

The Pathway to Happiness “A Practical Approach”



THE PATHWAY TO HAPPINESS “A PRACTICAL APPROACH”

Prof. Anil Mishra
Department of Chemistry
University of Lucknow
Lucknow

www.anilmishra.name

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?

www.anilmishra.name

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

www.anilmishra.name

3



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

www.anilmishra.name

4



HAPPINESS.....

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

www.anilmishra.name

5



HAPPINESS.....

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

www.anilmishra.name

6

HAPPINESS.....



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

www.anilmishra.name

7



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

www.anilmishra.name

8

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.

www.anilmishra.name

9



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

www.anilmishra.name

10

HINDRANCES TO HAPPINESS



~~ANXIETY~~

www.anilmishra.name

11



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?

www.anilmishra.name

12

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.

www.anilmishra.name

13



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.

www.anilmishra.name

14

IS WORRYING BAD....



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

www.anilmishra.name

15



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.

www.anilmishra.name

16

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.

www.anilmishra.name

17



WHAT ARE WE WORRIED ABOUT?

✖ Anxiousness

- + What if.....
- + What would happen if.....

www.anilmishra.name

18

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.

www.anilmishra.name

19



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

www.anilmishra.name

20

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

www.anilmishra.name

21



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

www.anilmishra.name

22

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

www.anilmishra.name

23



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.

www.anilmishra.name

24

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

www.anilmishra.name 25

MAJOR WORK AND LIFE STRESSORS



- WORK
- OTHER
- JOB
- FINANCIAL
- HEALTH
- EXAMS
- FAMILY

www.anilmishra.name 26

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

www.anilmishra.name 27

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



www.anilmishra.name 28

FOUR TYPES OF STRESS



3. Acute Traumatic Stress:

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



www.anilmishra.name 29

FOUR TYPES OF STRESS



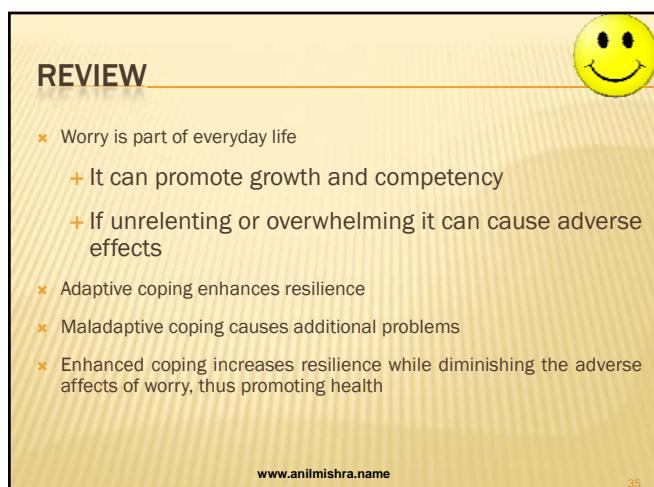
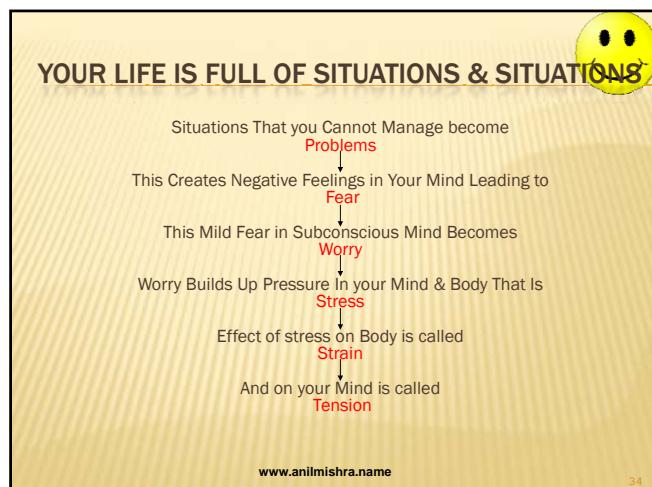
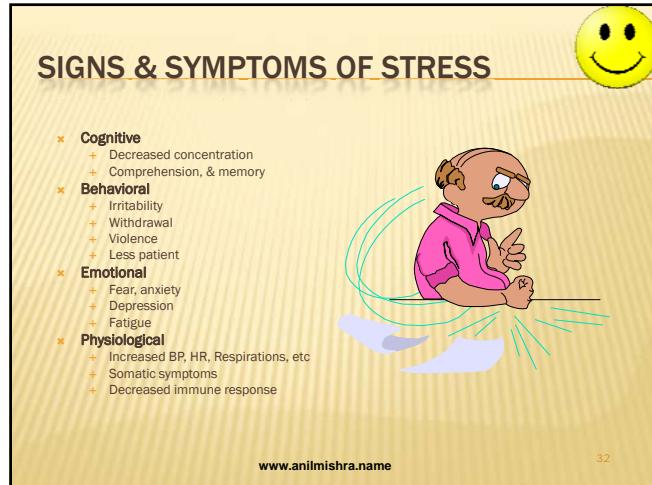
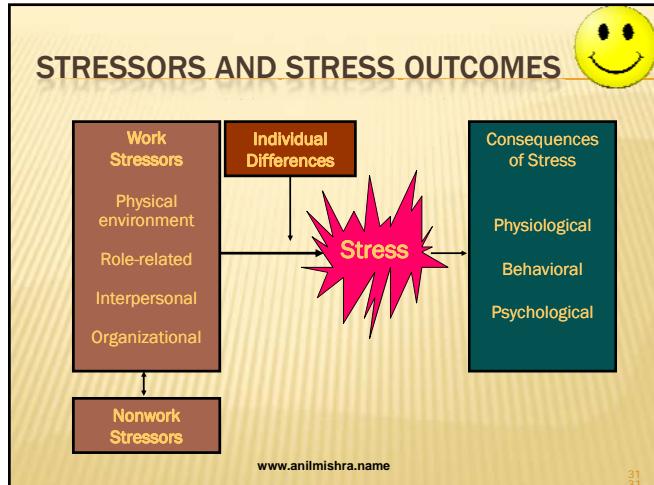
4. Post Traumatic Stress:

