

The Pathway to Happiness “A Practical Approach”

THE PATHWAY TO HAPPINESS “A PRACTICAL APPROACH”

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1

CONSIDERATIONS

- ✗ When you are tempted to be concerned about a problem, write out and answer the following questions:
 - + What is the problem?
 - + What is the cause of the problem?
 - + What are all possible solutions?
 - + What is the best solution?

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2

CONSIDERATIONS

- ✗ Our questions are
 - + What is the problem?
 - ✗ We want to be Happy
 - + What is the cause of the problem?
 - ✗ Worry, Anxiety, Stress ...
 - + What are all possible solutions?
 - ✗ Get Rid of Worry, Anxiety, Stress ...
 - + What is the best solution?
 - ✗ Acceptance

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PLAN OF MY TALK

- ✗ Part I (The Problem)
 - + Understanding Happiness
 - + Understanding the causes of unhappiness
- ✗ Part II (The Solution)
 - + How to live life
 - + How to be Happy

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HAPPINESS.....

- ✗ What is Happiness?
 - + An emotional state.
 - + How you feel about yourself and the world.
 - + Inner Peace.
 - + Mental Peace.
 - +

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HAPPINESS.....

- ✗ Exercise
 - + What do you need to be happy?
 - ✗ Write down five things that would make you happy

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HAPPINESS.....



If you want to be
HAPPY
Then,
BE.....
NO ONE CAN STOP YOU

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HAPPINESS.....



- ✗ Because
 - + If your happiness depends on what someone else does you definitely have a problem
- ✗ If people say something good about you
 - + You feel good
- ✗ If people say something bad about you
 - + You feel bad
- ✗ **This means you have given the keys of your happiness to others**

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HAPPINESS.....



- ✗ It is very simple to be HAPPY but very difficult to be SIMPLE
- ✗ Plenty of people miss their share of happiness, not because they never found it, but because they didn't stop to enjoy it.

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DISCLAIMERS FOR HAPPINESS



- ✗ Nobody is perfect, all of us are students
- ✗ Happiness is not really hypothetical
- ✗ The definition of Happiness varies from person to person
- ✗ It is also usually dynamic in the same person
- ✗ **Happiness is a journey rather than a destination**

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HINDRANCES TO HAPPINESS



ANXIETY

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UNDERSTANDING WORRY



- ✗ What is worry?
- ✗ What are common examples of worry?
- ✗ Why do people worry?
- ✗ Is there a difference between useful worry and useless worry?
- ✗ How can you control worry?

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WHAT IS WORRY?



- ✗ Worry refers to the thoughts, images and emotions of a negative nature in which vague mental attempts are made to avoid anticipated threats
- ✗ Excessive worry is the main component of generalized anxiety disorder.

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WHAT IS WORRY?



Worry is...

- ✗ To feel uneasy or concerned about something
 - + Be troubled.
- ✗ A cognitive or mental form of anxiety
- ✗ Anxiety is a natural reaction to fear, danger, complex events, and the unpredictability of the future.

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IS WORRYING BAD....



- ✗ Worrying occasionally is common and nothing to “worry” about!
- ✗ Worrying frequently can interrupt your socializing, studying, working, and other activities.

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USEFUL WORRY VS. USELESS WORRY



- ✗ Worrying is useful when:
 - + You are able to control the worry rather than letting it control you.
 - + It is a signal for you to start problem-solving or searching for a solution.
 - ✗ It gets you thinking about a plan.
 - + It leads to a productive outcome.

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USEFUL WORRY VS. USELESS WORRY



- ✗ Worrying is useless when
 - + You repeat the same worries over and over.
 - + It takes up a lot of your time and energy.
 - + You overestimate bad things happening.
 - + You always predict the worst outcome.
 - + It causes physical problems like head or stomach aches, difficulty sleeping or eating.

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WHAT ARE WE WORRIED ABOUT?



- ✗ Anxiousness
 - + What if.....
 - + What would happen if.....

