FLOW RESILIENCE AND HOPE

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FLOW :

A state or the process of doing a thing or living your life in a way in which the person is fully involved in the present moment or doing a particular activity at a time that nothing else matter for him or her. The person total focus is in the present moment and he is completely immersed in the activity.

This concept was developed by Mihaly Csikszentmilhayi , a author and psychology professor who defined the flow . According to him

“ a state in which people are so involved in an activity that nothing else seems to matter: the experience is so enjoyable that people will continue to do it even at great cost , for the shear shake of doing it. ”

Mihaly defined the flow state in year 1990.

HOW DO WE KNOW WE ARE IN FLOW STATE?

To answer this question we need to ask our self some questions like

1.Have we been immersed in our activity so much that we almost became unware of what is happening in the surrounding? The work can be related to anything we love it can be playing any sport or playing music or reading anything. We become so oblivious of our surrounding that we don’t even come to know how time passed?

If the answer to this question is yes then we have been or in the flow state of life.

Flow state make our life very enjoyable we enjoy every moment of it and we do not worry about anything else .We become so engrossed in the present that neither the past or the future matter to us . We become very creative, productive and happy. Flow state has very important role to play in the psychology of happiness

Perhaps the Flow state is colloquially term as being “in the zone”

In the words of Milhay while researching on it he said

“My mind isn’t wandering. I am not thinking of something else. I am totally involved in what I am doing. My body feels good. I don’t seem to hear anything. The world seems to be cut off from me. I am less aware of myself and my problems.”

While giving a interview to Wired magazine he defines the state of flow in of the other definition

“…being completely involved in an activity for its own shake. The ego falls away. Time flies. Every action, movement, and thought follows inevitably from the previous one, like playing jazz. Your whole being is involved, and you’re using your skills to the utmost.”

CHARACTERISTICS OF FLOW STATE

1. **Clarity of goals and immediate feedbacks**: we all must be clear of the goals we are going to achieve by doing a task.
2. **A high level of concentration on a limited field:** This allows the person to be deeply involved in the activity he is completely focused on the idea that is being executed at present.
3. **Balance between skills and challenge**: the difficulty of task has to be complementary to the amount of skills possessed by the person.
4. **The feeling of control** : the feeling of heightened control over one’s actions means the person should be control of oneself he should be away from all the worries and should be focused on activity
5. **Effortlessness:** flow involves flexibility and ease. The activity is never forced it is always comes from our heart to do the activity.
6. **An altered conception of time:** the period of activity is “timelessness”

RESEARCH RELATED TO FLOW STATE

The concept of flow is generally attributed to Mihaly Csikszentmihlayi but a lot of others psychologist and researcher too later contributed to this concept . The flow research became prevalent in 1980s and 1990s with the Mihaly and his colleagues still in the forefront working and conducting their studies in Italy.

Some others who contributed to this study include

Nakamura J (20 November 2001) book published *handbook on positive psychology oxford university press*.

Cherry Kendra. “what is flow ” about education

Bruya, Brian : “effortless attention: a new perspective in the cognitive science of attention and action” in 1966

McGuinness,Mark: “Mihaly Csikszentmihalyi- does creativity makes u happy ”

Moneta, Giovanni in 2012 “ On the measurement and conceptualization of flow ”

Synder, C.R & Lopez, S.J “Positive Psychology: the scientific and practical explorations of human strengths”

**Relevance in our life:**

Flow is very important in our life. It tell us that we are living in the present situation which is the only thing that matter in our life. Past can’t be changes so it’s useless to waste our time on it. If we keep on thinking about the past we won’t be utilizing the capacity of our present moment and it will become waste like the past we regret about. The past that was negative if it is affecting our present it means we haven’t changed the loop cycle of thought. Future is not in our hands hence it is waste to think about that and trying to keep it balanced. We can changed the future very different from the past only if we work well in our present and make use of the fullest capacity that we have which is immense and not thinking about anything totally focused about the task that we are doing now will change everything.

If we are in flow state the concept of time that we worry about which is believed to be fleeting become mare as a concept which does not have any power on us. Because we become so busy with our present and shaping it that we forget we have to worry about anything in life.

