

ASSIGNMENT 3

1. Research says deep and the meaning relationship could be the single most important indicator for happiness: Discuss in 250 words

Answer:According to research,healthy relationships will play a key factor in determining happiness,it is a main pillar in building a well balanced-life and in turn gives a satisfaction of happiness for every individual.

We now know that happy relationships, platonic as well as romantic ones have a powerful impact on our well-being. We also realize that all relationships take work, especially romantic ones. They don't just magically happen, except in fairy tales, of course. In real life, healthy habits are what lead to long-term love and happiness.

Family and other social relationships appear to be key factors correlated with happiness. Studies show that married people report being happier than those who are single, divorced, or widowed (Diener et al., 1999). Happy individuals also report that their marriages are fulfilling (Lyubomirsky, King, & Diener, 2005). In fact, some have suggested that satisfaction with marriage and family life is the strongest predictor of happiness (Myers, 2000). Happy people tend to have more friends, more high-quality social relationships, and stronger social support networks than less happy people (Lyubomirsky et al., 2005). Happy people also have a high frequency of contact with friends (Pinquart & Sorensen, 2000).

According to me, a deep and meaningful relationship is the key factor for someone's happiness.

2. What is the art of contentment? Discuss in 250 word.

Answer:Contentment summons us to see through the illusion that life is something more than it is.

A popular expression in mainstream culture nowadays is **cultivating gratitude**. Taken out of context, people try to develop gratitude through logic and reason, instead of heartfelt sincerity. Gratitude emanates from the heart and necessitates practice and commitment to be known.

If you look for problems in untoward events, assuredly it will be there to greet you. However, if your attention is focussed on opportunity, it too will be there. So, perception accounts for everything.

A contented mind is the greatest blessing a man can enjoy in this world,Contentment is an inner state of composure.

Contentment is sought in the smallest detail and fertilises the seeds of happiness. It is a developed state of being – we drift into contentment just as slipping into our favourite pyjamas. I find it interesting that people in third world countries are the happiest, whilst in the West we struggle to find happiness outside us unless it shines, beeps or blings.

Popular culture is built on the egoic belief we need more in order to be happy. The Zen Buddhist ideal leans towards the contrasting view – less is more. Whilst you need not wander from one extreme to the other, consider adopting aspects of the Eastern view into your life. You need not live free of Western influences, yet find a suitable middle ground.

Contentment is the preceding level leading to happiness and is longer lasting. We can be content having our basic needs met: a job we enjoy, a fulfilling relationship, a home to go to and a sense of security.

Cease comparing yourself to others since each individual retains their own problems to contend with. We must embrace the richness of the present moment, standing steadfast in our commitment to the life we have.

Let go of struggling by refusing to buy into the mental drama associated with it. There is a better way to control outcomes which rests in your hands. Life need not be one endless drama after another. Outside events link up with our inner thoughts and feelings, giving us a sense of participation with the universe. Similarly, connect with your inner wisdom. This has been a recurring theme throughout earlier articles and worth reiterating. The source of your happiness is contained within, not in an external cause. Your search will be endless and only yield further craving and desire.

Contentment is to appreciate **what is** instead of **what could be**. We draw strength from the reserve of life for our current circumstances, rather than focus on what is absent.

3. What should be the happiness mantra and why? Explain in 250 words

Answer: Through my experience I will be mentioning 3 different mantras that when practiced gave me inner peace and happiness.

- **Keep your head up and your heart open:** By keeping your head up, smiling at people as they walk by, and keeping aware of your surroundings, you may notice something or meet someone that you potentially could have missed had your head been down.
- **Go Slowly:** I noticed when I was super-stressed out about things, I tended to run around like a lunatic, doing several things at once, often having to re-track my steps because I was so distracted that I left several things out.

I found that my projects, errands, and even my conversations with people became very watered down because I was rushing just to finish.

Now, whenever I feel like I'm rushing to just get things done, I slow down my pace, take a deep breath, and take my time with whatever it is I am rushing to do it.

When we slow down, we can taste all the flavours in our food, and we digest our meals better. We are better communicators when we talk slower, and we become better listeners.

- **Be Easy**: I realized that most of the issues that were giving me anxiety were completely out of my control, and they were usually things that wouldn't matter five years, five months or even five minutes from the time.

Like freaking out that I didn't have something to wear to a party or stressing that I'd mess up during my class. I learned to not get so worked up over the small things, stressing about matters that, in the end, really didn't make a difference. So, if you find yourself getting road rage from the guy that cut you off on the highway, let him be. Why get angry and stress yourself out over it? Just be easy.

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