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WHAT ARE WE WORRIED ABOUT?



✖ Criticism

- + What would people say...
- + People are saying all sorts of things about me...
 - ✖ Unjust criticism is often a disguised compliment.
 - ✖ It often means that you have aroused jealousy and envy.
 - ★ Remember that no one ever kicks a dead dog.
 - ✖ Do the very best you can; and then put up your old umbrella and keep the rain of criticism from running down the back of your neck.

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WHAT ARE WE WORRIED ABOUT?



✖ Humiliation

- + Let's never try to get even with our enemies, because if we do we will hurt ourselves far more than we hurt them.
 - ✖ Being Humiliated
 - ✖ Feeling Humiliated

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WHAT ARE WE WORRIED ABOUT?



✖ Work Load

- + Always too much work; never able to relax

✖ High Pressure periods

- + Deadlines, test come all at once

✖ One or two difficult courses take all my time

- + No time left for anything else

✖ Efforts often seem for nothing

- + Don't get satisfying results

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WHAT ARE WE WORRIED ABOUT?



- ✖ Seems like I have a lot more work than roommate, friends, Colleagues....

- ✖ I have to work harder than others to get the same results

- ✖ My job takes up too much time; I can't afford to cut back

- ✖ My stress is complicated by commitments I can't get out of

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WORRY!!!!!!!



- ✖ This is one of the biggest cause of stress

- + Break the worry habit before it breaks you

- ✖ Worry is a total waste of time. It doesn't change anything but Surely keeps us very very busy doing nothing

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WHAT IS STRESS?



- ✖ A state of mental tension and worry caused by problems in your life, work, etc.

- + Something that causes strong feelings of worry or anxiety

- ✖ A combination of thoughts and worries that have negative affect on the body's responses

- ✖ It is the body's automatic response to any physical or mental demand placed on it.

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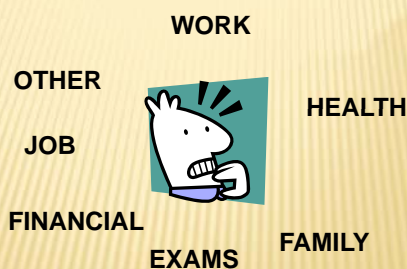
CLASSIFICATION OF STRESS

- ✖ **Eustress**
 - + Manageable Stress can lead to growth and enhanced competence
- ✖ **Distress**
 - + Uncontrollable, prolonged, or overwhelming stress is destructive.
- ✖ **Acute Stress**
 - + Immediate response to a threat or challenge
- ✖ **Chronic Stress**
 - + Ongoing exposure to stress, may seem unrelenting

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MAJOR WORK AND LIFE STRESSORS



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FOUR TYPES OF STRESS

1. General Stress:

- + Everyone has this kind of stress
- + It resolves itself within a day or two
- + No intervention is necessarily required



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FOUR TYPES OF STRESS

2. Cumulative Stress:

- + Stress builds up in your body
- + It becomes more difficult to alleviate your symptoms
- + You may have more serious physical symptoms
- + You may have more serious mental anguish



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FOUR TYPES OF STRESS

3. Acute Traumatic Stress:

- + Critical Incident Stress
- + Produces considerable psychological distress
- + A normal reaction to abnormal events



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FOUR TYPES OF STRESS

4. Post Traumatic Stress:

- + Severe stress produced by severe psychological trauma
- + Created by unresolved Critical Incident Stress
- + Produces lasting changes

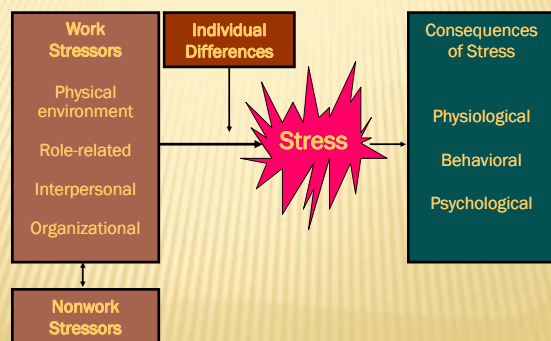


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STRESSORS AND STRESS OUTCOMES

