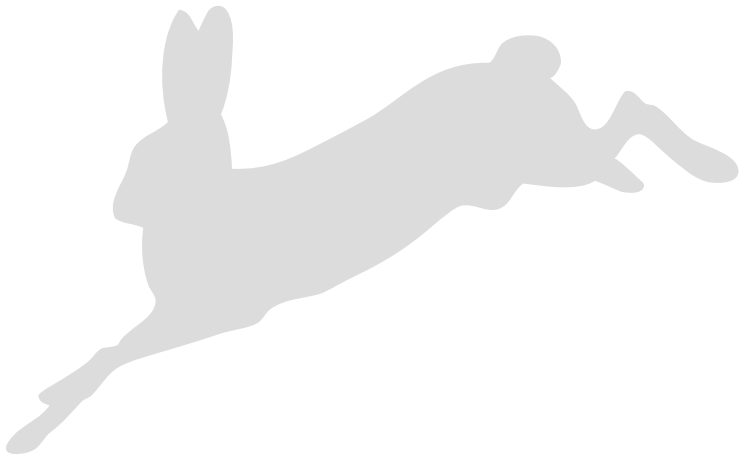


HOW TO...

BE HAPPIER

*How to enhance your wellbeing
and feel truly content*



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AT ANY GIVEN TIME, WE ARE DRIVEN BY THREE SYSTEMS

THE THREAT SYSTEM

Inducing stress, anxiety, fear, protective mechanisms, guarded behaviour and the avoidance of our emotions

THE DRIVE SYSTEM

The need to achieve or be distracted, sometimes resulting in fast living, leaning towards unhealthy habits to cope with life's demands

THE SOOTHE SYSTEM

The use of self-calming strategies, such as mindful meditation and self-compassion.

But most of us are directed by the threat and drive systems, which are not in balance, and very few of us can self-soothe



PSYCHIATRIST CARL JUNG SAID

"That when we look outwards, we dream, but when we go inwards, we awaken. When you find authentic satisfaction, you are not reliant on the external forces to make you happy. You can be the master of your own destiny because all you need is within you. The trick is having the courage to change direction, allowing yourself to turn inwards when your threat and drive systems are activated."

IMAGINE A DAY WHEN YOU ARE FEELING LOW...

Your default behaviour may be to distract yourself and start exploring what others are doing in their lives; or you may seek a way to numb your feelings or fill a void with alcohol or chocolate, for example. But these drive system options do not bring euphoria or provide the answers you crave.



INSTEAD, TRY TO:

- Turn inwards; breathe slowly and lean into your feelings with curiosity to see what is there. Looking within has the potential to lead you to a place of clarity and allow you to tap into your potential for greater bliss.
- Ask yourself what you need. You might discover your emotions are encouraging you to create space to process an event or feeling
- Practice these daily; Gratitude - write down three things for which you are grateful. Acts of kindness - do good deeds for others. The art of simplicity - enjoy life's everyday pleasures, and feel happiness bloom