



A journey towards

WELLBEING

EBOOK BY CLUB SMILEE MEMBERS

POWERED BY MEQ ACADEMY

ACKNOWLEDGEMENTS

We are grateful to our leadership team and all the Club Smilee members who gave their valuable time to write beautiful articles on Emotional Intelligence and Wellness for this e-book.

Thanks to the editing team of Chetna and Snehal for putting their efforts into editing and compiling the ebook.

MEQ Academy hopes to bring more issues of EI and Wellness ebook in future in collaboration with our eminent Club Smilee members.

Heartfelt Gratitude!

Power of Collaboration

Lata Singh Dasila - Founder Director, MEQ Academy

Great things happen when we work together.

At MEQ Academy we practice what we preach, as July is our Collaboration month, we have come up with our first E-book - **A Journey towards Wellbeing** by our Club Smilee Community members. They have put together their thoughts and expertise in the form of articles for all of us.

We aim to provide emotional, spiritual and overall well-being for our community members through journals, activities and regular webinars. We believe that collaboration leads to more innovation, efficient processes, increased success, and improved communication.

We are proud to have experts in our group who have contributed to the growth of the community and its wellbeing. I congratulate all the Club Smilee members for the launch of the first E-Book and I look forward to many collaborations in the future. I hope these article will add a little joy and hope in your lives.

Happy Reading!

Best wishes,

Lata Singh

Founder Director - Meraviglia EQ Academy Pvt. Ltd.

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POWER OF PRAYERS

By - Nimesh Varma AGM - HR/Maitree - Internal Branding and Associate Engagement at TCS Hyderabad

Prayer is nothing but a state of spiritual connection which is established between an individual and the supreme power! It is usually a two-way communication but most likely individuals have treated prayer as a means to ask, negotiate or bargain in exchange or return for a favour. Often prayers are used when a person is distressed or seeking help when times are difficult. During such occasions the individual is having more fear, hence it is natural that the words, feelings and emotions attached will be negative. For example: Please



help me in this stressful time, I have so much of loans and I am unable to pay them. If we carefully analyze the sentence, there are a lot of negative words which have been used. Instead, the simple way of countering this could be: I am at peace and I have cleared all my payments!

The usage of words is important, at the same time the emotion and feelings that we attach to the prayers are equally vital and decisive. The usage of good and positive words creates a sense of belongingness and brings meaning to the issues we face. The resolution of issues also depends a lot on how our general approach. If our approach is too casual or lacks sympathy, then no amount of positive words will be able to make a difference.

Thoughts and prayers

By and large, the nature of thoughts which are present in our mind will determine the choice of words we use in our daily lives. Subconsciously we are using prayers and sentences which have a negative usage and impact. The type of thoughts which ultimately flow in our minds determines the shape and choice of prayers.

There are only two types of thoughts that exist in our minds. One is positive while the other one is negative. The total of thoughts if negative, will have adverse effects. On the contrary, if the total of thoughts is positive then the outcome is also dramatically positive. What is important is that whether the situation changes or not we are better equipped to face the situation, this is like winning half the battle!

While narrating the prayer or establishing a connection with the divine, the mind plays a crucial role. If the mind is calm and has less number of thoughts if it's less wandering then the connection is stronger and beneficial. The best results are achieved when the mind is relaxed and can focus clearly on the positive thoughts and words that make the prayer powerful!

Time to say a prayer

Is there a time to say a prayer? The answer is simple: yes and no.

Prayers can be said at any point of the day and as many times, there is no such issue regarding this. What is important is the feelings, emotions attached and the state of mind while narrating the prayer. Usually, when we are busy or are at work, our mind is preoccupied with so many things, in such a scenario it becomes difficult to focus on the prayer.

Hence it is advised that the best time to pray is:

- Just before you go to bed

Immediately after you wake up early in the morning

Before you go to bed, sit in a calm and composed atmosphere, take deep breaths and narrate the positive words, similarly after you wake up, sit in a comfortable position and make the prayer. During both these stages, the prayers and positive words that are used have stunning and poignant effects!

Hence, the timing is immaterial, what matters most is the state of mind and usage of key positive words.

Having belief in our prayers

We all know the ancient anecdote: In a village, there was a severe drought, and all villagers gathered and prayed for rain. Only one young boy came out of his house with an umbrella! This is the faith, they say faith can move mountains, having faith in our prayers will make us stronger than the situation, which will ultimately pave way for the achievement of the desired results. Having belief in prayers will help in creating a scenario where the desired result is to be achieved. The more you visualize the scenario the easier it becomes achievable.

How does it work

Prayers are like commands that are given to a computer, it's similar to affirmations which build mental images in our minds. The words help to focus on the aim, object or situation that you want to achieve or create. They influence us, other people, events and circumstances. It might seem strange to you, but they do also influence the people we meet, our circumstances and the events we encounter.

Prayers should be short and sweet. They can be repeated, when your mind is calm and at peace. There should be no physical, emotional or mental strain. The stronger the concentration, the more faith you have in what you are doing, the more feelings you put into the act, and the stronger and faster will be the results.

Prayers should be in present tense and not future, if it's in future tense it is an indication that you want to achieve the result later and not today!

An example of a good prayer is: I am at peace at all times and have a healthy mind and body. I can meet all my financial commitments and goals. My colleagues at work support me and I can meet all my targets with ease. My superiors are very happy with my work!

May all your prayers be fulfilled. Lokah samastah sukhino bhavantu!

IMPORTANCE OF HOPE IN TOUGH TIMES

By - Anil Mittal, CA

Hope is a medicine that no one prescribes to you in writing. We can't buy it from anywhere, we cannot store it anywhere but can transmit it to others. We can neither create it nor destroy it, it's always there. We merely need to find it inside us and nurture it. It can do wonders to cure our inability to cope with tough times. It was a hope that sailed us through 2 years of "Covid Pandemic" apart from our actions to stay safe. There are situations in life where we feel that we have lost everything still, a small hope can keep us alive.



"Hope without any action or pathway" is different from "Hope with the action-oriented approach". First, one could be a shallow hope as it might be dependent on others or doesn't have any action attached to it or clarity on how to achieve it. However, in action-oriented hope, we believe that we will do good, and things will fall in line. We move forward with positive energy that keeps us motivated to take necessary actions towards our goal. Motivation brings hope and hope brings motivation.

Defining Hope

There are academic definitions of Hope but in simple words, we can say "Hope is the belief that our future will be better than today, and our action will result in the desired outcome".

- A farmer cultivates his farm in hope that the weather will be good.
- An unemployed person continuously goes for interview after interview with the hope that he/she will be selected one day.
- A failed student prepares again for exams with the hope that his/her hard work will pay out this time.

So, constructive hope is always attached to action unless we are hoping for the goodness of someone else independent of us. As said in Geeta "Karma" is key to everything.

How does Hope help in a tough time?

In today's environment where negative energy is flowing everywhere, "Hope" set the right tone for our daily action toward goals. It creates

- Positivity: It pulls us from the negative zone to the positive zone. However, if we do not start taking action/steps whether small or big towards our goal, we can again slip into the negative zone.
- Enhance Risk-Taking Ability: It gives us the strength to take risks and keep moving forward. A person who is positive and hopeful tend to take more risk as compared to one who is negative and fearful.
- Motivation: Hope brings cheers to our overall personality and creates a positive aura around us that motivate others as well.

What is Hopelessness?

