

HappiLIFE Profile Summary

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About this Summary

Holistic wellness is an amalgamation of physical and mental wellness. You need to take care of both for maintaining the equilibrium of your body.

Mental Wellness constitutes of:

Behavioural Health: How we behave

Cognitive Health: How we think

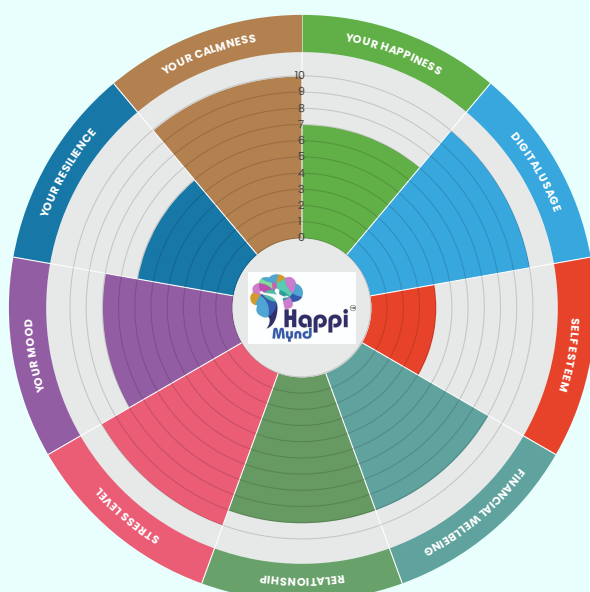
Emotional Health: How we feel

Quality of Life: Facets of physical health, social relations, spirituality, etc.

The summary will give you a snapshot of your mental well wellbeing, virtues and vices.

The first step towards emotional wellness is to be aware of your capacities and is the beginning point from where you start your journey. This summary compiles your strengths, opportunities and various facets of your personality. There are 10 parameters on which your emotional wellness is scaled. The information is based on your responses in the screening. The synopsis is like a mirror that describes and helps you to start working towards holistic wellness. You can also opt for assisted summary reading with a qualified mental wellness expert.

Note that the summary is indicative and is not equivalent to medical advice.



HappiMynd Wheel

Here is your HappiMynd wheel! This wheel, is a visual tool used to assess and understand how balanced your emotional & behavioral life currently is. Using this tool, you map out the areas of your emotional wellbeing on a circle that resembles the spoke of a wheel, which is the reasoning for its name. It will help you in understanding the areas where you are thriving and opportunities to improve. The coloured area indicates your current level of emotional wellbeing. The white space indicates the area of opportunity in each of the aspect of emotional wellbeing.

**Your
Happiness**



You seem to be a happy soul. It appears that you spread happiness and others like to be around you. You seem to be an optimistic person who focuses on the positive aspects of life. Apprehensions and doubts do not seem to affect you. You appear to be living in the present instead of dwelling in past or future.

Digital usage

You use the Internet adequately and do not allow it to hamper your daily life. You might be comfortable even when you don't access your phone or social media regularly. The chances are that you use the Internet for knowledge and enhancing your performance. Even if your smartphone doesn't have an internet connection, you seem to not get affected by it.

Self Esteem

Things might not be looking great in the office or at home due to possible lack of in your confidence level and feeling inferior to others. Regardless of the skills or talent you carry, you might doubt yourself and fear the judgment of others. There could be a lot of confusion and it might seem like you are experiencing some sort of a crisis. You need to take the situation seriously and find some help to overcome.

Financial Wellbeing

You seem to be financially secure and have adequate money to meet your needs. It appears that you are in control of your finances and related decisions. You seem to have the financial freedom that allows you to make choices for living a contented and happy life. Financial security is important as it helps you to move confidently in society. You seem to be willing to provide financial help to the ones in need. It appears that you follow a budget or keep a tab on your spendings. It looks like that you don't tend to compare your income with someone else's or stress about it. You seem to focus on yourself and your financial growth.

Relationship

You seem to have a good relationship with your partner. You both tend to understand and be there for each other. Your emotional and physical needs are also fulfilled. It appears that you do not find it difficult to have conversations with your partner. Even in case of misunderstandings or differences of opinion, you are able to communicate. When the times get hard, you do not seem to lose hope and try to make it work despite all the hurdles. You and your partner seem to realise that having a good relationships needs time and effort. It gives both of you and your relationship a secure space to grow.

Stress Level

Stress affects us all differently, however, you seem to have the ability to handle it well. You tend to stay excited about life in general and have a positive attitude towards various challenges. Your closed ones seem be proud of you since you might understand your responsibilities and try to stand by your values. It appears that you are confident about your skills and capability, hence, you would be performing well at your workplace. It seems that you do not tend to dwell in arguments and quarrels and try to handle difficult situations calmly. You seem to be taking work pressure lightly. If there is loads of work and tight deadlines, it appears that you plan it well and then execute to finish work on time. You seem to maintain balance in your personal and professional life. Your physiological state appears to be in a good shape as well.

Your Mood

You seem to be an energetic and easy-going person who might like to be a part of group activities and interacting with new people. It seems that you are able to understand your emotions and thoughts and dissect them to know what is causing what? You are probably capable of managing your work-life balance well. Of late, you may notice a shift in your energy levels and excitement for things that make you happy. Once in a while, you might not want to be part of social gatherings because you are not excited about it. You might experience mood swings rarely but it might affect your performance on such days.

Your Resilience

You seem to be a realist and can look at things as they are in life. It appears that you can deal with adversities practically. You seem to not be in denial for long and start thinking of the next step required to get out of the setback. You seem to be able to deal with life's adverse situations adequately.

