

ASSIGNMENT 4

1.what is the art of contentment and its importance to be content?Discuss

Answer:

Contentment means recognising that everyone has seasons of prosperity and poverty,laughter and weeping.No one is exempt from hard times.The mature response is to not entertain the delusion that you would be if only you were equipped with that one thing you don't have at the moment.

One need to learn the art of contentment,Being content is not being driven by always wanting more.Ambition is a prized trait in our society.I am not saying that ambition is wrong,rather I am saying that the constant striving for more and not enjoying what you are at the moment will drive you crazy.Things do and will change,Have the attitude that they will change for the better.That can coexist with being content.The attitude you have for the present will determine your stress levels and even if you are in the right space or not to accomplish what you want for yourself

We can follow some steps to learn the art of contentment

- Learn a right view of problems
- Learn to cultivate gratitude

2.Why do we need to be mindful?Discuss

Answer:

Mindfulness practices can help us to increase our ability to regulate emotions,decrease stress,anxiety and depression.It can also help us to focus our attention,as well as to observe our thoughts and feelings without judgement.As we become more present in our lives and in relation to others,It can help us to make better decisions,to manage our emotions and to be more fully engaged in life.

Mindfulness can help centre on being fully present for right now.It can help to let go off the "what-if's" in your future and the things you cannot change in the past.it can help make wise decisions and use effective coping skills before acting on eating disorder urges or other self-destructive behaviours.Mindfulness can help to learn,to calm when emotions are getting "out of control".It does require active and daily practice.

- **Mindfulness improves well-being:**

Increasing your capacity for mindfulness supports many attitudes that contribute to a satisfied life.Being mindful makes it easier to savour the pleasures in life as they occur,helps you become fully engaged in activities,and creates a greater capacity to deal with adverse events.

- **Mindfulness improves physical health:**

If greater well-being isn't enough of an incentive,scientists have discovered that mindfulness techniques help improve physical health in a number of ways.Mindfulness can help relieve stress,trait heart disease,lower blood pressure,reduce chronic pain,improve sleep, and alleviate gastrointestinal difficulties.

- **Mindfulness improves mental health:**

In recent years, psychotherapists have turned to mindfulness meditation as an important element in the treatment of a number of problems, including: depression, substance abuse, eating disorders, couples' conflicts, anxiety disorders, and obsessive-compulsive disorder.

3. Should we perceive happiness as a goal? Give reasons for your answer.

Answer:

HAPPINESS isn't something to be found, and it can't be uncovered by heartfelt commitment, long hours, and self-sacrifice. It is something that we build up every day in accordance with what we care about.

I'm saying that it is a never-ending process and not an end-goal.

If you allow yourself to be in the moment, and appreciate the moment, happiness will follow, it's such a habit. You can't plan or control it.

Accepting that fact can transform what you choose to do with your life, but it can also transform the way you feel about what it is you already do.

Your life in general and career is a treasure-hunt, except you are not the person seeking the ultimate prize. You are writing the map.

I want to mention two quotes :

• *"Happiness is not a goal, it is a by-product. Paradoxically, the one sure way not to be happy is to deliberately map out a way of life in which one would please oneself completely and exclusively. For What keeps our interest in life and makes us look forward to tomorrow is giving pleasure to other people."*

• *"When someone seeks," said Siddhartha, "then it easily happens that his eyes see only the thing that he seeks, and he is able to find nothing, to take in nothing because he always thinks only about the thing he is seeking, because he has one goal, because he is obsessed with goal. Seeking Means: having a goal. But Finding Means: being free, being open, having no goal."*

4. What are the differences between mindfulness and self-affirmation? Discuss your answer.

Answer:

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. Mindfulness is not a special added thing we do. We already have the capacity to be present, and it doesn't require us to change who we are. But we can cultivate these innate qualities with simple practices that are scientifically demonstrated to benefit ourselves, our loved ones, our friends and neighbours, the people we work with, and the institutions and organizations we take part in.

Whereas Self-affirmation encourages you to think positively about the important things in your life. Rather than trying to convince yourself that you're beautiful when you don't feel that way, self-affirmation encourages you to think positively about the important things in your life, like your family, career, or hobbies. Self-affirmation theory is a psychological theory that focuses on how individuals adapt to information or experiences that are threatening to their self-concept.

Self-affirmation theory contends that if individuals reflect on values that are personally relevant to them, they are less likely to experience distress and react defensively when confronted with information that contradicts or threatens their sense of self.

5.What are the differences in self-affirmation and mission statements? Discuss your answer.

Answer:

Mission statement is a declaration of what to do every day. It defines the day-to-day activities of work and every person who works for an organization. It is like the person who sets daily or weekly goals for themselves to accomplish. It is present-focused and can change very quickly depending on the circumstances.

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