Hopelessness is more to do with factors inside us than external factors. Often, we say that we are hopeless about the system and many other things around us. However, if we look at this deeply it means something else. What it means is that we do not know what to do with these problems or don't know how we can contribute to resolving these problems. Hopelessness begins when we are clueless about where to go next or how to move further. It is not the end of the road but an illusion about the same. E.g., As a Parent, we sometimes say to our kids that "You are Hopeless". However, at that moment, we are saying "I don't know what to do with you".

If we are stuck in such a situation of not knowing what to do next there is no harm in talking or consulting to positive people around us. If we do not find such people, it is time to look inside you and strengthen your belief system. It is time to enlighten your inner energy either through meditation, reading or writing or engaging in whatever you like.

To conclude "Hope" can save us in tough times and drive us to our desired destination but the only thing we need to do is work with determination and focus on our goal. Hope is a driving force and not the guiding force, we need to choose the direction and action at our end.

HOW TO USE MIND-BODY CONNECTION TO GET WHAT YOU WANT IN LIFE!

By - Deepa Roy Chowdhury, NLP & Mindset Coach, Soft Skills Trainer, Corporate Trainer

Do you think your body has a mind of its own?

I assume you say a yes!

How do you know that you have a mind?

Did you say? You can think, and this goes to prove that you have a mind!

Absolutely true!



But did you know what your mind thinks is how your body acts!

If you want proof of this, you can have it right now!

Do this- close your eyes and recall the happiest moment of your life!

Recall it in full detail - what were you doing then, and how were you feeling? What did you see and hear in that moment of absolute joy?

Stop reading and take a moment to do this and then open your eyes and continue rereading the article.

What did you experience?

Did you smile at that very special thought?

Did you feel the same joy in your body?

Thoughts in your mind are the only things that make you feel what you feel in your body!

Because your mind and body are connected in a big way!

Infact, if I say your mind and body are not just connected, they are one- it would not be an exaggeration!

Your body listens to your mind every single moment!

You might not realize this but it does.

When you feel angry over your spouse or children or anyone else, have you noticed how your body and face muscles get stiffened?

When you look at a baby lovingly, do you feel a surge of pure joy and a subtle smile in your eyes and even lips!

The thought of anger and the thought of love makes your body behave entirely differently.

Why is it important to know the mind-body connection?

Because whether you know it or don't, both of these entities will work in harmony.

If you don't pay attention to your mind and body connection, you will keep on leading your life as you have been- in ignorance- and this will keep giving you diseases, discomforts, pain, agony and all those ill feelings that you don't want to have.

And if you know that mind and body are connected and you can make your body behave just like what you want by mastering your mind- just imagine how beautiful your life can be!

Your mind exercises enormous power over your body

I know so many people who are very slim and have a so-called perfect body but they suffer from a lot of body issues and diseases- diabetes, heart issues, acidity, ulcers or just plain headaches and body pains.

I also know various not-so-slim people who enjoy good health!

I am not saying that all slim people are sick and those who are not slim are healthy.

I am trying to say that societal norms of being fit and healthy are not the same as those established through body-mind connections.

People who usually stay happy and playful and have strong beliefs about being healthy are generally the people who do not suffer from diseases and agonies of life.

On the other hand, people who keep dwelling over thoughts of hatred, anger, jealousy and even self-pity, often suffer from all kinds of diseases and discomforts in their bodies.

Why does this happen?

This happens because your mind is constantly talking to your body.

Every thought that occurs in your mind, every word that you say to yourself sends a signal to your body. Your body then catches these signals and behaves accordingly.

Not only thoughts but even the pictures that are being played in your mind also affect your body positively or negatively!

If you see yourself as an unhealthy sick person in your mind, your body will obey this and reflect the same in your body.

On the other hand, if your mind pictures yourself as a happy and healthy person, your body will become like that only!

That's why visualizing yourself as just what you want to goes a long way to manifest your desires in your life.

Do you want to be slim? Show it in your mind by creating a slim and fit picture in your thoughts! Hear yourself saying inside your mind, "I am becoming slim and healthy!" Yes, these you know as affirmations.

Affirmations work like magic! You now know why. Because your mind and body are connected. What you think and say in your mind will get manifested in your body!

And if you have been practising affirmations for a long time yet not getting what you want then there's something missing in the communication between your mind and body.

And here's how you can make your mind-body connection perfect!

Introduce intense feelings to your affirmations and your visualizations! Yes, your mind doesn't understand logic and reasons. It understands feelings! While thinking and saying what you want your body and life to be like, feel it!

Thoughts, feelings, visualizations, affirmations- that's the recipe for a great mind-body connection!

KNOWING EMOTIONS THROUGH ORIGAMI

By - Liliana Rodríguez Senior partner Consultant at GINNOVATES, Monterrey; Network Leader & Super Mentor POP-UP Festival en Six Second

Origami, the ancient art of paper folding, has applications in modern-day enterprise and education to improve and strengthen the knowledge of fine motor skills, design, creativity, and a wide variety of possibilities, and in this opportunity I want to give some insights into one important area: Emotional Intelligence and how it helps to be aware of our own emotions and feelings.



While the art of folded paper has been invented in ancient Japan or even has its deepest roots in China, is undoubtedly now popular in many countries around the world, with applications in a lot of areas and topics, which inspired me to apply this beautiful art to people of all ages to teach them how they could be more aware of their inner strengths, emotions, feelings, and mindsets, and let them know how they could build human connections.

But, how this is possible?

Over all, I want you to discover the joy of creation by your own hand... The possibility of creation from paper is infinite".

- Akira Yoshizawa



Origami lets people connect with one another . Something very interesting about Origami is that even when a person is folding a figure and speaks a different language to those around him or her, is possible for them to be able to connect by showing a whole range of emotions when creating and showing the final result. This fact, which might seem simple, actually entails the power to convey everything that is meant without words.

Origami can teach us about our inner strengths. It is not just a paper-folding art. You will be amazed to know how Origami is also used to improve various mental skills like sequencing, logical thinking, and reasoning. Motivation, feelings, and thoughts. During the process of folding the paper, you could focus your attention on the varied emotions you experience, the thoughts you have, and how you feel about the final result.

For example, in 2020 I facilitated a workshop for teachers with a partner using Plutchik's Wheel of Emotions (Fig. 1) as a model to let them know that emotions could be identified with colors, and in the activity to apply it, we teach them how to fold an eight points star that represents the Wheel of Emotions. In that opportunity, we ask the participants to choose different colors or tones from the wheel to represent how they felt during the folding process while they thought/ remembered about a pandemic and the changes in their lives, and the results were amazing! Each participant showed us a different range of colors on each peak of the star, however, two colors appeared constantly in all the stars: medium blue and medium green (represents sadness and fear, respectively) (Fig. 2).

