

THE DEPARTMENT OF PSYCHOLOGY

GARGI COLLEGE

Presents

Cultivating Happiness

Let's find positive and uplifting ways to
look after ourselves and each other.

How happy are you?

[Tap on here to take the happiness quiz :](#)

INTERNATIONAL DAY OF HAPPINESS

A stylized illustration of a person with dark hair, wearing a bright yellow dress, standing with their back to the viewer and reaching their arms up towards a large, glowing yellow sun. The sun is partially obscured by the text 'DAY OF HAPPINESS'. The background is a light yellow with soft, white clouds.

20 MARCH 2021

Since 2013, the United Nations has celebrated the International Day of Happiness in order to recognise the importance of happiness in the lives of people around the world.

The World Happiness Report 2020 for the first time ranks cities across the globe by their subjective well-being and shares how the social, urban and natural environments combine to affect our happiness.

A stylized illustration of a person with dark hair, seen from behind, wearing a bright yellow dress. They are holding a large, glowing yellow heart with both hands, positioned in front of their chest. The background is a soft, light yellow with faint, wispy cloud-like patterns.

The theme for this year's International Day of Happiness is 'Keep Calm. Stay Wise. Be Kind'.

Keep calm. There are many things outside our control. Let us breathe and focus on what really matters so we can respond effectively.

Stay wise. Making wise decisions helps everyone. Let us choose positive actions that guide our happiness and help others to do the same.

Be kind. All of us are in this together, even when we're compelled to be apart. We must stay connected and reach out to support those who may be in need.

"WHAT CAN I DO TO BOOST MY HAPPINESS?"

10 skills that make you happier in life.

1. Supportive Systems
2. Self-Compassion
3. Balance
4. Positivity
5. Resilience
6. Life Purpose
7. Growth Mindset
8. Empathy
9. Mindfulness
10. Flow (which results when you put all the pieces together)

Source: <https://www.berkeleywellbeing.com/what-makes-you-happy.html>

"WHAT ELSE CAN I DO TO BOOST MY HAPPINESS?"

10 more skills that make you happier in life.

1. Give yourself a confidence boost by using skills you are good at.
2. Keep practicing positive thinking and decrease the negative.
3. Make positive memories.
4. Take breaks from social media.
5. Spend on adventures or on gifts for friends.
6. Communicate kindly.
7. Get Emotional clarity.
8. Live your values.
9. When you discover something good then savour the moment.
10. Hold yourself accountable.

Source: <https://www.psychologytoday.com/us/blog/click-here-happiness/201801/how-be-happy-23-ways-be-happier>

THE Ψ DEPARTMENT'S HAPPINESS GUIDE

A walk in nature
under the clear
blue skies.

My mother's smile
or a child's
laughter.

I create happiness
by baking cakes.

Realising
happiness is in
the mundane..

Having the best
golgappe from my
favorite place.

I think being grateful
for everything we have
is the biggest source of
happiness.

I cuddle with my dog,
or just think of his
existence as it makes
me happy.

All phases of the
changing moon.
The ebbing and flooding
of the tidal wave.

Meaningful
relationships
where you are loved
and valued.

Anything that
resonates positive
vibes.

Dancing to my favorite
songs and making a cup
of coffee for myself.

Sitting with my
family on a
weekend night.

Evenings where I can go to the
terrace, plug in my earphones
and dance to the beats and
have a small chocolate.

Happiness is the vast
sky that embraces every
aspect of life-both light and
shadow.

HAPPINESS & MUSIC




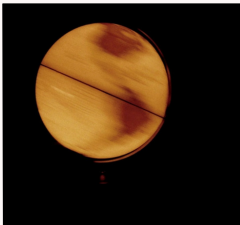
Is becoming happier as easy as trying to become happier?





Research suggests it just might be. Ferguson and Sheldon(2013)showed students who listened to just 12 minutes of “happy” music felt happier because they experienced higher positive boosts in their mood. The second part of their study involved asking the participants to try to become happier intentionally. These participants reported higher increases in happiness after they listened to positively attractive music.This during the five separate visits ,over two weeks to the lab. These studies indicate that listening to positive music may be an effective and doable way to improve happiness, particularly when combined with a clear intention to become happier.





Here are some **Happy Songs** for you to listen to:





PLAYING FROM PLAYLIST

HAPPINESS














+

...

1:00

-1:21



Tap to open playlist 1

Tap to open playlist 2

HAPPINESS IS A HABIT

LET'S CULTIVATE IT BY SOME READINGS

Davis, T. (2019). Outsmart Your Smartphone: Conscious Tech Habits for Finding Happiness, Balance, and Connection IRL. New Harbinger Publications.

Fredrickson, B. (2009). Positivity: Top-notch research reveals the 3-to-1 ratio that will change your life. Harmony.

Yuna L. Ferguson, Kennon M. Sheldon.(2013) Trying to be happier really can work: Two experimental studies. The Journal of Positive Psychology, 8 (1): 23

DOI: 10.1080/17439760.2012.747000

<https://worldhappiness.report/>

<https://www.actionforhappiness.org/coping-calendar>