



## The pursuit of happiness

**Happiness is a state of well-being characterized by a range of positive emotions, from momentary experiences of joy and longer-term feelings of fulfillment and satisfaction with life. Happiness often involves feelings of joy, pleasure, and contentment. These emotions can be momentary, like the feeling of joy you feel during a fun activity, or more sustained, like the contentment of a peaceful life.**

The desire for happiness is a fundamental aspect of human nature. Despite being a universal human goal, it is unique to each person. Some may seek happiness through personal achievements, others through relationships, and still others through spiritual or mindful practices.

Age plays a significant role in shaping how individuals perceive and attain happiness. What makes someone happy in their 20s, may not spark joy

later in life and the same applies to what gives us joy during mid-life or old age.

Young adults may derive happiness from career achievements, personal relationships, and the pursuit of independence. Older adults, on the other hand often link happiness to health, social connections, and a sense of purpose. As people age, the focus tends to shift from achievement to contentment, with many finding happiness in the simple pleasures of life, such as time spent with family, hobbies, and community activities.

While external factors like wealth, success, or career achievements can influence happiness, true happiness often comes from within. Relationships with family, friends, and community members play a crucial role in fostering happiness. Strong social connections provide emotional support, a sense of belonging, and

shared joy, all of which contribute to a person's overall happiness. Self-acceptance and giving importance to our needs also play a role in fostering a sense of contentment. Happiness goes beyond momentary pleasures and speaks to a deeper sense of fulfillment.

It also encompasses a deeper, more sustained sense of satisfaction and well-being that persists even through life's challenges. Everyone encounters difficulties in life, and these experiences can affect happiness. However, some people are more resilient and able to be grateful for everyday gifts despite adversity, while others may struggle.

Expecting to be happy all the time is unrealistic and can lead to disappointment. Part of achieving happiness involves accepting that unhappiness is a natural part of life. Difficult emotions and experiences

are unavoidable, but they can also contribute to personal growth and a deeper appreciation for positive moments.

A sense of contentment during difficult phases of life might not look the same as it does during easier times, but it is still possible. By finding meaning, appreciating small joys, relying on supportive relationships, and maintaining hope, you can experience a form of happiness that helps sustain you through challenges. This kind of happiness is often deeper, rooted in resilience and fosters the belief in better days ahead.

The pursuit of happiness is a multifaceted journey that involves

understanding yourself, setting meaningful goals, nurturing relationships, and maintaining good health. While happiness can be influenced by external factors, it is deeply rooted in internal states of mind

and attitudes. By embracing a holistic approach to well-being and making intentional choices that align with your values and aspirations, you can navigate the pursuit of happiness and create a fulfilling and meaningful life.



# Vaping Realities and Risks

**Vaping is often seen as a 'safer' alternative to traditional smoking. However, the World Health Organization (WHO) informs us about the harm caused by vaping. This may come as a surprise to many, so let's look at the details.**

Electronic cigarettes, better known as e-cigarettes, or vaping devices, heat a liquid to create a vapour that users inhale. This liquid usually contains nicotine, flavourings, and other chemicals. While vaping doesn't produce tar or carbon monoxide—major harmful components of tobacco smoke—it introduces different health risks.

Nicotine, which is present in high amounts in vapes, is highly addictive and can harm adolescent brain development. Additionally, the vapour from e-cigarettes can contain dangerous substances like heavy metals, volatile organic compounds, and diacetyl, a chemical linked to a serious lung condition called 'popcorn lung.'

Second-hand and third-hand exposure are also important concerns. Second-hand exposure involves inhaling the vapour exhaled by the user, which can contain harmful substances. Third-hand exposure refers to the residue from the vapour that sticks to surfaces like clothes and furniture. This residue can be particularly dangerous for children and pets, who might ingest these particles through contact and then putting their hands or paws in their mouths. Therefore, vaping affects not only the user but also those around them.

The laws related to traditional smoking also apply for vaping. As a result, vaping is not allowed in indoor public spaces, playgrounds, or cars with minors. These laws aim to protect non-smokers and minors from the harmful effects of second-hand and third-hand exposure. It is important to understand that our actions can impact the health and comfort of others.

For those looking to quit vaping or smoking, there are free smoking cessation services. Contact us at 8007 3333 for support on your journey to a smoke-free life. Remember, it's never too late to make healthier choices. We are here to support you every step of the way.

**Article by the Health Promotion and Disease Prevention Directorate**





# Managing Digital Burnout

**Digital burnout is characterised by increased feelings of stress, anxiety and exhaustion, that is caused by spending too much time on your phone, tablet or computer. The following tips can support you to avoid or minimize this.**

## 1. Limit your distractions

Put your mobile phone somewhere out of sight so that you can minimize distractions and concentrate better on your job or whatever you are doing in the present moment.

## 2. Boundaries at work

Rest is not only permitted, but essential to be able to recharge

and continue with your work on the next day. Try to maintain a work-life balance as much as possible.

## 3. Limit screen time

Reducing screen time is essential to avoiding digital burnout. Avoid spending too much time on your phone before bedtime as this might interfere with your sleep.

## 4. Disconnect to connect

Connect with friends and loved ones offline, whenever possible. Detaching from digital devices and enjoying in-person meetups is beneficial for our mental health.

## 5. Digital availability

The reward we get from checking notifications reinforce the behaviour to keep us constantly checking our phones. Try resisting the urge to be able to break the cycle.

## 6. News and your mental health

Repetitive exposure to negative events from reading and watching news on social media can have a significant impact on one's mental health. Take care of yourself!

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