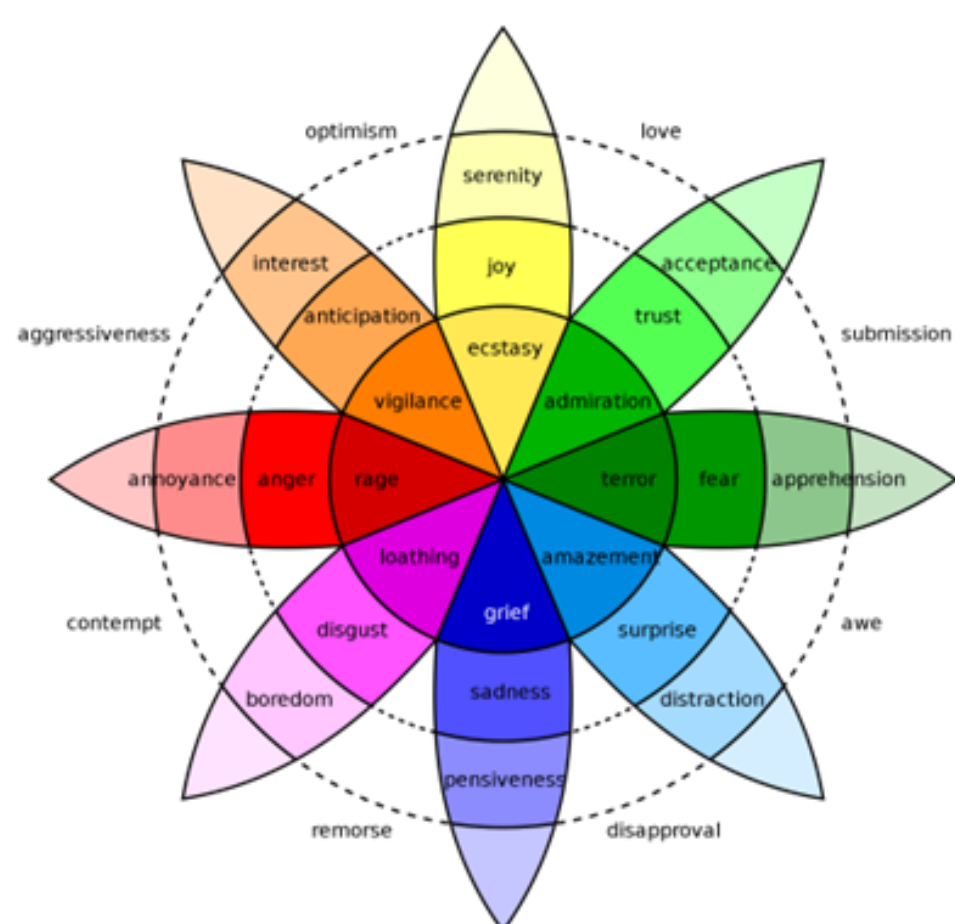


Figure 1. Plutchik's Wheel of Emotions.



Figure 2. Eight-peak star in Origami

So, with this information, we were able to understand the general feeling, the mindset at that moment, and to know that we could help them, and help us too, to change that mindset, to notice our inner thoughts and feelings, and with that data, we gave them more tools and models to do, and more important: to give a name to those hurtful emotions. It was a relief for all of us.

The goal of Origami is transformation. In essence, we may transform a flat paper square into something different, something new, and we could use this analogy with us. While we come in different shapes, sizes, thicknesses, and so on, we all start the same, a blank piece of paper. We all are created from our experiences, and these experiences, influences, lessons, training, and approaches to opportunities along the way determine WHO we want to become. During our lives, we will "fold and unfold" as we transit through different situations and roles until we finally recognize and realize who we are as individuals, leaders, parents, teachers...

Using this art to teach more about Emotional Intelligence skills is a great opportunity to know more about oneself. Is a great experience. Think about it!

THE SECRET OF HAPPINESS

By - Manmeet Taneja NLP Practitioner, Parents and Kids life coach, Mindset coach

Today happiness is an industry worth over 4.5 trillion dollars. It is something that all 7.9 billion people are chasing. There are courses, social media pages, merchandise, and notebooks that claim to teach us how to pursue and attain happiness. Despite all this, happiness seems so elusive - something that can only be pursued and not achieved! But is that so? Can happiness only be chased and not obtained? Or is there a method where one can be happy? Let's find out what is it that we can change in our everyday life that will impact our overall happiness.



Intentional Living

We are sometimes advised to stop worrying and to just go with the flow. While this can be good advice for the short term, in the long term it works to establish a flight response within us wherein we learn to not face our problems, just exist with them and eventually are demotivated to do anything about them.

Ignoring our problems to "just live our life" may make us happy in the short term but facing our problems and achieving our goals will give us a high which is long-lasting and builds in us the muscle to intentionally charter the course of our life and live it as per our wishes. This leads to us feeling proud and happy about our achievements.

Let's take a look at how we can intentionally work on creating our life -

Our life can broadly be categorized into 4 sections - Health, Family, Work and Spiritual. Let's make a grid with these 4 heads and write down under each head, things that will make us happy.

Health <ul style="list-style-type: none">- Ideal weight- Ideal fitness level	Family <ul style="list-style-type: none">- Time spent with family- Trips
Work <ul style="list-style-type: none">- Ideal job/business goal- Ideal salary / profit	Spiritual <ul style="list-style-type: none">- Time spent on spiritual pursuits- Learnings

Now let's set time aside in our daily life to the activities in each of these sections and work on achieving these little goals one at a time.

Mindful living

Every day, in our life from waking up, going about our day, and finally back to sleep at night, there is hardly anything exceptional that happens to us. For most of us, our life has become very monotonous.

While outside, it is natural to be preoccupied with our thoughts or to be lulled into not noticing all that is around us - the colour of the sky, the shape of the clouds, the puppies playing, the laughter of a child.

There is so much beauty around us in the world. If we just stop and look at the world from the eyes of a child or with the eyes of a person who was blind and just had her sight restored, we will see a wondrous world filled with so much life and beauty that it will be difficult to stop our smiles.

Forgiveness

Wikipedia defines forgiveness as "the intentional and voluntary process by which one who may initially feel victimized, undergoes a change in feelings and attitude regarding a given offence, and overcomes negative emotions such as resentment and vengeance"

When we do not forgive, we hold on to so many negative emotions. All the anger and resentment destroy our peace of mind and we may end up misbehaving with others ourselves! It is like giving them control of our emotions to someone else. So, a third party now has control over how we feel and react!

Would you want to give so much power to others? Wouldn't you want complete control over yourself?

When we forgive, we let go of all these emotions that are not serving us. Hence, we feel light and happy. There is so much release and freedom in forgiveness. Forgiving is not something that we do for others. It is something that we do for ourselves.

Remember, "When we forgive, we heal. When we let go, we grow".

Think win - win

In any situation, if we start thinking "how can all involved be benefitted?", it will lead to outcomes that will not only bring about community spirit and co-cooperativeness but also create a basis for yet another round of positive experiences.

When we think not just for ourselves, we not only make others feel good, we feel good as well. As a result of which we create a positive image for ourselves in other people's minds - and let's face it, as human beings, it is our nature that we care about others' opinions.

When we do good to others and are kind to others, more than benefit them, it benefits us by making us feel good. We enter a positive zone where it becomes easier to think of others and thus increases our feel-good factor. It becomes a virtuous circle of goodness and kindness.

The lens of "good"

How often do we catch ourselves or other people who are experts in finding faults in everything? For a change, let's wear the lens of 'finding good' in everything. Whatever the situation, let's try to see the good that it brings with it even though the bad in that situation is pretty obvious.

Some people irritate us, situations that are less than perfect, jobs that are tedious - finding faults is easy and sometimes comes very naturally to us. It is looking at the good which is difficult and needs to be practised.

Let's find a positive trait in the person who irritates us and appreciate them for that. Let's look at what we like about that tedious job. Let's see what positives a bad situation brings.