A focused man may be slow at present because he is so engrossed in the present that he does not have time to think about anything else. In the present time he has forgotten everything every problem he has every instability of thought that he every had and keep on working and engrossed in the activity he will make out of it everything he wishes out of it.

I have a personal incidence related to it when I used to be focused on a lot of things at a time. Thinking about if happened what I would this thought started to creep in my all life activity which became a hinder in every thing I was good at I slowly started to realize that not being focused in the present activity is the reason for my torment and hence if I became focused on one thought at a time I can achieve whatever I want as I know that I have immense potential hidden inside me.

**RESILIENCE AND HOPE:**

**Resilience** is the will to never give up and in the face of misery showing the might that I won’t give up any number of problems u through at me I would again get up and show up.

A person who is resilient in nature sure gets the place he has to be and whatever he want to achieve in life.

Resilience is a skill that is not learned in a day rather it is a process that involve number of steps to be taken to achieve it.

Emmy Warner was on the first scientist to use the term Resilience. We can even say she was the inventor of this lexicon.

Resilience forbade us from giving up in trying time and keep our head out of mess and keep it focused on the goals we want to achieve.

Resilience is not only a personal characteristics but it is also a learned skill. Resilience is believed to be a normal trait of humans. If we are humans we must possess the quality of resilience.

**Hope:**

Hope is the best quality one can possess. It is being optimistic rationally about the outcome of an event or act. Hope has led to many real life inspiring stories that we can see and hear around us.

In tough time we must be resilient not to give up and have hope that we will come out of the misery everything that happen bad is ephemeral or transient and every bad phase will pass. We always need to hope for the best.

Hope has a concept that not all successful path has been laid already if we failed and we keep hope and resilient we sure will be trailblazers.

There are a lot of movies on hope my personal favourite among them is Shawshank Redemption. It is a story of a man who gets convicted and jailed for lifetime for the crime he never has done. In the face of misery and tough time of jail he never lost hope and stayed firm in the tough time.

Quoting the lead role from the movie to his friend “***Remember Red, hope is a good thing, maybe the best of things, and no good thing ever dies***”

It is no wise to choose simple goals and achieve time but to choose those goals that offers resistence to us so that we can grow out of them like a winner.

There is a theory related to hope it involves three key elements to it they are:

**Goals**: approaching life in a goal oriented way

**Pathways:** finding different ways to achieve your goals

**Agency**: Believe that you can instigate change and achieve these goals.

Hope boils down to just one simple statement when we get a problems or face it:

“***I will find a solution to it and make it happen***”

**Hope and resilience** are the most important of the thoughts that we need to cultivate in our life. It’s not a cake walk of heaven. This life is a winding path which sure leads to destiny but for that we need to be always be hopeful and think about the best. We need to believe that we have came across many hurdles in life and I have overcome them. These hurdles that we facing today are no big enough that a person like me cannot overcome them.

We may fall and we sure will fall because the life is made to be like that. We need to learn from each moment what they are teaching them. Adversary is the best teacher. We have to very hopeful about our actions. We need to be resilient in whatever actions we take. Never give up attitude and raising again when hit by any thing in life is the quality that we need to cultivate.

I often used to think that why some handicapped people live because they in reality are burden to themselves and to the society. I thought if I was in their place I would have given up since it’s not worth living if I am not fit.

When I grew up I started to understand they might have same thought but they are resilient and believe that if it was meant to be like that. They were meant to live a life like that then they will because **“giving up is not an option”**

We all become so weak at some point of life that it become worthless to even think of living. Now that is the moment when the tough are tested and they need to pass the test. They ought to pass the test because we never give up. Whatsoever the misery or grievances we have to face in the present scenario always we need to be hopeful that tomorrow will be better than today. Giving up is never an option. Miseries are meant to make us strong.

As per the hindi saying that the **“coal, only under high pressure over period of time turns into diamond”**

which indeliberately explains both the hope and resilience concept through one adage. We humans and mostly the tender age in which we are we need to be hopeful like the coal and take whatever hardship has been thrown on us. And think of it as if is thrown to turn us into diamond