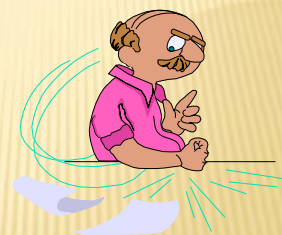


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SIGNS & SYMPTOMS OF STRESS

- ✖ **Cognitive**
 - + Decreased concentration
 - + Comprehension, & memory
- ✖ **Behavioral**
 - + Irritability
 - + Withdrawal
 - + Violence
 - + Less patient
- ✖ **Emotional**
 - + Fear, anxiety
 - + Depression
 - + Fatigue
- ✖ **Physiological**
 - + Increased BP, HR, Respirations, etc
 - + Somatic symptoms
 - + Decreased immune response



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COMMON STRESS ASSOCIATED DISEASES

- | | |
|-----------------------|----------------------------|
| ✖ Diminished Immunity | ✖ Anxiety |
| ✖ Headache | ✖ Depression |
| ✖ Fatigue | ✖ Alcoholism |
| ✖ Weight gain | ✖ Substance abuse |
| ✖ Dyslipidemia | ✖ Insomnia |
| ✖ Hypertension | ✖ Irritable bowel syndrome |
| ✖ Heart Disease | ✖ Fibromyalgia |
| ✖ Psoriasis/Eczema | ✖ Decreased sex drive |
| ✖ Digestive problems | |

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YOUR LIFE IS FULL OF SITUATIONS & SITUATIONS

Situations That you Cannot Manage become
Problems
↓
This Creates Negative Feelings in Your Mind Leading to
Fear
↓
This Mild Fear in Subconscious Mind Becomes
Worry
↓
Worry Builds Up Pressure In your Mind & Body That Is
Stress
↓
Effect of stress on Body is called
Strain
↓
And on your Mind is called
Tension

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REVIEW

- ✖ Worry is part of everyday life
 - + It can promote growth and competency
 - + If unrelenting or overwhelming it can cause adverse effects
- ✖ Adaptive coping enhances resilience
- ✖ Maladaptive coping causes additional problems
- ✖ Enhanced coping increases resilience while diminishing the adverse affects of worry, thus promoting health

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MOST IMPORTANT

ACCEPTANCE

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THE MOST IMPORTANT WORD

When things are not happening the way we want

Anger



Acceptance

Accept the way things are happening



Tolerance

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THE MOST IMPORTANT WORD

Facing Uncertainty

Fear



Acceptance

Accept the Uncertainty



Adventure

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THE MOST IMPORTANT WORD

Somebody is doing better than you

Jealousy



Acceptance

Accept and try to do better



Inspiration

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HOW CAN WE BE HAPPY?

- ✗ Live with an Attitude of Gratitude
- + Be Grateful for what you have.

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GRATITUDE

- ✗ Exercise
 - + List five things that you have and need to be grateful for

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MANAGING WORRY

- ✗ Stay in the Present
- ✗ Live in "day-tight compartments."
 - + Just live each day until bedtime.
- ✗ Life is like driving a car
 - + You see through the windscreen
 - + Sometimes you look through the rear view mirror too....

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MANAGING WORRY



- ✗ If you are depressed
 - + You are living in the past
- ✗ If you are anxious
 - + You are living in the future
- ✗ If you are at peace
 - + You are living in the present

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MANAGING WORRY



- ✗ Worry about the future and regrets about the past keep you stressed and away from enjoying the moment!
- ✗ Manage distress by focusing on the present!
- ✗ Can control focus by what you pay attention too!