When we become a 'good finder' we reduce the impact of bad situations on our mindset. We find solace in the good and keep control of our emotions, our disposition and our mindset to ourselves. We end up being happier despite the situation.

Gratitude

Gratitude is the quality of being thankful, the readiness to show appreciation for something and to return kindness.

When we make time to express gratitude each day, we disconnect from the humdrum of life, de-stress our minds, and become joyful by appreciating all that is good in our life.

When we encounter a very complex situation and are very stressed because of it, the act of intentionally recognizing all the big and small things in our life which are going well will immediately relax us and improve our mood. We may also try to find something to be thankful for in that particular stressful situation. It may not solve our problem but it will give us a new perspective.

To conclude, the big decisions in our life - marriage, children, career path - are not the only ones that determine our happiness. The countless small choices we make every day - almost without thinking - can have a profound, cumulative, and lasting impact on how happy we are. Like they say "Happy is the person who can learn to appreciate the little things".

HEALTHY FRIENDSHIP: EQ HELPS IN MANAGING RELATIONSHIPS!

By- Chetna Singh Certified Kids & Parents Life Coach Program Manager @ MEQ Academy

2020-21 were the years we would want to erase from our life. Those years have shown us countless cruel realities of life. We all have gone through thick and thin during those years. However, Covid-19 has taught us several things, including friendship lessons. During the pandemic, I discovered that "friendship is one of the most important connections we must build, and friends are critical for happiness (which is proven)," among other things.



Even though we may occasionally experience disagreements or conflicts with our friends, it is acceptable to feel this way because it is unlikely that we will always get along well with our friends. After all, we may have differences of opinion that could lead to stress or tension amongst friends. We can still strengthen our friendship by including a few elements of emotional intelligence. Yes! That is true; many heartbreaking situations can be avoided to prevent unwelcome friendship splits.

Here are a few tips to apply EQ in your friendship.

Be in touch and follow up -

Technology has been a blessing, as it provides a broader platform to stay connected hence there is no chance to miss the opportunity to remember even trivial things to catch up with your BFF. An emotionally intelligent friend will remember the big or even small events that may have happened in your life and will keep on asking about them. Furthermore, to build a healthy friendship, friends should ask about each other's feelings and be empathetic, compassionate, and caring, especially post-pandemic when many people still have anxiety, depression, and stress now and then.

Share their Joys and Sorrows equally-

Good buddies are consistently happy with your joys. They never limit each other's success and even share your misery equally. People having higher EQ surrounds themselves with positive, intelligent, and compassionate people and never compare themselves to look worse among their friends. They would enjoy their success and make their network powerful.

If you do feel envious of your friend's success, which is a valid emotion that may arise eventually in any friendship. Still, it should not necessarily need to create problems in your companionship. So, to cope with this situation practice self-compassion and engage in positive self-talk. Take time and allow yourself to fully experience, acknowledge, and embrace this emotion without being judgmental. Within no moment, you will learn that it is just an emotion, and you can effortlessly wave it off with little practice. Thank God! You will not lose a good friend because of that silly emotion.

Communication is one of the most important pillar of a healthy friendship

A lack of communication can result in several misunderstandings and drive close friends apart. A friendship specialist claims that some friendships have failed because people avoided discussing the real issues and made assumptions about problems that did not even exist. According to studies, if you don't express your emotions, they may first be suppressed but later may come out more unpleasantly. Consequently, communication and honest emotional exchange are crucial for a happy partnership. Emotional intelligence (EQ) improves emotional awareness and management, which aids in dispute resolution and cultivates compassionate and reliable friendships.

Keep your Ego aside and Apologise when needed

Egos that are perhaps larger than the friendship often lead to friendship breakups. It is fairly obvious that friends quarrel, argue, hurt, and become upset with one another much like family members do. According to EI, you should apologise after a disagreement or conflict by acknowledging your mistake and conveying your regret for hurting the other person's feelings and asking, "How may the situation be made better in the future"? In fact, if you apologise in this way, your friend will accept your forgiveness. Keep in mind that apologising can save your friendship.

Mutual efforts-

A one-sided friendship is impossible. A strong friendship requires affection and effort from both parties. Your friendship will grow deeper with your love, empathy, and concern for each other. It implies that for a healthy friendship both parties must give their full commitment. According to studies, expressing gratitude strengthens and improves the quality of any connection. If there is any misunderstanding or grudges, gratitude might help them fade away.

Emotional Intelligence has a profound effect on the quality of our lives, it widely influences our behaviour in relationships. A high EQ helps individuals to communicate better and reduce their anxiety, resolve issues, help to empathize with each other, and makes friendship stronger and healthier. Next time you feel any issue with your friends, try practising EQ, it will make a difference.

To sum up, I would say do not be a lazy lad when it comes to friendship, put yourself together and visit your friend as much as you can and if a friend stays far away then move your fingers a little to make a call. In short, stay connected!

At last, I just want to pay Gratitude to all my friends who kept me sane all these years, and don't forget I will need you all in future too 😊

JOY OF APPRECIATIVE LIVING (EXPERIENTIAL APPRECIATION)

By -Krishma Jitendra Saiya Business Network Head at The Flapper Life | Women Travel Lifestyle | Tourism India | Happiness Coach & Trainer | Emotional Intelligence

How often do you feel and experience Joy? How often do you value experiences in your life? I often wonder how interesting it would be to share my experiences, my moments of happiness and awaken the feeling of Joy personally through experiences. I am not a writer, but love sharing stories, living new experiences and awakening feeling of Joy in life. Can I call myself an “Experiential Curator” or “Joy Curator”, or let’s keep it a work in progress for now. Well, instead of knowing the Editor / Contributor, in the end, this is Krishma Saiya, a Happiness Coach and EI learner, a curious soul and here to share the idea of Appreciative Living with the community through my own experiences, stories and practices!



We often look at ways to find or chase things to make us happy, more money, more cars, more holidays, and new opportunities. It might seem counter-intuitive as in reality, these aren’t the things that make us happy. It doesn’t mean we don’t want to change or improve things in our lives, or indeed have more – but that those things alone are unlikely to increase our happiness and fulfilment if we’re not happy now. They may give us a temporary lift but all too soon it becomes the norm and we’re looking for the next big thing when we might be better finding ways to bring more joy, time and experiences into our lives.

