Rewards ☺f Happiness

Introduction

☺ **What is happiness in terms of psychology?**

☻ **Positive or pleasant state**

☻ **Ranging from contentment to intense joy**

☺ **Rewards Of Happiness means -**

☻ **Gives us a satisfaction/pleasure of achieving/earning**

☻ **Overall benefit for mentally ,socially and emotionally**

How we can earn "**REWARDS OF HAPPINESS**" ?

♠ **Cultivating Kindness**

♥ **Building strong relationships**

♦ **Handling our emotions**

♣ **Discipline towards environment**

"Be not afraid of going slowly,be afraid only of standing still"

Keys for the **"REWARDS OF HAPPINESS"**

☺ Positive mindset

☺ Patience

☺ Gratitude

Types of "REWARDS OF HAPPINESS"

☺ **Social Rewards** –

Ex. Helping poor ,donation for cancer patients ,etc.

☺ **Financial rewards-**

Ex. getting a new bike after getting salary

☺ **Moral Rewards**-

Ex. getting new ideas by solving a problem

☺ **Physical Reward** -

Ex. losing weight

Rules to get the **"Rewards of Happiness"**

I.   Maintain the flow

II. Be Optimistic

III. Live in the present

IV. Ready to accept change

V. Be realistic

Effects on the world related to "**REWARDS OF HAPPINESS**"

☺ **More Peace**

-less crime , more positivity in media

☺ **Better health of a wellbeing**

-Increase life span , less laziness

☺ **More economic growth**

Maintaining a positive workplace environment in an organization