

# OPTIMAL

A newsletter for wellness and improved wellbeing

## About OPTIMAL

OPTIMAL is a monthly wellness newsletter developed and circulated by Sages & Scribes Consultants aimed at informing, educating and improving the general wellbeing of readers by focusing on the essentials for improved mental health, and how to live a vibrant yet practical life in the present reality.

Everyone deserves to be happy, and that is a fact. Yet many people feel they shouldn't be happy because there is too much suffering in the world. How can we navigate the pressures of life and still be happy?

This issue dwells on happiness and how being happy can help improve our lives. Let's optimize being happy!

Improve your wellness, optimize your wellbeing and enhance your lifestyle with OPTIMAL.

Sages & Scribes  
CONSULTANTS



## happiness is free

By Ven. Adelowo Adesina

Happiness can most certainly be found – and not just momentary pleasure, but genuine, long-lasting happiness, which is not something that comes to a person randomly. In fact, most people have to work very hard for a very long time to finally find happiness, to create the best possible version of it.

While you might not be able to control what your “base level” of happiness is, there are things that you can do to make your life happier and more fulfilling. Even the happiest of individuals can feel down from time to time and happiness is something that all people need to consciously pursue.

Life happens to us differently when we live a life of happiness. What then is happiness? Euphoria? Extreme joy?

Happiness can come from the smallest things, and can make you live a long, peaceful and purposeful life. Happiness can give you hope.

We live our lives and make the most of what we have. The key is to accept where we are, what we have and find happiness.

And here we are...



"Success is not  
the key to happiness.  
Happiness is the key  
to success."

- Albert Schweitzer

## Describing Happiness

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

Being happy has a lot to do with our state of mind and true happiness is a feeling. It is an immersive feeling that everything is good inside. It is not just about riches or wealth; it is a state of mind in which one has a fulfilling and satisfying feeling that one's heart is truly satisfied.

Psychologist Sonja Lyubomirsky describes happiness as *"the experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful, and worthwhile."*

## Key Signs Of Happiness

For most people, happiness is about feeling good. Some of the key signs of happiness include:

- Feeling like you are living the life you wanted
- Feeling that the conditions of your life are good
- Feeling that you have accomplished (or will accomplish) what you want in life
- Feeling satisfied with your life
- Feeling positive more than negative

One important thing to note is happiness isn't a state of constant euphoria. Rather, happiness is an overall sense of experiencing more positive emotions than negative ones.

## Seven Keys To Happiness

Here are some ways we can make ourselves happy.

- **Practice mindfulness.** Meditate and concentrate on the here and now.
- **Exercise.** Keep fit with regular workouts, or take long walks. Healthy people are happy people.
- **Surround yourself with positive people.** Positivity is contagious!
- **Listen to music.** Move to the rhythm, music uplifts your spirits.
- **Get outdoors** and enjoy the good weather.
- **Accept yourself as you are.** You are unique, so don't try to be someone else.
- **Find time for yourself.** Breathe. Enjoy your own company and do what you like.



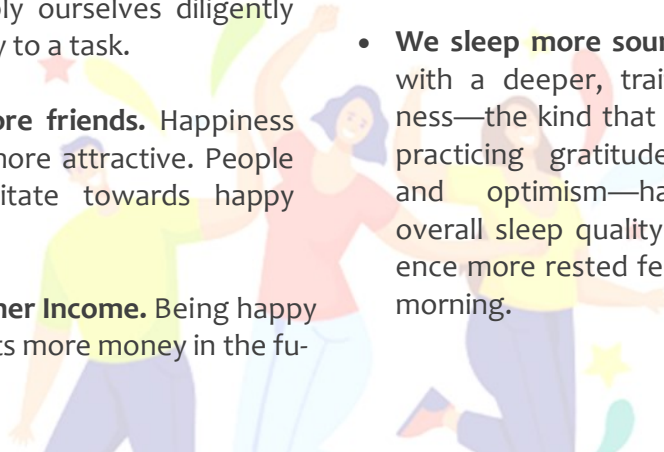
Whatever  
makes your soul  
happy.

do that.