I started to journal/pen down my experiences in my diary during the Pandemic and recall incidents, whenever anyone ask me “When was the last time you felt happy? Or “What has been your transformative experience in life?” And sharing those experiences is considered a high experiential appreciation (EA) lived in little of many moments. And this year, when I started my journey as a Happiness Coach, I realized it’s more experiences that are my sources of Joy. “Joy is for everyone” and I can arouse happiness through daily art of practices and unique experiences. Well after hearing terms like experiential learning, experiential marketing, cultural appreciation and many more likely terms, I gradually developed an Appreciative mindset to curate, practice and value my own experiences and enjoy the art of Appreciative Living and Experiential Appreciation. (Glad I discovered it)

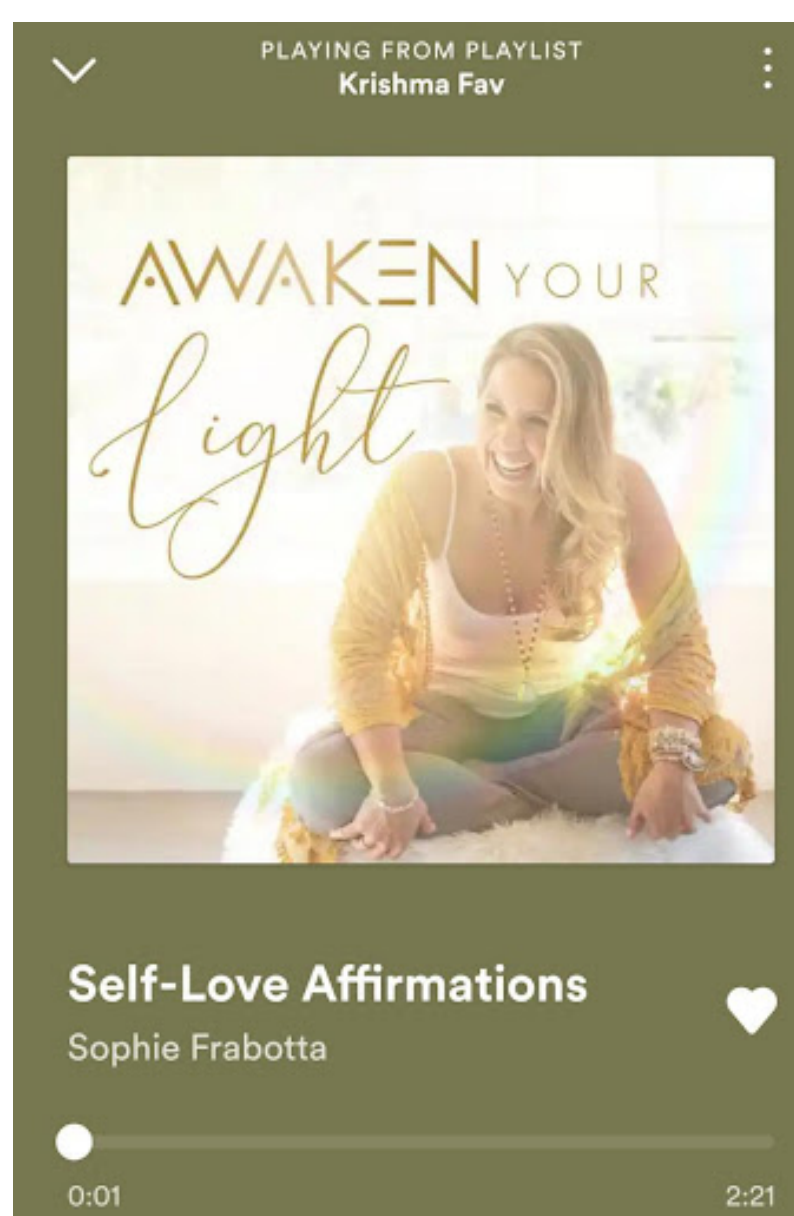
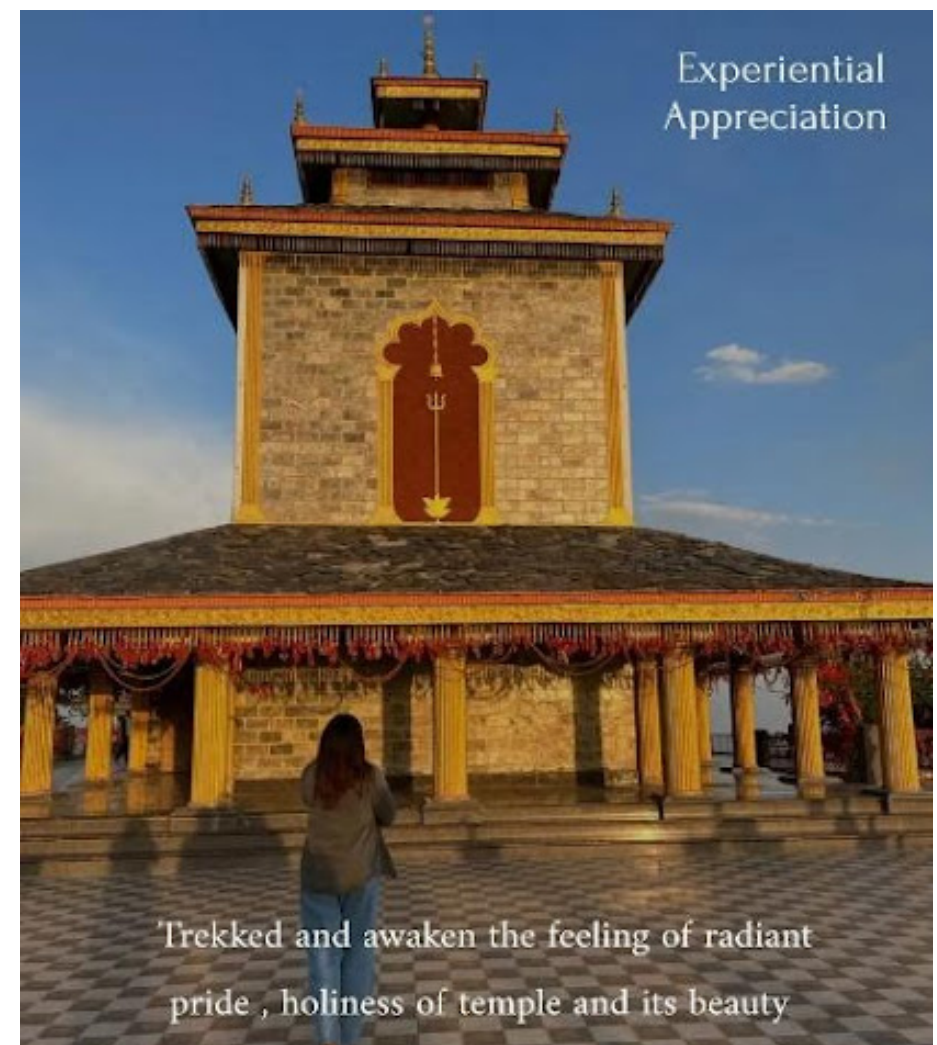
“Appreciative Living is experiencing life through an Appreciative Mindset that creates joy, wellbeing, and all high-energy emotions. It is developed through a set of simple practices and principles that naturally expands your thinking to be more open, positive, and creative, allowing you to seek new opportunities, experiences and solutions you were unaware of before.

But there is another element to consider too. Think about the first butterfly you stop to admire after a long winter imagine the scenery atop a hill after a fresh hike or chasing a beautiful sunset after a long work day. Sometimes existence delivers us small moments of beauty. When people are open to appreciating such experiences, these moments may enhance how they view their life. We call this element experiential appreciation (EA).

Ways to develop an Appreciative Living: (Based on Think – Feel – Act Model)

- Think of an Appreciation for someone (Self, Mother, co- peers, stranger, friends)
- Receive kindness and grace from an Appreciation directed at you (Express or feel gratitude without words and with grace)
- Speak / Write an Appreciation to someone (Self, Mother, co- peers, strangers, friends)
- Action for curating/living new experiences (Self or with the community)

As we know Happiness doesn't come from living a "perfect" life. It comes from creating a life that's aligned with who you are: one that connects your true self to what you do, how you live, how you connect, how you serve and how you live your experience. This year, I realized how I had begun to look for moments of joy to record and that simple process was making me happier. By sharing a few experiences, and ideas you can curate, practice and start your Joy of Appreciative Living through new Experiences.



