

## WHAT IS THE TRUE HAPPINESS?

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### Annotation

Typically, we cannot always show happiness what we can feel something or not. It is just indicated in our lifestyle - how we communicate with friends, relatives or parents and children, or where we live peacefully, the ways how we can meet our needs, in monthly how much money we can earn or something like that. As a whole, in what way we are living or how we are building a desired life what we dreamt of being happy person in the past. Happiness is a subjective and multifaceted emotion that encompasses feelings of joy, contentment, and fulfillment. It is a state of well-being and satisfaction with one's life, where individuals experience a sense of purpose, meaning, and positive emotions. Happiness can vary from person to person, as it is influenced by individual values, beliefs, and life circumstances. It is not solely dependent on external factors such as material possessions or achievements but is often found within oneself through self-awareness, acceptance, gratitude, and meaningful connections with others. "So really, it's not that happiness isn't a virtuous thing to which you should aspire, or that happiness isn't something you're ever allowed to feel. The reality is that inner peace is the true happiness, and everything else is just a false means of trying to convince yourself that you are "okay." "[1]

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"Happiness is not something you can chase. It is something you have to allow. This likely will come as a surprise to many people, as the world is so adamant about



everything from positive psychology to motivational Pinterest boards. But happiness is not something you can coach yourself into."[2]

In a world filled with distractions and expectations, the quest for true happiness often feels elusive. We are bombarded with images of what happiness should look like – material possessions, social status, or external achievements. But is that the key to genuine contentment? In this article, I invite you to join me on a personal exploration of what true happiness means, as I delve into the depths of my own experiences and reflections.

### **Can Happiness be taught?**

There is ongoing debate and research on whether happiness can be taught. Some experts argue that happiness is largely determined by genetics and life circumstances, making it difficult to teach or change. Others believe that happiness can be cultivated through intentional practices and mindset shifts.

Research in positive psychology has shown that certain practices and interventions can increase happiness levels. For example, gratitude exercises, such as keeping a gratitude journal or expressing gratitude to others, have been found to enhance feelings of happiness and well-being. Additionally, engaging in acts of kindness, practicing mindfulness or meditation, and focusing on positive aspects of life can also contribute to happiness.

However, it is important to note that these practices may not work for everyone, and individual differences play a significant role in determining one's level of happiness. Some people may naturally have a more optimistic or positive outlook, while others may struggle with mental health issues or external challenges that make it more difficult to experience happiness. "Another really amazing way to find your inner peace is to constantly remind yourself that your worries are a fabrication of your mind's need to identify potential threats for survival, and true happiness is being here in the moment."[3]

As Jacob Wilson said to be happy, happy isn't success. It's heaven on earth, do the things that bring you joy, give too others, live a life that doesn't consist in bringing hell to earth.



Overall, while happiness may not be easily taught or guaranteed for everyone, there are strategies and practices that can potentially enhance one's well-being and increase the likelihood of experiencing happiness. It is a complex and individualized process that may require self-reflection, personal growth, and a willingness to adopt new perspectives and behaviors.

### " Happiness is simply the absence of desire.

When you observe a cue, but do not desire to change your state, you are content with the current situation. Happiness is not about the achievement of pleasure (which is joy or satisfaction), but about the lack of desire. It arrives when you have no urge to feel differently. Happiness is the state you enter when you no longer want to change your state. However, happiness is fleeting because a new desire always comes along. As Caed Budris says, "Happiness is the space between one desire being fulfilled and a new desire forming." Likewise, suffering is the space between craving a change in state and getting it."[4]

### What habits to help you live a happier life?

Some habits that can help you live a happier life include:

1. Practicing self-care: Taking care of yourself physically, mentally, and emotionally is essential for happiness. This can involve activities such as exercising regularly, getting enough sleep, practicing relaxation techniques, and engaging in hobbies or activities that bring you joy.
2. Cultivating a positive mindset: Focusing on the positive aspects of your life and practicing optimism can contribute to a happier outlook. This can be done through affirmations, positive self-talk, and reframing negative thoughts into more positive ones.
3. Prioritizing personal growth: Continuously learning and growing can lead to a sense of fulfillment and happiness. Set aside time for personal development, whether it's reading books, taking courses, or pursuing new interests and hobbies.
4. Practicing forgiveness: Holding onto grudges and resentment can weigh you down and hinder your happiness. Practice forgiveness, both towards others and yourself, to let go of negativity and move forward with a lighter heart.



5. Finding balance: Strive for a balanced life that includes time for work, relationships, leisure, and self-care. Avoid overworking or neglecting important areas of your life, as this can lead to stress and unhappiness.

6. Engaging in activities that bring you joy: Make time for activities that bring you happiness and fulfillment, whether it's spending time in nature, pursuing creative outlets, or engaging in hobbies that you enjoy.

7. Smile. Yes, you are right. Every day you can accustom to smile whatever happens, wherever you are and what wishes are not going as you planned - it is just okay, it is a norm in everyone's life. If you smile one time in a day it may help you to work your body healthy.

Remember that happiness is a journey, and it's important to be patient and kind to yourself along the way. Experiment with different habits and practices to find what works best for you and brings you the most happiness.

### **References:**

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