

# The Science of Happiness!

**When was the last time you were genuinely happy from the bottom of your heart? When was the last time you experienced an adrenaline rush that made you forget all the sorrows for a moment?** In today's world, we have become so engrossed in our daily routine, work, family and a social life that we are unable to devote time to ourselves. If we do, we will realize that there is much more to life than just chasing over materialistic things to seek validity from external sources. **Bob Marley had once quoted, "If it takes money to be happy, your search for happiness will never end."** Contentment is a lifelong ambition that people chase, but only a few succeed at achieving it.

Are there ways of living a blissful, optimistic and purposeful life? If yes, then let's find it out from a clinical psychologist.



## Dr. Yogita Ubhe

- Clinical psychologist at Dr. DY Patil Dental College and Hospital, Pimpri, Pune.

- 9 years of work experience.

**Happiness is a chemical reaction in the human brain that is caused due to release of neurological chemicals such as dopamine and serotonin which may vary from person to person in life.** Adding psychological and practical aspects to happiness: Dr. Ubhe stated that **"being happy is a process and not a goal."** There are many life goals that a person sets to achieve and gain a sense of happiness and satisfaction. Right from childhood to their adult life, students get involved in studies, passing the exams, living to their parent's expectations and peer acceptance to make others happy so that they feel good about themselves. Amidst these activities, they forget to acknowledge the brief moments. Having a small and quick conversation with friends right before a lecture, **enjoying a mid-day meal, letting the sun's rays touch our face giving it the warmth of a new day,**

**admiring a child playing with her mother, taking a walk alone in the nature:** all these are underrated moments of happiness that make us appreciate the beauty and serenity of life.

**"What are the various ways to deal with pressure and simultaneously live a healthy and content life?"**

**Stress is a part and parcel of life.** No one can eliminate stress from life. We can delay the actions needed to address a particular situation, but that will only lead to the piling up of problems. This would lead to decrease in productivity and growth of an individual, and disputes amongst family, friends and colleagues. Most importantly, that person's mental health would suffer the most.



**Physical and mental health goes hand-in-hand.** When there is a disruption in the mental and emotional well-being of a person, psychosomatic symptoms start appearing and the downfall begins.

One way of dealing with stress is to change your mindset. **With the right mindset, we can't lose;** we either practice what we've learned or we learn what we need to practice. Dr. Ubhe added that **thinking positively about self, meditating and exercising** are changes that one can make in their lifestyle to shape one's thought process. The expectations from our parents, friends, society or the people who look up to us should not be the priority. Rather, our self and the love towards us should be the priority of a being to be happy. We should accept ourselves without any condition and with all our flaws.

Dr. Ubhe said that the practice of **meditation is not limited to senior adults in the community or society, but rather to every single human being** despite the age group they belong to. Meditation should be a part of everyone's life as it brings **clarity, provides a positive vision and also helps calm down nerves while facing any sort of pressure or stressful situation;** be it clinical practice, writing exams or facing results of exams. Coming down to exercise, it should be a daily task no matter what activity it is. Exercising can vary from yoga, indoor exertion, outdoor sports, gym, swimming etc. When we exercise, **the sweat released oozes out the negative emotions and all the negative energy from our bodies.** The combination of meditation and exercise relaxes the mind of an individual which helps obtain good sleep and keeps the body and ultimately the mind healthy.

Dr. Ubhe concluded this session with a small piece of advice. Her message to the readers and viewers is, **"Love and accept yourself. To be self-accepting is to feel satisfied with who you are, despite your flaws and past choices. When you accept your situation, you are allowing yourself to be happy. This mindset will lead to good mental well-being, physical health, and overall longevity."**

**Scan below to watch the entire video!**



# Thank you!