



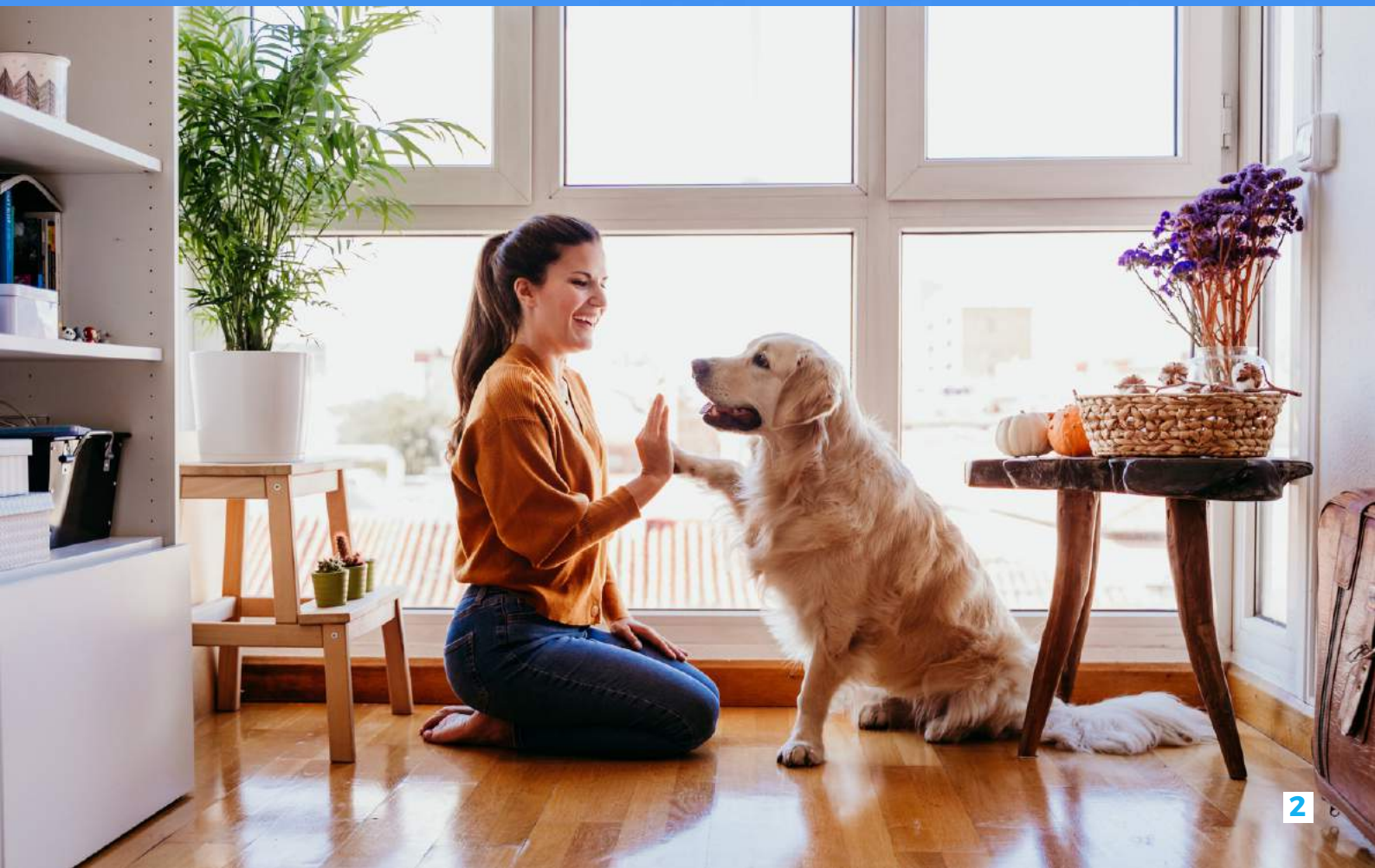
HAPPINESS: ARE WE DOING ENOUGH TO BE HAPPY?

CASE STUDY/INSIGHT

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Happiness is subjective. The meaning and perspective of happiness differ from person to person. For some, traveling would give happiness, some would find happiness in achieving their target, and some may find happiness in watching movies or reading books; for children, happiness lies in playing. So, the meaning and means of happiness are not the same for everyone. But everyone wants to be happy and everybody deserves happiness.

The purpose of life is to be happy and useful to nature, biodiversity, and humanity. So, the ultimate purpose of life is happiness and contentment. Happiness is something that comes from within and multiplies on sharing it with others. The contentment that we get from spreading happiness is beyond words. All of us are leading a very busy and scheduled life towards various goals and ambitions. But at the end of the day, are we really happy and how much are the two main questions. We should also often ask these questions to ourselves to find out the answer.



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To derive happiness, we have to work towards it; we have to choose activities that will give us happiness. Playing with babies, leisure time with pets, nature walk, jogging, visiting parks, people watching, watching children play, doing yoga, meditation, praying, listening to music, watching the sunrise, sunset, moon, sea, beach walking, cycling, photography, art, dancing, exercise, sports, doing social service, gardening are some of the activities that give happiness to different people. Happiness isn't a trait of a person, instead, it is a feeling or subjective wellbeing of the person. Optimism and happiness are closely related. A positive mindset and optimistic actions are very important for a happy life. One should live in the present and stop regretting negative moments in the past and anxiety in anticipation of the future. Being grateful for all the things that we are blessed with is also a key to happiness. Doing yoga, exercise, and other physical activities will promote peace of mind and happiness. Listening to optimistic audios, reading optimistic books, and moving with optimistic people around would help in changing negative mindsets and become happy.

Are we ready to give emotional support to others during their times of feeling low or bad? The biggest help that we could do for someone is offering moral support, strength, and courage. Every person will feel dejected or low at some point in their life. All that a person expects in such situations is empathy and a few positive words that would give him strength. Just by saying, "All will be fine" and patting on the shoulder would make that person feel stronger. Psychologically, making others feel happy or elated would have positive impacts on our wellbeing. Good health also leads to a happy life. Health and happiness are two interlinked things.



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Ideally, a happy person lives truthfully, gets contentment by doing good to others and humanity, has good health, keeps working towards his/her goals, and does things that give happiness. Happiness comes from a healthy body, a peaceful mind, gratitude, and the ability to see good things in everything. A person can deliver his best in work, family, and society only when he/she is happy. Let's pledge to remain happy forever.