Listen to a New Song /New Artist: Every Week: Create your playlist of music to set your mood for the week. It can be instrumental, soothing music or from a new Artist that helps you with good positive vibrations around you while you enjoy your little breaks during the day!

Unapologetic Solo Dates: Enjoy Solo Dates at your favourite/new food joints, go for solo movie dates, plan your first solo trip, or explore your city the solo way

Learn New Skill: It can be as simple as learning and developing your EQ, Relationship management, Creative Art forms (Art, dance, music), Art of Authentic Networking, Creative Writing, storytelling or movement therapy.

Enjoy Daily Rituals: Often we wait to make new plans as per schedule or wait for others to plan and share, instead let's enjoy the daily rituals with grace: Make your beverage, write small appreciation notes or messages for people's work and share with your community, Experience beautiful sunset, exchange meaningful conversation with stranger or peers, play with your pet, Go for savouring walks, Ask: How are you feeling today? to self or anyone around (Don't forget to express your emotions) All it takes is to be in the moment.

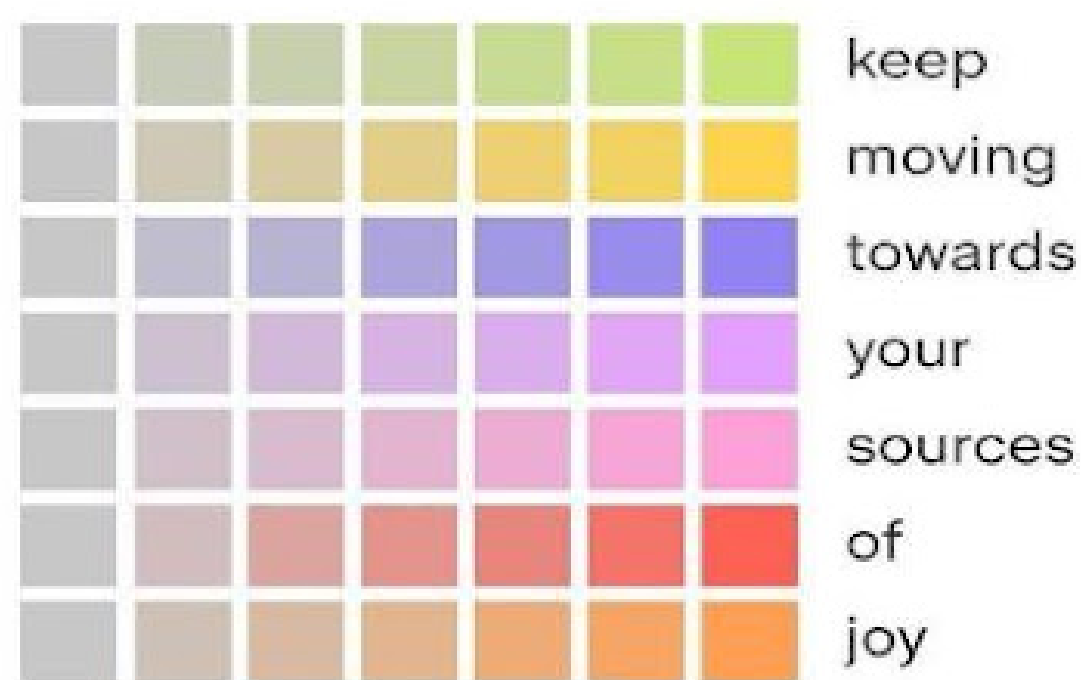
Increase Community Vibrations: Join in for events like Morning Yoga, running a marathon, musical evenings, organic food meet-ups, Volunteer for organization, Day Picnics, Heritage walks, Cultural gatherings hosted for like-minded communities and exchange positive vibrations, create impact, develop new bonds, learn together. (Connect- Collaborate -Community)

Give 365: Exchange smiles, practice Kindness actions, Listen to Positive Affirmations on Podcast or write your own, Write Postcards as new thank you notes, Start Saying YES' to LIFE, Befriend a cheerful person, and practice gratitude without words. Create your Action Cards and share them with schools, at the workspace, at home and with the community to experience Happiness and joy daily. (New Mantra: Daily giving and Appreciative living)

Record and Replay Experiences: You don't have to limit your savouring to things that are happening now. Recording, sharing, Recalling and reminiscing and valuing your experiences from your past leads to more positive emotions in the present.

YES, YOU! You can arouse happiness around you. Liberate your mind, record your experiences lived daily / monthly, awaken the feeling of Joy and start your transformative journey! This powerful emotion radiates pride, elevates gratitude, creates a sense of shared happiness, strengthens positive relationships, improves mental, physical and emotional health and develops a healthy and happy mindset.

“I Rejoice. I'm Happy for you! “



IMPACT OF EMOTIONS ON HEALTH

By - Kavita Sah Home Maker and a budding writer

Emotions play a vital role in our life. These can be positive as well as negative. Emotions have a very strong impact on our health. The whole personality of an individual is enhanced by emotions. A happy person is fit mentally as well as physically. The whole atmosphere is filled with positive vibes. On the other hand, if an individual is melancholy he/she is not mentally as well as physically fit. Both these circumstances/situations play an important part in our health. Happiness not only brings smiles to faces but others too. If we feel gloomy it doesn't mean that we spend the whole day like that and ruin our health we can't ignore or run away from our emotions but can have control over them.



The question lies how to deal with emotions?

"The main cause of negative emotions is stress, anxiety, trust issues, anger, conflicts, etc. Poor emotional health weakens the body's immune system. This gives rise to many diseases. Negative attitudes create chronic stress which can upset the body's hormonal balance. Too much anger increases blood pressure(hypertension). Our brain is also affected by negative emotions and can cause anxiety, headache, stress, etc.

"If you are feeling sad you should do whatever pleases or excites you like do gardening till you get tired and forget the pain or sorrow, read a book, sing a song, or get involved in an activity that brings happiness to your face. You can share your feelings with a friend or someone you are very close to. You can vent it out and then see the magic, you will feel free and light-hearted".

"You can also do yoga to calm yourself like pranayama. Breathing exercises not only bring calmness but also helps to focus on your goal. Chanting Om every day improves mental balance and brings peace, calmness, and joy. Practicing these exercises in the morning boosts your immune system as well as brings happiness and if you are happy from within you will be far from any disease.

"Investing on health is the key to happiness."

CONNECTION BETWEEN EMOTION AND BODY ACHE

By- Dr Vipra Goel BPT, MPT, COMT, FOMT,CNDT, AnteNatal Therapist, IASTM, MIAP
Owner PAINFX PHYSIOTHERAPY AND ADVANCE THERAPY CLINIC

When you read the topic you will spot your pains Yeah right you are trying to reassess your current neck pain by touching your shrugged shoulders and forwarded lean neck.

These are the indication that you are experiencing bad posture which has just now been corrected by your straight back.... for quite a long you were trying to think to finish a project and were not getting into the flow of working and your neck has stressed so much that it's already paining 8 or 9 on the scale of 10. Perfect excuse for pushing your body to complete the project ...something that is far away from your interest and you have to complete this just for the sake of doing it.



Whenever you think of that financial load on you as being the sole bread and butter earning member of the family your back pain keeps you lying for longer hours in bed every morning.

Being a woman means doing all the chores of the house and then landing in your office with all the frustrations and tiredness that has created an aura of neck pain shoulder pain or headaches.... Sometimes one after another or everything comes like a vicious circle. Why my knee pain only starts hurting at the time of walk and even more when my doctor has advised walking 30 minutes every day.

