

**Be happy
and
make others happy**

BEAUTIFUL LIFE

Relation between happiness and stress

Part of the reason happy people live longer and are healthier is because of a lower stress level. There is a direct correlation between stress and illness and vice-versa. When we get stressed, our cortisol hormone levels increase which is typically accompanied by muscle weakness, higher blood pressure, and mood swings. On the other hand, positive and happy feelings alter our chemical makeup that lowers these levels.



“
Happiness is when
what you think
what you say
and what you do
are in harmony”

-Mahatma Gandhi

EDITORIAL COLUMN

SMILING IS THE KEY

“

Happiness mainly comes from our own attitude, rather than from external factors.” -Dalai Lama

”

I'm now convinced that the above quote is true. Let me explain why.

When I was studying for my psychology degree, I came across an interesting module called positive psychology.

It's a section of the field that looks at the positive side of life, including a scientific study of what makes people happy. So potentially, it would put concerns I already had about pop-psychology, self-help, and spirituality to the test. I immediately signed



-Manya Agarwal, IX D

Me: What is Happiness to you?

Suditi: Happiness to me, is the feeling of relief, fun, and confidence all put together. It is the only feeling I can fully trust and want to go after.

Me: Well said! What makes you happy?

Suditi: A lot of things do! Like playing with my siblings, singing, sketching, they're my hobbies. Apart from that, even helping people and seeing them smile makes me smile as well.

Me: That's refreshing to hear. But just if your smiling, does it always mean you're happy?

Suditi: Not always. But I always try to smile. Whether in pain, anger, happiness or exhaust. Why? Because even if smiling doesn't immediately make you happy, when you smile, your brain nerve cells automatically calm you down. Smiling is the key to the door of happiness, which you then achieve by moving on and challenging every difficulty with that key.

Me: Great answer! Now, you mentioned that making others happy makes you happy, How do you make them happy and how do you know if they are?

Suditi: Depending on the situation, calming them down and distracting their mind from something that may be making them sad or putting them down is the best situation. Although not every problem can be distracted from and ignored. We should help them tackle their problems. If it's personal for them, instead of meddling in their business despite of them not wanting that, what we can do is just encourage them and let them know that every problem has a solution, every frown has a smile, and every bad story has a bright side.

Me: Agreed! How would you know they're happy? Also, do you think there is a difference in your happiness and someone else's happiness?

Suditi: If they're smiling, even if not happy, they're confident enough to try to be happy. And striving for happiness is in one way, as good of a feeling as happiness. And they are sure to achieve it soon enough. Oh and yes, there is a difference. For some people it might be hard to be happy and forget your problems. As they may not be as confident in solving their problems and trying to be happy, as perhaps others. Some people are more determined than others, and happiness is something they are fully sure of getting.

Me: That's amazing and very true! Lastly, what would you like to say to the people who are struggling to be happy?

Suditi: You all deserve happiness and deserve to be loved. Know your worth, and be confident. Smile, it'll be a lot easier to overcome your struggles. Happiness is a friend who will never leave you hanging when you call. A friend in need. It's the best friend, partner, feeling, family member you could ever ask for.

Me: Inspiring! Thank you so much.

- Interview taken by Sumedha Ghoshal, IX D

We meet all kinds situations every day, and some of them may not contribute to happiness. However, we can choose to keep thinking about the unhappy events, and we can choose to refuse to think about them, and instead, think about and relish the happy moments.

All of us go through difficult or unpleasant situations and circumstances, but we do not have to let them influence our reactions and feelings.

If we let outer events influence our moods, we become their slaves. We lose our freedom. We let our happiness be determined by outer forces.

"Doing what you like is freedom.

**Liking what you do is
happiness."**

-Frank Tyger



Happiness is an emotional state characterized by feelings of joy, satisfaction, contentment, and fulfillment. While happiness has many different definitions, it is often described as involving positive emotions and life satisfaction.

**Feeling like you are living the
life you wanted.**



Feeling positive more than negative.



HAPPY BONDS

(FUN ELEMENT)

Something that makes everyone the happiest is bonding with people. No matter who the person is, getting to know them more, identifying similarities between them and yourself, having random but relatable conversations, making them smile always makes you happier. It is the thing that makes me the happiest. The case is the same for everyone. Be it a cheerful person who loves making friends, a shy and reserved person who doesn't have the courage to start conversations, a rude person who acts like he or she doesn't want friends, or an insecure depressed person who has lost friends. No matter which one you are, if someone comforts you, makes you believe there's a reason to smile, and is eager to create a bond with you, it'll give you immense happiness. Even if you are being bullied, just know that the bully is insecure and has their own problems. Not being able to solve their life problems, they choose to make others feel bad too. But instead of tolerating the pain and making yourself miserable, or hurt them back for 'revenge', try to ask them why they bully you. Are they happy inside or just acting to be happy whenever they see you in pain. Whether they bully you mentally or physically, there's definitely something they hide from everyone. Something which puts them down. Try to know what is bothering them and create a bond with them. Losing bonds with people is normal. Everyone goes through it. But what's important is that we encourage ourselves to keep bonding with others and create new friendships or relationships, that can make us as happy as the last ones. I have experienced losing bonds as well as forming them. I have lost friends and family members. It was heart breaking. But I never stopped trying to befriend more people. Why don't we all do that? Wouldn't the world be happier and have more peace if everyone knew and loved each other?