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MANAGING WORRY



- ✗ The next time **Trouble**—with a Capital T—backs you up in a corner, try the magic formula of Willis H. Carrier:
 - + Ask yourself, “**What is the worst that can possibly happen if I can’t solve my problem?**”
 - + Prepare yourself mentally to accept the worst—if necessary.
 - + Then calmly try to improve upon the worst—which you have already mentally agreed to accept.

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MANAGING WORRY



- ✗ Remind yourself of the exorbitant price you can pay for worry in terms of your health.
 - + Those who do not know how to fight worry die young.

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MANAGING WORRY



- ✗ Get the facts:
 - + Half the worry in the world is caused by people trying to make decisions before they have sufficient knowledge on which to base a decision.
 - ✗ Dean Hawkes of Columbia University
- ✗ After carefully weighing all the facts, come to a decision.
- ✗ Once a decision is carefully reached, **ACT!**
 - + Get busy carrying out your decision—and dismiss all anxiety about the outcome.

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MANAGING WORRY



- ✗ Apply these four good workings habits:
 - + Clear your desk of all papers except those relating to the immediate problem at hand.
 - + Do things in the order of their importance.
 - + When you face a problem, solve it then and there if you have the facts to make a decision.
 - + Learn to organize, deputize, and supervise.

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LEARN TO RELAX



- ✗ Rest before you get tired.
- ✗ Learn to relax at your work.
- ✗ Learn to relax at home.
- ✗ Remember, no one was ever killed by lack of sleep. It is worrying about insomnia that does the damage—not the insomnia.

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PLAN NOT TO WORRY



- ✗ If worrying starts, say to your self

STOP! I have a Plan!

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COPING STRATEGIES



- | | |
|-----------------------------------|------------------------------------|
| ✗ Active Coping Strategies | ✗ Passive Coping Strategies |
| + Accepting | + Ignoring |
| + Re-Appraising | + Escaping |
| + Praying | + Confronting |
| + Problem Solving | + Relaxing |
| + Controlling | + Exercising |
| + Seeking Social Support | + Seeking Social Support |

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COPING STRATEGIES



- ✗ Changing your attitude
 - + External things will not change. You can change your attitude
- ✗ Whatever you resist will persist
- ✗ Forgive and Forget

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TIME MANAGEMENT



- ✗ Maximizing your available time
- ✗ Focusing your time on your priorities



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TIME MANAGEMENT



- ✗ Step 1
 - + Establish priorities
- ✗ Step 2
 - + Monitor current time use
- ✗ Step 3
 - + Analyze time use
- ✗ Step 4
 - + Make a schedule

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TIME MANAGEMENT

- ✗ Get organized
- ✗ Get structured
- ✗ Set short term goals
- ✗ Set long term goals
- ✗ Use a planner:
 - + daily schedule and “To Do” list



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COGNITIVE THOUGHTS

- ✗ Pay attention to what you say to yourself
- ✗ Identify negative thinking and irrational beliefs
- ✗ Negative thinking leads to stress and anxiety
- ✗ Teach thought-stopping techniques
- ✗ Teach affirmations

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COGNITIVE THOUGHTS

One negative thought

leads to another.....
then another.....
then another

Pretty soon you have ruined your entire life

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WANT HAPPINESS?

- ✗ Break the worry habit before it breaks you
- ✗ Co-operate with the inevitable. If you know a circumstance is beyond your power to change or revise, say to yourself: "It is so; it cannot be otherwise."
- ✗ Let's remember that the only way to find happiness is not to expect gratitude—but to give for the joy of giving.
- ✗ Count your blessings—not your troubles!
- ✗ When fate hands us a lemon, let's try to make a lemonade.

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59

SPIRITUALITY

- ✗ Temple, Church, Mosque etc
- ✗ Help others
- ✗ Spend quiet time every day
- ✗ Be thankful
- ✗ Think positively
- ✗ Put your faith to work!
 - + "I am at peace in the midst of chaos or madness. No person, place or thing has the power to upset me."



