

# Happiness

## A Long-Term Saving

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“One of the secrets of a happy life is continuous small treats”.

In life, it is indeed very essential that we cherish the small things. It is the small things that make bigger differences in life. Being happy is a daily effort that has to be put in by each one of us. For some, scoring good marks brings happiness on the other hand for some painting a picture can be a reason for happiness. While there is no specific definition of happiness, some factors influence our well-being.

One such factor is practising Mindfulness. It is not hard to practice social-emotional learning and mindfulness together. When we read a book, it is recommended that we should be attentive to the characters, their motivation and their ideas. We should understand the author’s message.

Mindfulness - means living in the present moment. It means being

more aware of each moment and being fully engaged in what’s happening in one’s surroundings - with acceptance and without judgment.

Whereas social-emotional learning is a process that helps kids gain skills in important areas beyond language, maths, science and other core school subjects. It helps an individual or a kid to understand their feeling, communicate with others, build strong relationships and make good empathetic decisions.

An individual who understands oneself and others definitely creates that positive difference which in return brings happiness to the environment and finally to self. Happiness in life does not mean how perfect your life is, rather it is a way of how gracefully one has accepted one’s imperfections.