

MANKIND'S GOAL: HAPPINESS

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ABSTRACT

How does one become happy, stay happy and contribute when war, poverty, poor educational systems plague society? This paper will mix theory with action! This scholarly work comes from a viewpoint of educational psychology noting the importance of a positive mindset. Daemons can torture one's soul to the point of exhaustion, illness and/or depression until the individual is plagued with turning to alternative means: drugs, alcohol and/or both! Problems become insurmountable and the thought of one's ultimate happiness escapes into a vapor of doubt. How does one give purpose to a life filled with service, fulfillment and happiness? One chooses! This paper will enlighten readers to solutions, strategies and suggestions how to conquer daemons residing in one's inner most thoughts and find the ultimate pathway to mankind's most important goal: happiness!

ROADBLOCKS TO HAPPINESS

- No one was ever promised a "rose garden"
- There is "no once upon a time" or "Happily Ever After: Meachum, J. (2018).
- "Stinkin-thinkin", (Ellis, A, 1962)
- Thinking "it is God's will" or "my destiny is written in the stars"

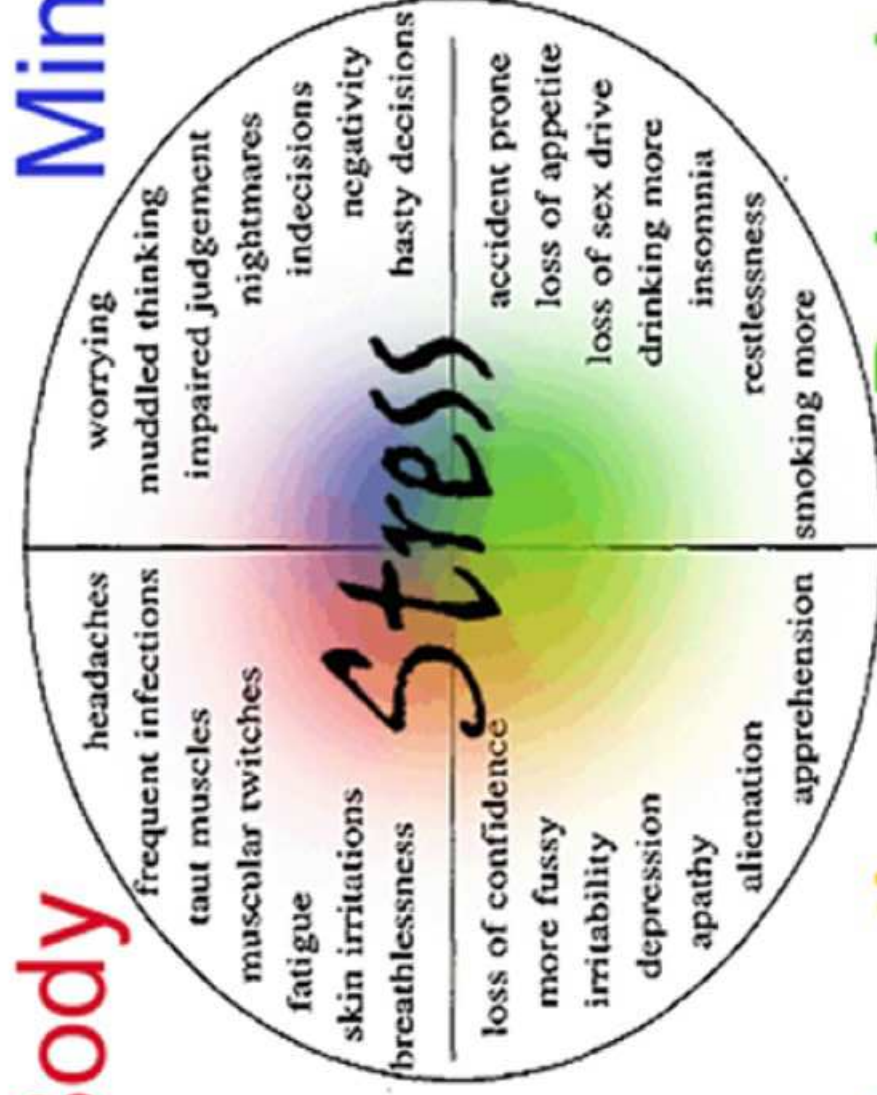
WILL OF THE INDIVIDUAL

- It is the will of the individual to cultivate the mind, body and spirit for ultimate happiness (Keough, 2018).
- The 4 Agreements: (Ruiz, M., 1997):
 - Be impeccable with your word
 - Don't take anything personally
 - Don't make assumptions
 - Always do your best

AVOID STRESS

- "It's not the water that caused the pipes to break, but the pressure" (Senter, 2018).

Body



Mind

Emotions

Behavior

TOOLS TO COMBAT STRESS

Learn to relax

Take mini breaks throughout the day. Work on relaxation techniques, such as taking slow deep breaths.

Exercise

Physical activity provides relief from stress. The brain uses 20% of oxygen in the blood so you need to think about your posture and exercise to make sure your body gets enough. 30 minutes of sport or a short walk will do the trick.

Time

Recognise that you can only do so much in a given time. **Try to pace, not race.**

Make a list

Make a list of the things that are worrying you and the possible things that could happen - then your brain will stop bringing them forward all the time.

Sleep

Don't become overtired by forcing yourself to work late. Your brain needs time to sort out the information it has come across during the day. Your ideal sleep time is about 8 hours a night

Get organised

Have a realistic daily schedule including revising sleep, eating, relationships and recreation

Be positive

Talk positively to yourself. Don't pay attention to internal voice saying you can't do it; tell yourself you can do it and you will

Talk

Talking and meeting friends and occasionally sharing deep feelings can be helpful in reducing stress.

