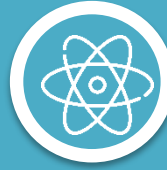




DNS-DIIPCS



DNS Wellbeing Promotion

DNS DIIPCS is sharing Top 10 Tips for Students, Teachers and Parents Happiness & Wellbeing Promotion

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Wellbeing is a state of happiness and contentment, with low levels of distress, overall good physical and mental health and outlook, or good quality of life (APA.Org).

Happiness does not come from doing easy work but from the afterglow of satisfaction that comes after the achievement of a difficult task that demanded our best. – Theodore Isaac Rubin

Created By **Mr. Showkat AG – Head of Inclusion & Diversity**

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| □ | Tip – 1 | Be Yourself – Sometimes you just need to realize that you don't have to become a different person to change your life. You actually just need to be yourself. You were born to be real. Believe in yourself. You are your own source of Happiness. |
| □ | Tip – 2 | A Positive Mindset – The power of a positive mindset can quite literally change your life. Make it a habit to practice positivity. Ask yourself "What kind of day am I going to have?" Are you going to have a good day or a great day? You create your mindset for the whole day by making a choice. By choosing to have an amazing day, you will flood your whole body, mind and spirit with happiness. |
| □ | Tip – 3 | Nourish Your Mind, Body and Spirit – Invest in your own wellness and practice self-care daily. You need to nurture yourself emotionally, physically, spiritually and mentally. You have to take ownership of your journey, whether that be with your diet, sleep and overall fitness or life in general. Self-care and making better and right choices in all areas of life will empower you and you will feel Real Happiness, Real Joy & Real Energy. |
| □ | Tip – 4 | Connect with People who are Happy – Both positive and negative energy is contagious, so choose to surround yourself with people who bring real happiness into your life. Spending too much time with people who drain you for all the wrong reasons will deplete your valuable energy. Make a concerted effort to share space with people who are happy and are willing to spread joy freely. |
| □ | Tip – 5 | Find What Lifts You Up – You might feel exhilarated when you run, hike, paint, meditate, recite Quran, exercise, gardening and fun activity. Whatever is good for your soul, do more of that! |
| □ | Tip – 6 | Simplify Life – What do you really need? We come into this world with nothing and we leave with nothing. You can't take your worldly possessions with you, so fill your life with experiences. Find joy in the simple things and let go of the things that weigh heavy on your heart. |
| □ | Tip – 7 | Organize Your Time with To do List – Drawing up a to-do list is the perfect tool for organizing a time. Happy people make their schedule and ensure that all of the planned activities are completed even if they faced challenges during the day. |
| □ | Tip – 8 | Make Sure You do not Starve and Eat Healthy Food Only – Proved: Happy people eat food on right time. It doesn't mean that you need to feed through strength, but like overeating, hunger makes a person weak and causes fatigue. Agree, it is difficult to feel happy with empty stomach. |
| □ | Tip – 9 | Do Good to Others – Being a kind person and doing well is the key to wellbeing and fortune. By making someone happy, you are going to remember the feeling which will bring positive change in your emotions, and the person you helped will surely pay you back in the future. |
| □ | Tip – 10 | Be Introspective - Avoid coasting through life without assessing yourself. Ask yourself questions such as "Am I in denial about anything or resisting anything anywhere in my life?" "Suggest yourself, where my thoughts, feelings and behaviors are coming from. You might also ask: Is that thought helpful? Is that behavior necessary? Is there a better option? etc. |