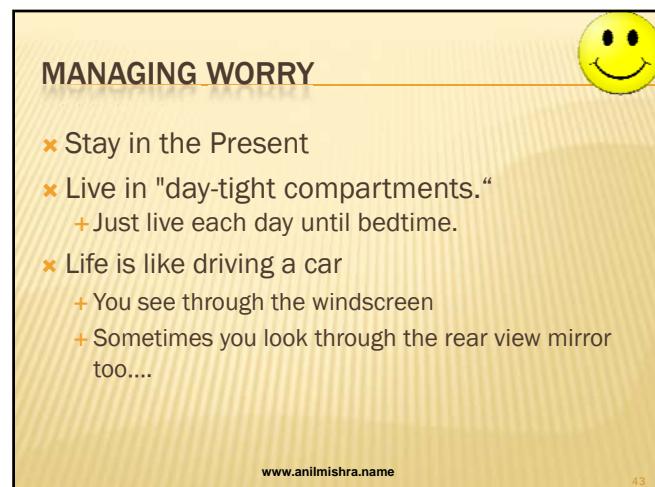
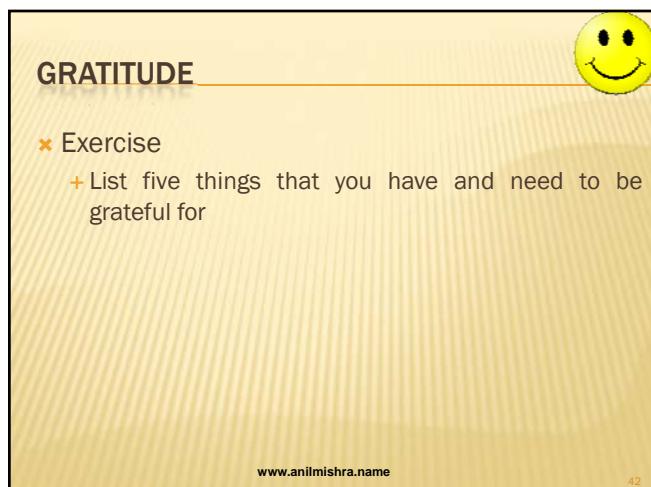
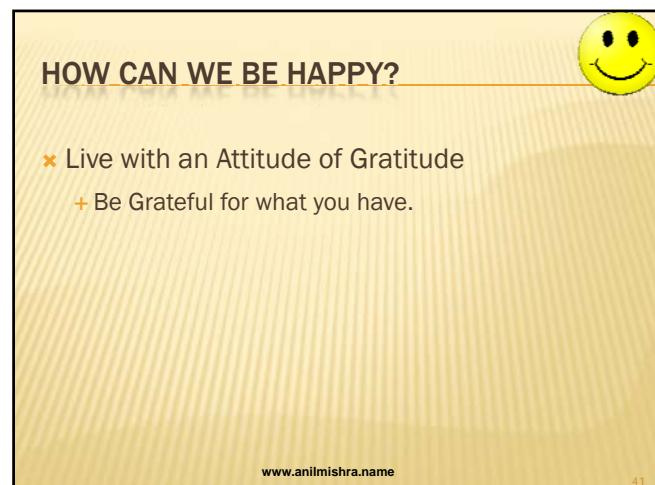
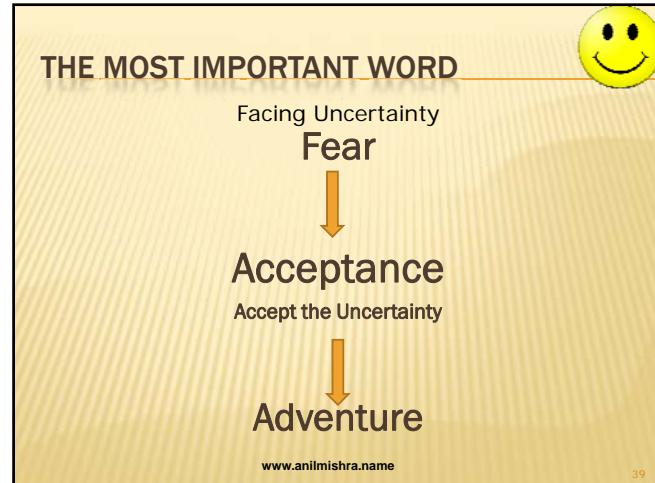
- + Severe stress produced by severe psychological trauma
- + Created by unresolved Critical Incident Stress
- + Produces lasting changes



