

## Achieving Happiness

Mental health is not just the absence of mental health problems. It is a state of wellbeing in which an individual realises his/her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.

It is our responsibility to look after ourselves. Positive psychology can teach you to live a happy, meaningful and fulfilled life. It is unrealistic to expect to be happy 100% of the time, but learning to be happier, bouncing back from challenges and building resilience are important building blocks to achieving greater positivity, at all times, not just when you are feeling good. Learning from your experiences and becoming responsive rather than reactive is a goal worth striving for. We should remember that:

- ▶ All of us strive to be happy, but naturally as humans we constantly experience a range of emotions both positive and negative.
- ▶ Happiness is not dependent on wealth or success, but rather on how you decide to live your life.
- ▶ Happiness is a process, not an outcome. You can learn to improve the quality of your life in the here and NOW and not just in the hope of being happier in the future. Refrain from labelling life events as good or bad.
- ▶ Positive emotions help draw us into the future and think about outcomes, and not just push ourselves out of our past. You can learn to build on these positive emotions so that you cope better and function well (learning to look at what's right rather than at what's wrong).



### Tips For Noticing And Building On The Positives:

- ▶ Aim for simplicity and look for opportunities
- ▶ Notice what is good around you and bring joy back into your life
- ▶ Reflect on, and identify your strengths. Be prepared to build on your talents and use them
- ▶ Set small incremental goals. Simplify as much as you can
- ▶ Try to find pleasure, meaning and engagement in activities
- ▶ Learn to celebrate your wins and pay attention to your losses
- ▶ NOTICE incremental changes
- ▶ Stop beating yourself up
- ▶ Question and challenge unhelpful thoughts and behaviours. Consider actions and words....yours and others
- ▶ Practise thinking about positive, future-oriented events that could happen
- ▶ Develop new, more positive habits for everyday
- ▶ Focus on gratitude and develop the habit of writing down what you are grateful for

**Generate your own list of happiness boosters .Write them down. Commit to one a day. If you need further support, call your EAP on 1300 360 364.**

“ We all live with the objective of being happy; our lives are all different and yet the same ”  
Anne Frank