

UHV Assignment No: 01 Natural Acceptance

1) What is natural acceptance?

Ans: Natural acceptance is **process to understand ourselves first**. Natural acceptance is an individual's satisfaction or happiness with oneself, and is thought to be necessary for good mental health. Self-acceptance involves self-understanding, a realistic, albeit subjective, awareness of one's strengths and weaknesses. It results in an individual's feeling about oneself, that they are of "unique worth".

2) Why natural acceptance is important?

Ans: A person who have natural acceptance has a positive self-attitude. That person acknowledges and accepts all aspects of themselves (including the good and bad). The person with own natural acceptance is not self-critical or confused about their identity and he does not wish they were any different from who they already are. Due to some of these reasons natural acceptance is very important in human life.

3) How to achieve natural acceptance?

Ans: 7 ways to practice self-acceptance:

1. Embrace what makes you unique: A good place to start is to think of the things that make you special.

2. Let go of the things you can't change:

3. Identify your strengths: Write down the things you're good at and/or love to do.

4. Set goals: Set a few realistic goals for yourself and create a plan to meet them Don't forget to reward yourself when you meet a goal!

5. Plan ahead:

6. Think positively: Remember to speak kindly to yourself and turn any self-critical, negative thoughts into positive thoughts.

7. Be kind to yourself: Consider a few things you can do to treat yourself and spend quality time on your own. It's also important to take care of yourself by eating right, sleeping enough and exercising regularly.

4) What is Happiness?

Ans: Happiness is a feeling of pleasure and positivity. When someone feels good, proud, excited, relieved or satisfied about something, that person is said to be "happy". Feeling happy may help people to relax and to smile.

Happiness is usually thought of as the opposite of sadness. However, it is very possible to feel both at once, often about different things, or sometimes even about the same thing. You will feel some excited too when you are happy.

5) How to achieve happiness in life?

Ans:

- 1) Be strong and optimistic:** Don't let negative circumstances and sadness creep into or ruin your life. Whenever you are sad, try to keep your head high. You should tell yourself that life is full of hopes, challenges, and unexpected twists and turns of surprises.
- 2) Keep yourself busy:** You know what they say about idle hands, right? Research has consistently found that people who stay busy are happier than people who stand idle.
- 3) Give yourself reasons to smile:** Scientists have found that the act of smiling may make you happier.[3] That's right: just smiling. Give it a try.
- 4) Learn how to forgive others:** Forgiving others is the act of letting bygones be bygones. If you can find it in your heart to forgive other people, even ones who don't deserve it or aren't willing to forgive you, studies say that you'll be a happier person.
- 5) Do the things that make you happy:** Don't do what you think should make you happy, or what makes other people happy; do what makes you happy. Throw away preconceived notions about what you're supposed to do and go after what you know you can get.

These are some ways to find real happiness in our life.