



Happiness is in your hands

Happiness and Mental Health

Happiness increases life satisfaction and reduces mental stress, and therefore is crucial to our mental health. Avoiding mind traps and applying helpful tips may contribute to our happiness.



Mind traps against happiness

Some common thought patterns are likely to push happiness away from us, and they are:



- **Catastrophic thinking**

"The company's business is bad, I'll get fired, I'm doomed!" Even if the business is heavily impacted, it doesn't mean you must be fired. There are other ways trimming down running costs or exploring incomes. Catastrophic thinking pushes us into panic and helps nothing. Being hopeful and positive are particularly important during difficult times.

- **Self-blaming tendency**

"I suck at everything. I'm worthless. No one likes me!" Unfair self-defeating thoughts are biased and belittling. Counting our strengths and contributions from time to time helps to hold our heads high.



- **Absolute thinking**

"There is no prize for the runner-up. I must win or I'm a total failure". These "black-and-white" thinking styles limit our flexibility and exclude other valuable experience. In fact, all preparation before various life challenges, persistence in-between, and consolidation and improvement afterwards are precious and can enrich our lives.

Helpful tips for happiness



Here are some tips for us to find lasting happiness:

- **Focus on “here and now”**

Problems from the past and challenges for the future are constantly occupying our mind. We may be distracted and missing beautiful encounters around us at the moment. Focusing on lovely things we see, hear, touch, and taste, enhances our awareness of the enjoyable immediate surroundings and helps to regain our peace of mind. Regularly engaging in our pleasurable activities wholeheartedly is also a good way to gain happiness.

- **Be grateful**

Gratitude brings happiness. Exploring wonderful things, no matter how trivial they may seem, makes us happier. For example, a fresh meal, an euphonious song, or participating your favourite sport can be very pleasing. Keeping a weekly gratitude journal helps to remind us for our blessings and make gratitude a habit!



- **Build positive relationships**

Quality relationships effectively promote positive emotion, and we may:

- ✓ Spend time together with family members and friends and learn how they are going

How's it going?

I'm doing well.



- ✓ Show our concerns to others in words or actions
- ✓ Treat others with sincere kindness, respect, and appreciation



**Happiness and mental wellbeing are in our hands.
Let's keep in mind, enjoy and share with others.**

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