



The Way to Happiness

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Happiness is necessary for survival. Our own survival can be threatened by our as well as the bad actions of others; by the chaotic, dishonest & generally immoral society; misconduct & wrongs of others around us.

Sometimes we think where our happiness has gone? What we are doing everyday? Mechanically working & spending each day of life in unhappiness?

By following few ways of happiness can help us survive & lead a happier lives.

Make your own regular routine

Get care & seek treatment when you are sick, keep yourself clean with regular bath, maintaining hand hygiene, taking oral care & care of teeth by brushing teeth after meals (* chewing gum after taking food can defend some oral diseases & bad breath but does not substitute brushing). Eat nourishing food regularly, keep yourself hydrated, get proper rest & at least 6-8 hours sleep, exercise regularly, find out own way of stress management etc.

* This is my humble request not to throw chewing gum here & there after chewing. It is a true fact that some birds perceive the chewing gum as food & try to have it leading to blockage of food & air passage, inability to drink or eat & simultaneously the birds die. So, please throw chewing gum by wrapping it in a piece of paper.

Restrain yourself

Do not take harmful drugs because it does not provide 'feel better' or 'happy' situation rather the drugs will destroy the person physically & psychologically. Do not take alcohol in excess which will impair alertness; do not drive after drinking or let other do so. A measured amount of drinking is medically allowed but mostly it ends in a tragedy that at first a person drink alcohol, & afterwards the alcohol drink the person.

Control yourself

Sex is the means by which the race projects itself into the future through children & family. Pleasure & happiness can come from it but if misused, it may lead to punishment to the person who does it. We should be faithful to our sexual partner & vice versa. The tragedy is 'the urge of moment can become the sorrow of a lifetime'.

Love

We all need this four alphabet miracle word! It could come from any relations which exist on this earth for everybody. Only the thing is it should be pure; not painted with the color of lie & selfishness. Whether adult or children, it works in the same way & always ends in happiness. Adult anyway, may survive without it for times but children can not. A child is like a blank slate, if we write wrong things on it, it will say wrong things. Making children self-reliant & moral is the job of parents, family members, teachers & every people. What does work is simply to try to be the child's friend, try to find out child's problem & without smashing their own solutions, try to help solve their problems, love them, help them .

Honor & respect

We should remember that parents are the only one who brought us in this world, nurture us, gave us the life we live today. There must not be any issues to talk or go against parents. We should take care for our parents, should honor them & help them & fulfill our obligations.

When the matter comes to talk about respect, we understand the need for it for everybody in this world. Every individual demands respect irrespective of their status, their work, & everything. We should maintain dignity of others as much as possible. We should remember that if we can not show respect, at least we should not insult the person.

Tolerance is good behavior but that should not compromise our own respect. When we demand respect, our responsibility is to show respect to others. Respectful human behavior matters. In this regard we must remember to respect the religious belief of others too.

Maintaining a good interpersonal relationship constantly is not so easy & difficult not easy job gives you satisfaction!

Be good

We all want to be good, thus try to behave well with others. But we have to take our own decision that how much goodness is to be maintained. Because I have seen that some people take the goodness/humbleness as weakness & work on that sense. Influencing others by being constantly good, setting good example in life, in the work or other places may motivate others also to do so. In this regard, we should admire decent people & the people with good will who can really set a good example to us. Thus one day we can dream for a good people's society!

Truthfulness

We should think in our own ways, accept what is true, discard the rest. It is rightly said that listen to your heart, it will always tell you the right things though it is in the left side! Being with the truth is one way difficult but another way easy & comforting rather remembering all the lies & act over that. It is also very important not to tell harmful lies which may ruin others life. On the same run we should not bear false witness which is illegal too. Honesty also make a person

Follow rules

We should follow the rules & regulations of an institution, society or nation. When one does something illegal, one has weakened one's defenses. Following rule & regulations will give a organized way of leading a comfortable, happy life. The illegal routes are dangerous & time wasting shortcuts. When you see or discover others are doing it, discourage them.

Save your own place, save earth

We should take care of our own area, community, society. Destruction is easy than preservation.

To protect our own possessions & places, we may make others aware to take care of theirs. A little time spent to preserve greens as well as good things, is not the waste of time. A well known proverb is – ‘Care of our own planet begins in one’s own front yard’. Planting a tree is also a very old but very good idea, though it is little enough but it is ‘something’ & “something is always better than nothing”. There are many more things one can do to help take care of the planet; it is, after all, what we are standing & living on.

Keep your word

One’s regard for another is based on whether or not the person keeps his or her word. It is true that the people who keep their word are trusted & admired; those who break their word often don’t get another chance & often mistrusted, can find themselves shut off from normal relations with others. We should insist that when a promise is made, it must be kept.

Learning has no age limit

In this advanced world, one can exist with the competency refined with knowledge, practice & learning. We should have the urge to learn something new, something helpful, something needed in our everyday’s life to make us competent. Learning has no ends & we should not feel inferior of not knowing something, better we should have the courage to say ‘I don’t know’ & give our best to learn it.

Keep yourself busy

we should decide on some activity always & get busy with it. It can be anything like reading books, listening to music, dancing, singing, painting, playing guitar, gardening, spending time with pets ...anything. It will really make us happy which we love to do. Simultaneously, it is hard to get along with idle people. Aside from depressing one they can be dangerous too as we know ‘idle brain is the devil’s work place’. We may find benefit to arise from work that leads to actual production.

Try to forgive & forget

Making simple things complicated is nothing but wastage of time & hampering good relations. We should see how much a matter could be forgotten & forgiven. Remembering bads, wrongs will always give pain not happiness.

Try not to do things to others that you would not like them to do to you

It is rightly said that “try to treat others as you would want them to treat you”. We never like people lying about us, falsely or harshly talking to us, betray us, being cruel to us, critical to us, insult us & so on. As well as we want friendly behavior & companion from others, we want people to be fair with us, we want to be treated kindly, have benevolent people to be with us, have somebody who believe us, who maintain our dignity, admire, appreciate or love us. But sometimes what we do & what we want has a big gap in between. We want love & praise but we become miser to love & praise others. At least a word of appreciation hardly comes from anybody. We should think about this & must take care of this so that a friendly, cordial, good atmosphere we may get around us.

These are some of the things we could do sincerely to make us travel on the way of happiness. There are many other & own good ways can be adopted to make a good interpersonal relationship among all of us. A smile, a good word can do miracle sometimes. Usage of words

like sorry, thank you does not increase workload but reduces stress & strain from many life situations.

We should promise ourselves to be good to us & to others. Then only one could be happy & obviously make others happy. Hope for a healthy & happier life ahead. Try to make at least one person happy each day!...is it really difficult? Ok, we can make it in other way...Try to do at least one thing each day which will give you self satisfaction, joy, real happiness. Hope it is not a bad idea!

Happiness is the choice; you are the only person who can make you happy. You are as happy as you choose to be

– Rick Wassen.

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