

THE HAPPINESS PRACTICES DURING CRISES

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(<https://youtu.be/kdteaL4rhjw>)

Crisis is an extremely difficult or dangerous situation leading to disagreement, confusion or suffering. It would directly affect the psychological and social well being of a person.

Types of Crises

1. Organismic crisis (Grinker and Spiegel, 1945) – It is seen as a physiological stress leading to physical symptoms like headache, backache, migraine, acidity etc.

2. Ego integrative method (Lindemann, 1944) – Every person reacts to the situation or crisis either based on reality or non reality. Reality based responses are adoptive. Non reality based responses are mal adaptive causes panick. They are mainly psychological assumptions and fear.

3. Developmental crisis (Erikson, 1959) - A developmental crisis occurs as a part of the process of growing and developing through various periods of life. These happen during normal life events. For example when people get married, during pregnancy, having children, parenting, teenage, aging, retiring, bankrupcy etc. These are described in *Erikson's stages of psychosocial development*.

4. Major changes in lifespace (Parkes) – Lifespace is a representation of the environmental, biological, social, and psychological influences that define one person's unique reality at a given moment in time. Life changes everyday. Every person goes through changes and their roles in family and society. Crisis can occur during these role transitionings.

5. Communication model (Williams, 1957) – Systems approach focusing information

6. Interpersonal and sociocultural crisis (Hill, 1958) – An interpersonal crisis is a situation in which one member of a diadic relationship discovers that an event has occured that threatens to disrupt the stability of a relationship.

A socio-cultural crisis arises in the course of the disconnection and destruction of the social and cultural worlds of individuals and societies.

Crisis Syndrome (Parad and Caplan, 1960)

Stress – It can be triggered by financial, social, emotional situation. This stress leads to a situational problem.

Problem – Usually such problems do not have an immediate solution. But now the individual is aware of the problem and tries to resolve it but fails again and again. So the tension increases.

Resources – The individual checks his resources for the help. The help can be from friends or family or other sources.

Threat to life goals – If the situation still does not improve, it affects the previously set life goals. Because the things are not going according to the plan. This again adds on to the stress.

Physical tension – Now the situation starts to reflect its effect on physical health in any form.

Path to unresolved issues – When everything is going wrong individual needs to make a way for anguish. This also makes a way to all the past unresolved issues unrelated to current situation.

The person can react in a very unpredictable ways.

Nature of Crises

It could be *situational or psychological*.

Situational crises are sudden and unexpected events that is usually beyond the individual's

control like natural disasters, accidents, loss of job, sudden death of a loved one or being a victim of a crime.

Psychological crisis is a life event that an individual perceives as stressful to the extent that normal coping mechanisms are insufficient.

Support and presence of friends and family plays an important role in determining the extent of the impact of crises.

WHAT IS HAPPINESS

Happiness is an emotional state characterized by feelings of joy, satisfaction, contentment and fulfillment.

Happiness is a feeling basically. The feeling that can be triggered externally by things, situations, people surrounding us. Then there is a way to trigger the happiness internally through our thought process.

International happiness day is on 20th March.

There are certain external factors we think which can make us happy -

1. Situations – Like achieving high scores in exams, getting a promotion, some kind of success in career or in personal life etc.
2. Relationships - Need of someone special in life, a romantic relationship.
3. Money – Incoming flow of cash. Does not matter how much we earn it won't be enough to keep us happy forever. Need of money will keep increasing.
4. Luxury – Fancy car, luxurious home, trendy clothes, jewelry; all of these things can give us happiness for a time being.
5. Attractive features – Bodily features like weight, colour, height, overall looks etc. To feel better and happy.

So we keep chasing these things one after another. They give us the sense of happiness for some period of time. Then we chase something else or something more because now the previous achievement or possession does not make us happy anymore.

Hedonism

Its literal meaning is the pursuit of happiness, sensual self indulgence. Hedonism is the belief that the pleasure or the absence of pain, is the most important principle in determining the morality of a potential course of action. It is the constant quest for pleasure and satisfaction. A person wants to satisfy all his five senses. So chasing one thing after another or one goal after another to find new ways to please one self. Basic needs for happiness keep increasing. Brain resets the basic line for happiness.

Eudaimonia

It was proposed by Aristotle. It is a greek word which means 'good spirit'. Commonly it can be translated to 'happiness' or 'welfare'. This is a way aimed at pursuing what is worthwhile in life. Aristotle says „pursuit of virtue, excellence and the best within us”.

Gratitude, kindness, physical affectionate touch like a hug or a pat are useful to practice eudaimonia. Eudaimonic happiness is made up of autonomy (being an independent person away from people's opinions and being confident enough to pursue his/her own path in life), self acceptance (accepting yourself wholly with strengths and weaknesses and constantly working on improving yourself), purpose in life (discovering something meaningful that goes beyond the small pleasures of life; something that guides your every action and decision), personal growth

(the need to explore your inner potential and use it to pursue your real purpose in life), environmental mastery (learn to navigate your environment effectively by using the internal and external resources you have at your disposal), positive relations (investing in meaningful relationships with people who resonate with your needs, desires and overall views on life). Eudaimonia emphasizes the value of lasting happiness and well being.

Activities those can make us HAPPY

1. Savouring – Being mindfully engaged and aware of your feelings during positive events. Share your good and positive feelings with others. Congratulate yourself. Be in the moment. Whatever you are doing do it with focus and full hear. Try to enjoy it with every sense of the body. Enjoy the act. Give time to enjoy even the small moments.
2. Gratitude - Humility is the key to gratitude. Appreciate what you have. Be grateful for it. Gratitude unshackles us from toxic , negative emotions. Express gratitude as often as you can. Gratitude will help us become more resilient, improve our health, improve our friendships and relationships with others. It will take more time to see the effect of gratitude but it has a long lasting effect on our brain.
3. Kindness – It stimulates the secretion of happy hormones oxytocin and serotonin. Be nice to people. It will trigger the reward centre in the brain. Kindness is contagious, It reduces pain, stress, anxiety, blood pressure and depression. Overall a kindness will make you happy, optimistic and the society a better place. Being kind with words does not cost you anything.
4. Exercise and Sleep – Exercise can alleviate from long term depression. It improves mental and physical health. It also improves memory. This can make you more active and successful.

Adequate sleep is necessary for physical and emotional health. It increases the efficiency of the person physically and mentally. It helps to reduce the chances of stroke, diabetes, obesity. Also sleep is necessary for normal healthy sperm count and fertility. Even one night of inadequate sleep causes loss of brain tissues.

Always make time for exercise and sleep. It will help you in a long run.

Whats wrong with being UNHAPPY..

Its ok to be unhappy. There is nothing wrong with it. Its the part of the process. When something goes wrong or when you loose someone or you fail, feeling bad or unhappy about it, is natural. Feel the emotion, process the pain and grief that you are feeling rather than ignoring it. Give time and move on with what you still have. It will help you to grow.

Role of crises in our Life

No matter how careful one can be there are going to be crises. So instead of stressing out about it and giving up handle it with patience and positivity. Analyse the situation and adopt accordingly by developing ourselves into a better and stronger version. Learn from it and grow. Growth will always lead to HAPPINESS.