www.anilmishra.name 30

The Pathway to Happiness “A Practical Approach”





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

www.anilmishra.name

44

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!

www.anilmishra.name

45

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.

www.anilmishra.name

46

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.

www.anilmishra.name

47

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.

www.anilmishra.name

48

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.

www.anilmishra.name

49

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.

www.anilmishra.name

50

PLAN NOT TO WORRY



- ✖ If worrying starts, say to your self

STOP! I have a Plan!

www.anilmishra.name

51

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

www.anilmishra.name

52

COPING STRATEGIES



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

www.anilmishra.name

53

TIME MANAGEMENT



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



www.anilmishra.name

54

TIME MANAGEMENT



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

www.anilmishra.name

55

TIME MANAGEMENT

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



www.anilmishra.name 56

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



www.anilmishra.name 57

COGNITIVE THOUGHTS

One negative thought

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

Pretty soon you have ruined your entire life



www.anilmishra.name 58

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.



www.anilmishra.name 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."



www.anilmishra.name 60

MEDITATION

- Patanjal Dhyana
- Anapan Sati
- Smriti Upasthan
- Vipashyana
- Preksha Dhyana
- Jain Dhyana
- Spanda Dhyana
- Mantra Dhyana
- Nabhi Dhyana
- Swapna Dhyana
- Nidra Dhyana
- Yoga nidra, Nyas
- Kriya Yoga
- Mritu Dhyana
- T.S Meditation
- Kundalini

- Kayotsarga
- Tratak
- Suryasamyam
- Adarshdhyana (mirror)
- Swaminarayan Dhyana
- Arup Dhyana
- Purnayoga Dhyana
- Atit Dhyana (past)
- Bhavidhyana (future)
- Sarpalanchan Dhyana
- Samarpana Dhyana
- Tathata
- Hoo-Dhyana (Dynamic Meditation)
- Sahaj Dhyana
- Your own system



www.anilmishra.name 61

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...

www.anilmishra.name

62



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...

www.anilmishra.name

63

REVIEW: PRACTICAL TIPS



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

www.anilmishra.name

64

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” OCCASSIONALY

www.anilmishra.name

65

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.

www.anilmishra.name

66



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

www.anilmishra.name

67

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

www.anilmishra.name

68



ANN LANDERS SAID...

“People take advantage of you only with your permission”



www.anilmishra.name

69

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

www.anilmishra.name

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....

www.anilmishra.name

72



SMILE!

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



www.anilmishra.name

73

SILENCE!

Smiley face icon

✖ Silence avoids so many problems



www.anilmishra.name

74