Stay calm

Make sure you are in a calm, positive mood before you start studying

Be healthy

Watch your eating habits. Make sure you eat sensibly and have a balanced diet. Avoid too much chocolate, cola, caffeine and foods with lots of additives.

Stress Management

MINDFULNESS

Carol Dweck (2006), "It can lead to a more fulfilling life style in that one is no longer hampered by a negative mindset that often sets one up for failure before even

UPDATED EDITION

CAROL S. DWECK, Ph.D.

mindset

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- parenting
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"Through five years of research and inspiring writing, Dweck illustrates how our beliefs about our capabilities most fundamentally influence us from the home and school yards to jobs to life."

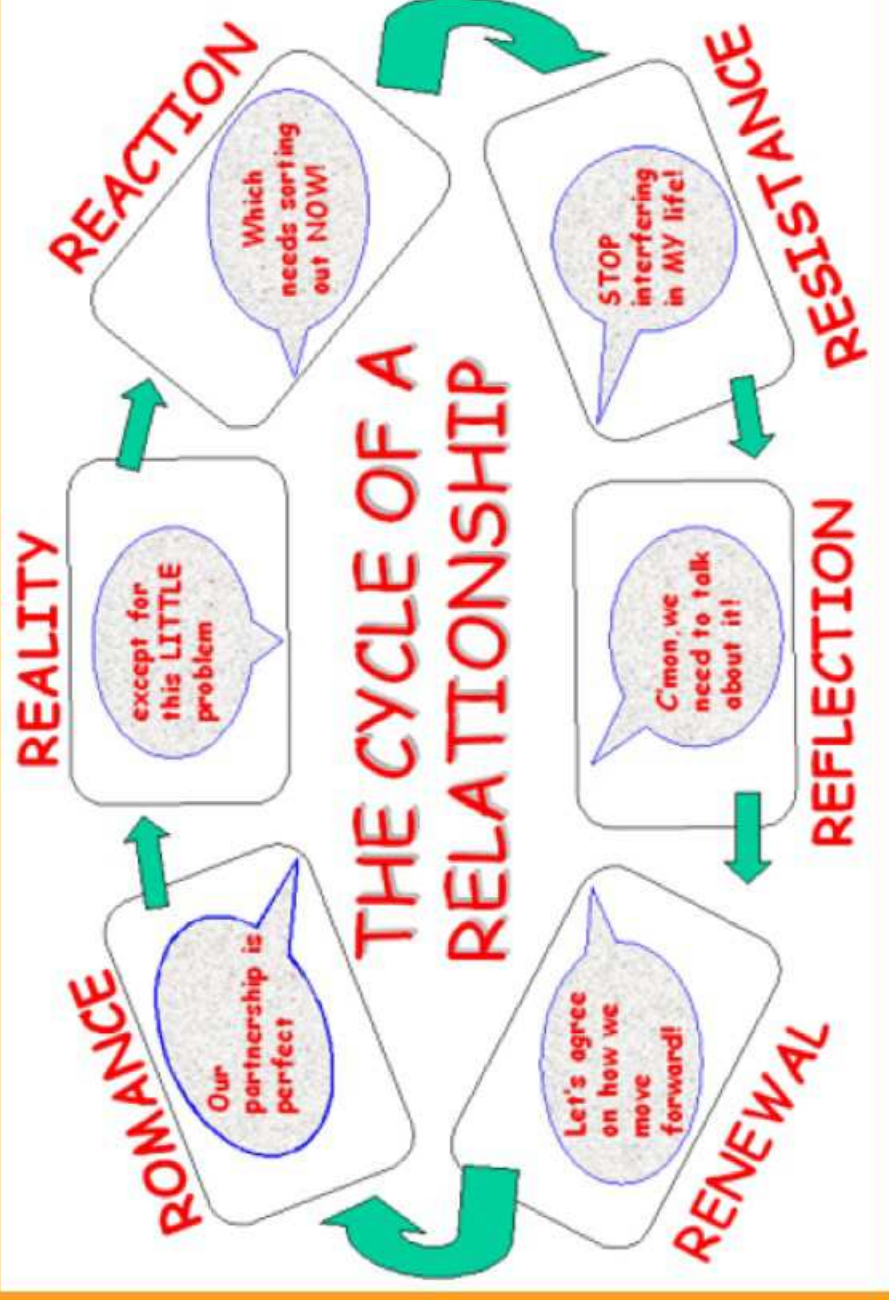
—Bill Gates, *CitySquare*

CULTIVATING HAPPINESS

- "To thine own-self be true" (Shakespeare, 15th century).
- Be yourself: "a person showing up for a first date is usually the "representative" (Rock, C.)
- "Honor thyself" (Vanzant, 1998): cultivate one's personal power to gain happiness.

**RELATIONSHIPS:
"MAKE OR BREAK"
HAPPINESS: KEY
ELEMENTS-HAPPINESS**

- Communication: Use your words, be transparent, be truthful.
- speak up to express feelings rather than denying them.
- "After a time, 'being nice' turns into a burden and the person takes on the role of the 'victim' (Vanzant, 1998).



CARL ROGERS: CLIENT-CENTERED THERAPY (1951):VIEW ON RELATIONSHIP

- The way of being with another person which is termed empathic means temporarily living in their life, moving about in it delicately, without making judgments... To be with another in this way means that for the time being you lay aside the views and values you hold for yourself in order to enter the other's world without prejudice... A complex, demanding, strong yet subtle and gentle way of being" (Rogers, C. n.d.).



ROAD TO HAPPINESS

- Do Unto Others as Unto Oneself (Golden Rule)
- Eliminate "stinkin-thinkin"
- Eliminate mind altering substances
- Avoid stress,
- Follow the Four Agreements
- Cultivate relationships

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