## The Effects Of Happiness

- **Reduces stress (and a healthier heart).** Happiness lowers our levels of stress, helping us cope better and be more solution-oriented behavior.
- **Helps us be more productive.** When we're happy, we're more likely to apply ourselves diligently and doggedly to a task.
- **We have more friends.** Happiness makes you more attractive. People always gravitate towards happy people.
- **We earn Higher Income.** Being happy today predicts more money in the future.
- **Happiness makes us be more creative—and accurate.** Positive emotions help us think better. Happy people are better equipped to think outside the proverbial box.
- **Happiness makes us kinder.**
- **We sleep more soundly.** People with a deeper, trait-like happiness—the kind that comes from practicing gratitude, kindness, and optimism—have better overall sleep quality and experience more rested feelings in the morning.



*Happiness is a choice.*

*Nothing will make you happy until you choose to be happy.  
No person will make you happy unless you decide to be happy.  
Your happiness will not come to you. It can only come from you.*

**Ralph Mareton**




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***Be happy with what you have.  
Be excited about what you want.***

***Alan Cohen***

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## People With Sour Grapes

There are some people whose lives are filled with sour grapes. They lack often derive pleasure from seeing people unhappy, and would often do things to ruin someone's happiness for their pleasure, just because they can. These people are socio-paths or have narcissistic tendencies. They lack empathy and pretend to be happy, but in their hearts they really do not wish anyone well.

Unfortunately, there's not much anyone can do for these type of people as no amount of therapy can make them behave or think differently. The best way to handle people with sour grapes, is to understand that this is their behavior, and manage them accordingly. No matter the circumstance, do not take to heart anything they say or do. They cannot change. Do not let person with sour grapes stop you from being happy.



**Being HAPPY doesn't mean that everything is perfect. It means that you have decided to look beyond the imperfections.**

## How To Stay Happy No Matter What

How to stay happy especially when life happens? There's no magic. Here are a few tips to keep your happiness levels up:

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*You deserve to be happy. You deserve to live a life you are excited about. Don't let others make you forget that.*

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- **Don't look for happiness — radiate it!** It might be hard to radiate joy when you slept bad, or have troubles at work, or when the chips are down, but chin up and let it rip.
- **Stop trying.** You've heard what you've heard: stop it. Happiness comes naturally. Live your life and let it fill you.
- **Enjoy being alone.** Smile to yourself and have your silent moments.
- **Stay open-minded.** Don't stifle yourself with over-thinking situations.
- **Be grateful.** Appreciate where you are and what you have.
- **Accept yourself.** Life is for living, be yourself and own your space.

Resources: [verywellmind.com](http://verywellmind.com), [healthline.com](http://healthline.com), [123help.com](http://123help.com), [privatewriting.net](http://privatewriting.net)



## In Other Words...

Happiness is an awesome feeling. When most people talk about happiness, they might be referring to how they feel in the present moment, or perhaps a general sense of how they feel about life overall. And life can be good, bad, or ugly.

Happy people still feel the whole range of human emotions — anger, frustration, boredom, loneliness, and even sadness — from time to time. We are human after all. But even when faced with discomfort, they have an underlying sense of optimism that things will get better, that they can deal with what is happening, and that they will be able to feel happy again.

How to stay happy? Find your purpose. Be yourself. Do what makes you more fulfilling. Find joy in little places.

And always remember – everyone deserves to be happy; so no matter the circumstance, don't let anyone measure your happiness for you. Happiness is free!



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**Business Advisory:** Strategic and Organizational Management, Technology and Innovation Management, Social Policies and Welfare Programmes.

**Employee Assistance:** Employee Engagement for Productivity and Performance, Psychosocial Risk Management, Employee Wellness and Wellbeing.

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