Your Calmness



You appear to be a positive person who is not much affected by negative thoughts and apprehensions. The level of your concentration and attention seems to be good and hence, the tendency to make small mistakes turns out to be low. It seems that you are peaceful and balanced most of the time and take decisions after thinking through. Your sleep quality is probably good and the propensity to get agitated or irritated seems to be insignificant. It appears that you like to plan for your future instead of worrying about your troubles. Your performance at work seems to be good and you appear to be satisfied with your work-life. Personal and social life seems to be wonderful and you probably are an inspiration to the people around you.

However, sometimes, unpleasant situations at work or home might get overwhelming. It might affect your mood, sleep pattern, attention and concentration. These feelings are usually not permanent and might appear only when you face a difficult situation. The discomfort might subside when the current challenge is alleviated. Besides, you seem to be a calm and composed person. It appears that you stay relaxed in day to day life and have the ability to handle difficult emotions.

Your personal style

You are a person who feels responsible and keeps secret ambitions in life. Hard work for things of your liking comes to you easy. In areas of your choice, you can go to any level of micro management. Perfectionism seems to be one of your greatest virtues. You tend to spend extra time perfecting even the smallest details. It appears that your skills match your job role and you try to give your best. Sometimes, you might feel that you are not performing up to the mark because you fall short of own ambitions. You might even doubt the quality of your work. Everything comes secondary to your need of being perfect. It might affect your interpersonal relationships. You have fairly good leadership skills and competitive behavior may also reflect in your personality. These traits can keep you ahead of others in your field. You seem to have high standards in your area of expertise which might not be possible for everyone to achieve in your team. Hence, you might come across as someone very particular and may not come up as a team player. Others may get away from you for this want of perfection. You seem to have high standards which might not be possible for everyone to achieve in your team. Hence, you might come across as someone very particular. Other employees might find it hard to match up to your expectations. You seem to be a considerate and thoughtful person who tends to give a lot of love and attention to people around. You might be expecting the same treatment in return. However, it might not be possible for everyone to be available for you all the time. Sometimes, it might hurt and you tend to start keeping a distance from such people. You have a great eye for details and tasks which need vigilance can be assigned to you confidently. In fact, you can take up some serious and mundane tasks with lot of ease and relieve others from pain of micro management, when you are around. These traits in you can make some people perceive that it is hard to communicate with you. However, you might be protecting some key tasks or saving yourself from getting hurt. The sense of protection might even extend to your interpersonal relationships, where it turns in self protection. Hence, you might be a little vigilant in your relationships. In a situation, when someone is nice to you, you seem to make sure if their intention is in the right place and they are not trying to take advantage of you. The sense of self-protection might be rooting for your survival instinct but it might hinder your ability to develop new relationships. You seem to be sentimental at times. In an unfavourable situation, you might get a little anxious. At times, it can affect your daily activities so manage this part of your personality well. It appears that you have high self-esteem. This makes you a confident person and people look up to you for who you are, however it might be a little difficult for you to deal with refusals or criticism.

Next Step

Congratulations on completing your HappiLIFE Awareness tool and going through the entire summary. Now that you know how the HappiMynd wheel works, we are sure you have gained a comprehensive understanding of your emotional, behavioral and cognitive wellbeing. You are well equipped to identify the areas of life that you are thriving in and ones that need to be worked upon.

If you are keen on making the most out of your summary, an assisted Summary Reading session by our emotional wellbeing expert will guide you in minutely scrutinizing and interpreting your performance under each parameter, what implications the scores carry, and guiding you on the necessary next steps that can set you sailing on a holistic wellness journey.

Once aware of your needs, you can choose from our unique range of accessible, affordable & reliable services available over a fully digital human assisted platform while ensuring utmost confidentiality.

Recommendations-

Score(in any parameter)	Recommended Tool
>5	HappiBUDDY, HappiLEARN
3-5	HappiGUIDE, HappiSELF
<3	HappiTALK

HappiGUIDE helps you to make the most out of your HappiLIFE summary with a summary reading session by our emotional wellbeing expert.

HappiLEARN is our online self-help library that enriches you with a 24*7 access to 5000+ minutes of curated, well researched content that includes video, audio, blogs and more.

HappiBUDDY allows you to connect with a professional expert buddy in a personal emotional log room that is non-judgemental, anonymous, and 100% confidential.

HappiSELF is our mobile Application that enablesSelf-management of emotional wellbeing with a globally validated, interactive program with Cognitive Behavior Therapy at its core.

HappiTALK offers you a safe space to discuss life, aspirations, personal issues, relationships and more with the best of our country's experts from the comfort of your home.

Contact Details

For further details you may contact us at info@happimynd.com or 9110599581 or visit our website at www.happimynd.com to explore more.

Disclaimer

A. If the services are availed by a person who belongs/works with a company/organization which are enrolled with the services for its employees or has a tie up with HappiMynd, the services/tools available to the users are subject to the following terms:

1. The user can avail only those services which the affiliated company has subscribed/purchased for its employees.
2. If the user is willing to avail services which are not covered/subscribed/purchased by the affiliated company, then the user can make an individual/personal purchase of the required services.
3. The services available and their prices for an individual user can be found on the dashboard of the HappiMynd app or website itself.

B. This summary can support you in discovering yourself, knowing the areas of improvement and living a holistic life. However, it is indicative and not a replacement for medical advice. The statements used in HappiLIFE awareness tool are inspired by ICD-10 (WHO) & DSM-5® guidelines.

If you are having difficult thoughts or going through rough times, consider calling the below listed helpline numbers,

- National Emergency No. - 112
- Women Helpline - 1091
- Senior Citizen Helpline - 14567
- Suicide Prevention - 9820466726 (AASRA)