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MEDITATION

- | | |
|--------------------|-----------------------------------|
| ▪ Patanjali Dhyana | ▪ Kayotsarga |
| ▪ Anapan Sati | ▪ Tratak |
| ▪ Smriti Upasthan | ▪ Suryasamyam |
| ▪ Vipashyana | ▪ Adarshdhyana (mirror) |
| ▪ Preksha Dhyana | ▪ Swaminarayan Dhyana |
| ▪ Jain Dhyana | ▪ Arup Dhyana |
| ▪ Spand Dhyana | ▪ Purnayoga Dhyana |
| ▪ Mantra Dhyana | ▪ Atit Dhyana (past) |
| ▪ Nabhi Dhyana | ▪ Bhavidhyana (future) |
| ▪ Swapna Dhyana | ▪ Sarpalanchan Dhyana |
| ▪ Nidra Dhyana | ▪ Samarpana Dhyana |
| ▪ Yoga nidra, Nyas | ▪ Tathata |
| ▪ Kriya Yoga | ▪ Hoo-Dhyana (Dynamic Meditation) |
| ▪ Mrutyu Dhyana | ▪ Sahaj Dhyana |
| ▪ T.S Meditation | ▪ Your own system |
| ▪ Kundalini | |

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BREATHING



- ✗ Breathing helps to slow down or to even stop the stress response!
- ✗ Takes time to practice, learn well and use daily.
- ✗ Often, people do not learn how to breathe correctly, and do not use it consistently...

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BREATHING



- ✗ Need to learn breathing technique until it becomes an automatic habit!
- ✗ Practice 15 times a day for 1 minute!
- ✗ Breathe every time you are waiting for something! Phone, kids, in line, at work...

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REVIEW: PRACTICAL TIPS



- ✗ Set realistic expectations
- ✗ Exercise regularly
- ✗ Eat healthy
- ✗ Get adequate sleep
- ✗ Maintain a work-leisure balance
- ✗ Positive Reframing & optimism
- ✗ Enhance social support

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MORE IDEAS



- ✗ Laugh Often
- ✗ Try a New Thing
- ✗ Cry
- ✗ Get Enough Sleep
- ✗ Exercise & Fresh Air
- ✗ Build a Support System – Friends, Family and Co-Workers
- ✗ SAY “NO” OCCASSIONALLY

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EVEN MORE IDEAS....



- ✗ Let go of perfectionism
- ✗ Learn to be flexible
- ✗ Relax your standards
- ✗ Focus less on pleasing others and more on pleasing yourself
- ✗ Stay away from negative people
- ✗ Surround yourself with upbeat, flexible and fun people.

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12 SECRETS OF HAPPINESS



- ✗ Accept What You Have :
 - + NOBODY GETS MORE OR BEFORE
- ✗ Enjoy What You Do and without expectations
- ✗ Live For Today and in this present moment
- ✗ Choose Happiness
- ✗ Improve Relationships... Always appreciate, never criticize
- ✗ Don't Compare, but Be Yourself

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12 SECRETS OF HAPPINESS



- ✖ Preserve health and monitor it
- ✖ Stop Worrying :
 - + THIS WILL ALSO GO AWAY
- ✖ Get Organized and financial management
- ✖ Think Positive
- ✖ Moral values :
 - + DO ONLY THOSE THINGS TO OTHERS, WHICH...
- ✖ Spiritual practices

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68

ANN LANDERS SAID...



“People take advantage of you only with your permission”



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WORDS OF WISDOM



- ✖ Sometimes its better to bunk a class and enjoy with friends, because today when I look back, marks never make me laugh, but memories do....

Dr. Abdul Kalam

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70

The Key Word Is....



Balance



71

HAPPINESS.....



Happiness is a journey,
not a destination

There is no better time to be happy
Than....
NOW!

So BE HAPPY NOW....

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SMILE!



- ✖ Smiling is the main way to tell if someone's happy... but only if they are real smiles
- ✖ Smile solves many problems



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SILENCE!



- ✦ Silence avoids so many problems



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