O H Y L W H D
C R Y A R T H X T N E X D N H X L
V B C P V Z G L D E X M N Y O C W
E K R M V N S H R T V P A Y O I Y
G V R O S L S F F O W I C K K J O
O U T Q W P U I S B H H L Z N B T
N D Z D E L E F L U X G U R F V T
S I C F E G C A I Z O K A D S Q C
H B H P T K J E C T L U P U F W T
O I A A M T Q D C E U O O P L B G
T G P H G H L R N J B A Y S U M G
Y G P V C Z H M S Y Z M E K R V U
D Y Y W I R W Y Y M U K Y B Z W M

beautiful
cool
love
peace

happy
luagh
smile
sweet

cheerful
joy
nice



Find Joy in the Little Things



BACK TO BASICS

ECO-ANXIETY ?

- *The Global Warming and Climate Change* problems have been prominent for many years now and as the years have passed the threat of global catastrophe has become more and more likely and what we have overlooked is the threat that comes to our mental health because of this.
- While it might sound peculiar the term “*Eco-Anxiety*” refers to a fear of environmental damage or ecological disaster and has been on the rise due to our negligence towards the environment.
- Anxiety around environmental issues can come from experiencing, being at risk of, or having loved ones at risk of climate-related extreme weather, including hurricanes, droughts, floods etc.
- *The main cause of eco anxiety is the feeling of helplessness* in a person as they know they can’t completely nullify the gradual impacts of climate change, including increasingly rising sea levels and changes in weather patterns.
- The knowledge that they might lose places that are important to them can also have significant consequences on their mental health.
- While there is no medical definition for eco anxiety, if you think that your worries about the environment interfere with your everyday life, ability to work, or ability to look after yourselves, *we advise you to talk to a mental health professional.*
- Even though solving environmental issues requires a *societal effort* to change and the government using their power to make corporations take responsibility for their actions you can *manage your eco anxiety* by implementing some of your own strategies to help reduce the effects of climate change in any way possible.

January Highlights

MASK UP

On 11th January 2023, we conducted “Behind the Mask” an open mic event where students explored the topic of Toxic Masculinity. This event was organized to educate the student community about the myths around toxic masculinity and the harmful effects it has on the younger generations.

BeReal

It was an initiative taken up by the girls of grade 9 & 11 to educate their fellow mates about feeling good about your body and how it looks. Thought-provoking questions were asked which received wonderful responses. A pledge was made towards the end, promising to practice and preach body positivity, a moving act that brought all the participants together.