Many of you must be thinking all these are age-related issues and since we are not having a good diet, and healthy nutritional food we are getting affected by this. But here is another view coming into the picture when THAT PROJECT IS WHAT YOU WANTED TO DO FOR SO LONG, NOW YOU HAVE GOT THIS OPPORTUNITY AFTER SO MUCH OF WAITING YOUR NECK PAIN IS GONE EVEN AFTER LONG HOURS OF SITTING.

WHEN YOUR SON OR DAUGHTER STARTED GETTING THEIR SALARIES YOUR BACK PAIN IS GONE EVEN AFTER DOING THE SAME JOB.

WHEN I WAS WALKING THE ROADS OF MALL ROAD IN NAINITAL GONE AFTER 2 YEARS OF STAYING AT HOME ALL ACHES IN THE KNEE ALSO VANISHED.

So when we talk about emotions they always balance themselves on their own like either you will express them or suppress them right and if you are suppressing your emotions they get to store inside your own body. Each emotion has a specific location for storage and that leads to non-pathological pain in that particular area.

PATTERN OF EMOTIONAL MUSCULAR PAINS

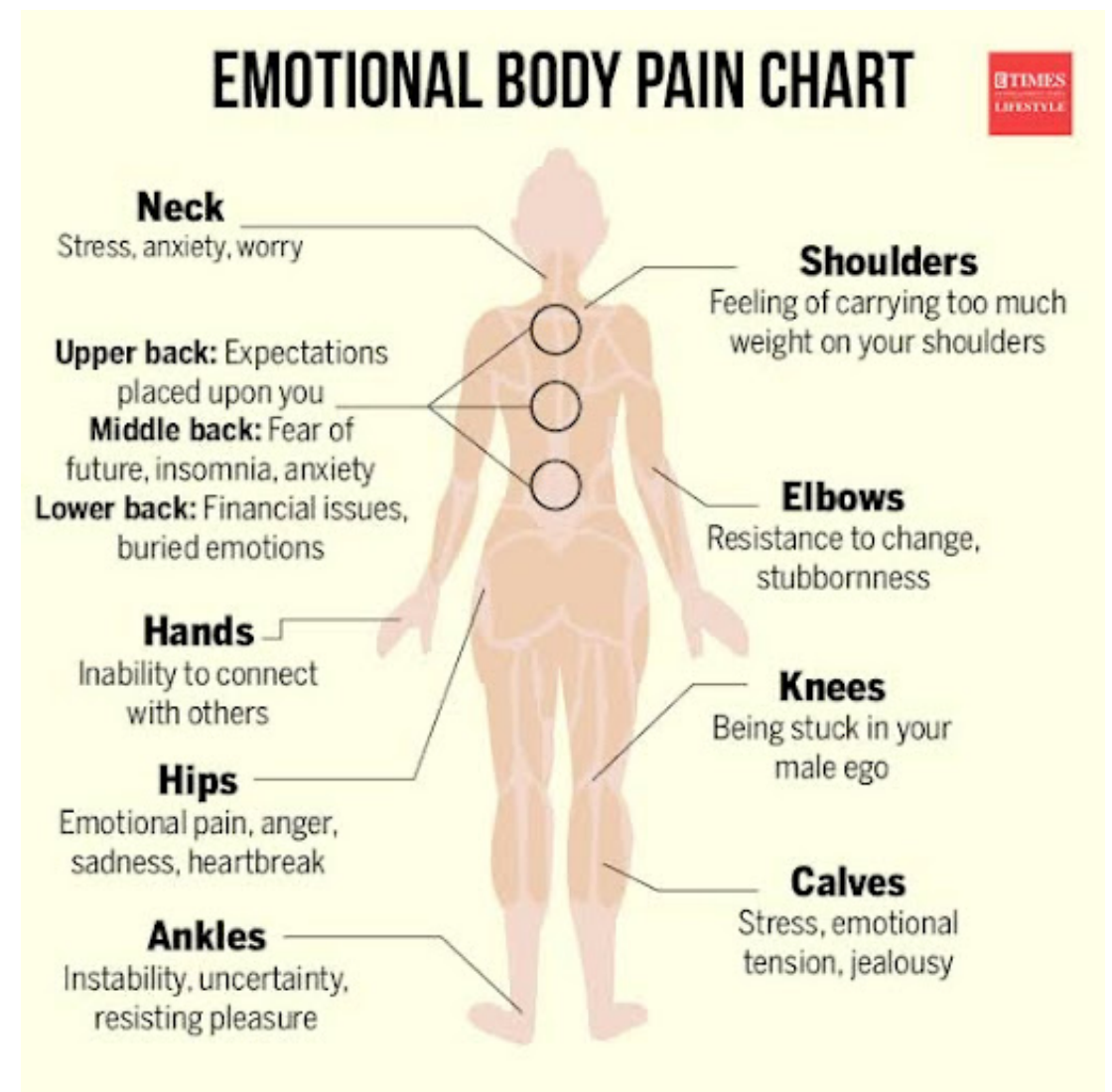
Let's learn the pattern of emotional muscular pains. Necks have relations with emotions like stress, worry and anxiety on the other hand when you have been indecisive or have to make a decision (long-pending) it causes shrugged shoulder and Shoulder pains. In some cases, pain is due to decisions related to any painful or fearful incident in past. Your long-stuck resistance of not accepting the change in life around you leads to elbow pains and aches.

The Upper and mid-back hurts more when you are loaded with a lot of expectations not by others but by yourself, insomnia (lack of sleep) and fear for the future are other reasons for this.

Your financial loads and stagnant growth in your career lead to back pain and pain in the lower spine. Your hip is a storehouse for heartbreak and sadness. Stuck ego issues and stubborn nature en routes their way to your knee. Instability, uncertainty, and resisting pleasures stock up in Ankle.

Calves are the storehouse for all emotional stress, this is the reason why most of experience calf pain and tightness most commonly, and becoming the leading cause of many physiological problems right from heel to head. As a Physiotherapist, I have seen most of my patients get their fifty per cent pain relief instantly just by giving regular calf stretches and exercises.

As they say, when we have a problem there is also a solution to it. We have already learned the effect of all the emotional imbalance, now it's time for emotional healing to relieve the pain.



HEALING OF EMOTIONS

Let's heal the emotions, whenever a problem starts accelerating our speed of work starts to decelerate instantly and we often lose time tracing. The key is to manage our time and try to follow a schedule which you have been following... if you are not in such practice, do create one.



The second step is to release your emotions either by discussing or writing. Just remember when you are discussing your problems then please think of a person who is not very close to you because once your problem solves you hesitate to speak to that person. And the person closest to you will always sympathise with you even when the problem has been sorted out even long back.

Third, my favourite exercise is to stretch your basic muscles at least twice a week. Stretching and oscillating your muscles release your tense myofascia in turn reduces your stress and anxiety. Muscles to be stretched are neck extensors, Traps, Biceps, Triceps, shoulder retractors, Quadratus lumborum, Hamstrings, Quadriceps, and calf muscles.

Practice breathing relaxation techniques like ujjayi, 3-6-9 breathing technique, and Pranayam, if you do not have any idea about yogic breathing exercises then follow the 3-6-9 Technique which is breathing in deep for a count of 3, followed by a hold for a count of 6 and then release the breath out till count of 9, in some people releasing till the count of 9 becomes difficult thus they can release it till the count of 6 initially, it is also helpful.

