

Title :Natural Acceptance

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A)What is happiness ?

Happiness is a state of joy, fulfillment and satisfaction. It varies depending on situations also it varies from person to person. For me it is about spending my time with my friends,siblings and family.So happiness is what refreshes you and brings a smile on your face.When people are successful, or safe, or lucky, they feel happiness. It is very important as when people work with a positive mind-set, performance on nearly every level productivity, creativity, engagement improves.Happiness has been shown to predict positive outcomes in many different areas of life including mental well-being, physical health, and overall longevity.

B)How to achieve it?

In a simple language just do whatever gives you satisfaction.Sleep, travel, study and other activities that you may like. One of the best activities is spending time with siblings , friends and grandparents.Watching your favorite tv show, on the other hand, might rank lower in meaning and higher on pleasure.Achieving goals that you are intrinsically motivated to pursue, particularly ones that are focused on personal growth and community, can help boost happiness.When you find yourself stuck in a pessimistic outlook or experiencing negativity, look for ways that you can reframe your thoughts in a more positive way this is one of way to achieve happiness. Reframing these negative perceptions isn't about ignoring the bad. Instead, it means trying to take a more balanced, realistic look at events. It allows you to notice patterns in your thinking and then challenge negative thoughts.