

# Basics of Wellness

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**Abstract:** *The mind is the most powerful tool. It needs to be calm, peaceful to tolerate stress and think positive beyond stress. Let go of what you can't is the most decisive way out. Mind needs to reflect and change the perspective and see that life is about inconveniences and not problems. Only when one is sick, it's a problem. Happiness needs to be a habit. Complaining and whining makes everyone miserable. The mind follows the path cultivated. It is imperative to focus on the aspects of growth and consciousness rather than on being narcissistic and narrow minded.*

**Keywords:** Mind, stress, happiness, consciousness, narcissistic

## 1. Introduction

Life is an ongoing process of constant change. Every change will seem a crisis because the mind tends to remain in the same accustomed ways. But if one wants to remain the same, one will most definitely create misery because we will fight against life itself. The physical being feels compelled to leave all and start anew constantly. The thought process is in a continuous flow influencing the mind. But to give up on something one has delicately nurtured and carved out for one self is a test of character. Perhaps it is then the right time to contemplate, to slow down and lie low for a while, dissociate from old ways, and wait for a transition in the thought process, in doing things, in seeing things. The wellness of being includes tranquillity of mind and spirit. The real crisis and real opportunity lay there respectively.

## 2. Objectives

- Identifying balance between work and life
- Identifying underlying chaotic processes of the mind
- Identifying the process of gratitude.

The balance between work and life and within life needs to evolve from the mind. The mind is restless. Pretension prevents us from facing life's own challenges. It might be one way of escapism but certainly a false way. Our real soul mate is our spirit. The spirit can be only uncovered through soul searching through self- understanding. The answers lie within us. Even the most positive soul can be sceptical. But these will definitely generate survival skills. Perhaps a deeper delving into our soul will reveal that experiences that are unwelcome and can cure us of arrogance. The kindness needs to be sought and explored and spread. A situation in itself does not cause misery. It is our reactions that make us miserable. We are in constant anxiety irrespective of what we have or we do not. Human suffering is actually psychological in nature. If one is suffering mentally, one is manufacturing the anguish and pressurising oneself. There should be always an inner understanding not to manufacture suffering for oneself. Carrying the garbage of the past is an option we are comfortable with, but to let it go and channelize it with something new is the real challenge. It is indeed hard to concentrate on creating or moving on. One needs to heal oneself. We have two selves-Deeper self and Shallow- self. The shallow self likes to remain in the ambit of misery. The shallow self needs to let go that one has been

holding so tightly and release the ego positions we have to see what one has been missing. The discontent remains. It makes others unhappy. Living beings have two levels of existence. The Ego with Maya and True Self. The ego forms a hindrance to truth or self -righteousness. The process of self- exploration and understanding has to take over for progressing psychologically and spiritually. Every experience is insightful to defeat the Ego and helps realise the illusions around us. Self-realisation is the only panacea to rid us all of our diversions. To rekindle our inner light to enlighten the soul, self -exploration is the answer to the search of our identity. We have thoughts, emotions, needs and perspectives. Each has a different experience of the sameness. To make matters even more complicated, we connect with different purposes, and understand spirituality in different ways. It is thus that we find it so hard to convert spiritual practices into prescriptions. Acceptance and will to accommodate the strength in something that translates as a life force or a powerful state of being, deserves recognition in the realm of wellness.

The mind needs cleansing. It needs to throw the clutter into the space. No future, no karma should be created through any act. A catharsis is necessary every day. The past should not be gathered to collect dust. Emotions, anger, hate need to be dropped on a daily basis.

The countless acts of kindness by family, friends, and strangers are a reflection of spontaneous generosity and the oneness that we share. We find it from the sun, rain, earth. Man is cast in the image of God and spark of divinity wants us to give what we can. We depend on daily co -members for our happiness and many un- known to us. Little gestures of giving and receiving makes this world a better place.

As every element of nature does its duty every day without the thought of fruit, living beings can work on the 3 qualities-(sattva), pure and sublime, rajas, restless and ego driven and tamas, lethargic and indifferent. The path to well-being lies in eradicating tamas, controlling rajas and anchoring oneself in sattva.

Habits are a way of staying goal oriented for well- being. It has profound impact on our life direction and lays the foundation for resilience and personal growth. Examples of JK Rowling and John McAfee offer insights into habit and success. Despite being rejected for her writings, Rowling kept on writing and her persistence gave the world Harry

Potter. Whereas McAfee spend his money on choosing drugs which sent him to prison in his later years and he died as a fugitive.

Gratitude is a feeling for thanking each and every soul who shapes the journey of our lives. In honouring our ancestors, we seek blessings for our inner freedom and peace. The gratitude practice should be at the surface level too. It should involve non-tangible things such as relationships and health. Gratitude is the key to a happy life and should be continuous, practiced daily. Another important takeaway is that gratitude can have a snowball effect. The positive effects gratefulness will have on others and the future impact it will have is unknown. Gratitude is a perspective and a choice which enhances a sense of wellness.

While we are on, certain thoughts gradually make us aware of the life that we live, the pros and cons of it and teaches us to be thankful when each day passes by hassle-free. Guilt can be overcome through positive attitudes, reflection and apology. Wellbeing depends on awareness of gratitude and in overcoming guilt.

### 3. Conclusion

Introspection is a powerful instrument for self-awakening. More often than not we live life on an autopilot. Calmness and non-attachment are the habits for this time we are living in. Life has to be lived with integrity, peace and purpose. Discipline, orientation towards goal and integrity can lead us towards a meaningful life. Understanding and integrating the inner self to achieve a sense of self-awareness and personal growth can be the only way out.

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