**3-6-9
BREATHWORK METHOD**
CALM ANXIETY, REBALANCE THE NERVOUS SYSTEM,
RELEASE EMOTIONS OR ENERGETIC BLOCKS.

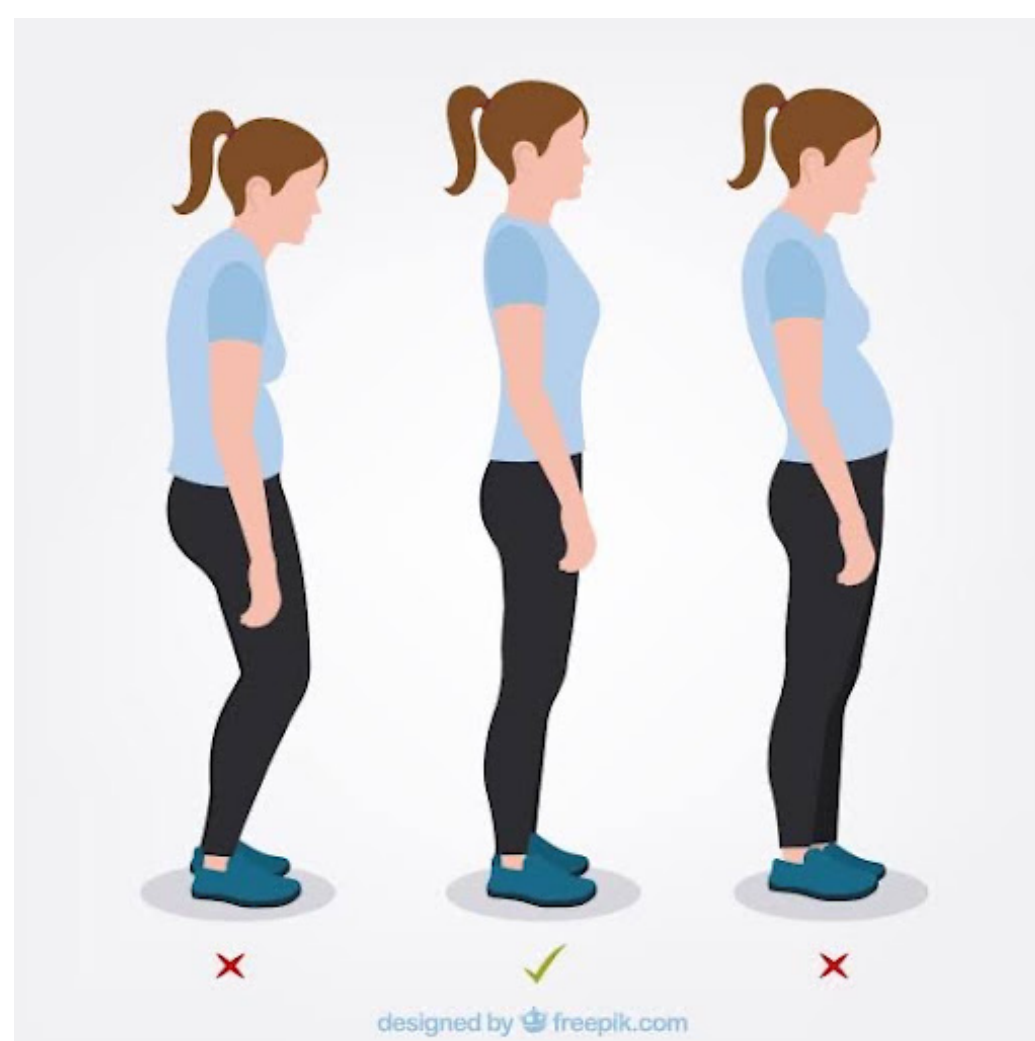
- 1) Inhale for 3 seconds.
- 2) Hold for 6 bringing up what you would like to release (ie- stress)
- 3) Exhale for 9 seconds while shrugging your shoulders to release stagnant energy.



Now comes the emotional freedom tapping this is about all the emotional stress at the individual levels like pain in the knee or foot. If you start tapping gently over that area, as if you are putting a baby to sleep, it releases the emotional worries over that area.

The following tapping by gently lifting the skin fold over that area also releases the pain.

And the last and most important technique is to keep your posture upright as your see due to stress we often bend forward which appears to be slouching. This position leads to more deformity and structural changes in turn resulting in more pains and aches. So no matter what if you try to stay straight and upright by keeping your shoulder back you will feel less emotionally depressed and will be more alert.



These are the certain techniques which help in releasing emotional stress and providing emotional balance in the body leading to healthy and pain-free muscles.

In the end, I would like to leave a message that, start paying attention to your emotions now because a healthy body is built only by a happy soul. And your body is the only place where you live alone and in the rest of the places you spend your life in others' company, start paying attention to your own living space first, your own body and Soul!!!

GRATITUDE FOR CLUB SMILEE

It's a great experience to be part of Club Smilee and associate with a group of motivated and positive professionals. Thanks to Ms. Lata for this beautiful initiative.

Anil Mittal, Chartered Accountant
Delhi India

Club Smilee is a very nice and useful forum, where we not only learn new skills but also increase our awareness of who we are and how we could be a better version of ourselves. Thank You Club Smilee.

Srinivas Murthy Panamgipalli, Wellness Coach
Hyderabad India

It is a beautiful experience to be connected with club smilee. I have learned many valuable things from this group which have changed my outlook towards life now I am becoming a better version of myself day by day

Shweta Srivastava
Lucknow India

Club Smilee is a lovely initiative by Ms Lata. Every day I see new members joining this interactive & collaborative E-club and the group is growing!! The posts are delightful and uplifting :-)). Happy to be a part of this wonderful community of Trainers, Coaches, Professionals & Individuals .

Renuka Kukreja, Entrepreneur & Image Consultant
Noida, India

The name itself says a lot! Club Smilee was launched to reach like-minded people, who were ready to share a broader perspective in life. Pandemic had created a gap in communication and left all apprehensive about the gaps in our lives. These gaps became negligible when we held hands with our shared experience. The continuous support of the team and its members under the able umbrella of MEQ Academy has been successful in making each of us aware of and practice consciously our acts of gratitude, compassion, kindness, and much more. The activities shared are simple and make us aware of our role and importance in society. This unique club with a mission lives up to its name, bringing a smile to all its members.

The cherry on the cake is the launch of its E-Book, with the articles are written by the esteemed members would surely add on to its value and be an immense help. I wish it a great success

Abha Biyani, Metaphor Analyst, Drawing analyst, play Therapist, Kids, and a Parents' life coach
Delhi India

Club Smilee is a vibrant community for all coaches, students, professionals and housewives. We share a lot of stuff to do with emotions, and how we can identify, manage and get benefit from various emotions. The monthly webinars conducted here are full of information and easy-to-follow tips. Activities are simple to work on but provide good information based on that particular month's theme. The expert tips are the highlight of this community, where one can get to listen to experts from various domains at our leisure and implement them in our day-to-day life. Working as a community manager for this community has provided me with a lot of insights and given me the platform to network with like-minded people. I cherish being around this community

Suhasini Vijay, Kids and Parents Life Coach ,Founder of Mommyshravmusings
Chennai India



GRATITUDE



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