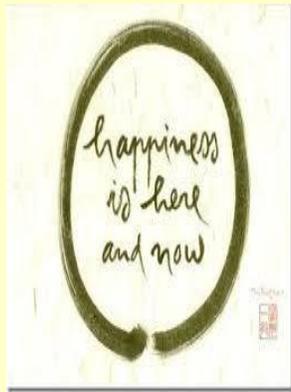


COUNSELLING NEWSLETTER



VOLUME 8 APRIL 2016

ARE YOU HAVING A LOW OPINION OF YOURSELF?



INSIDE THIS ISSUE

- ***ARE YOU HAVING A LOW OPINION OF YOURSELF?***
- ***A CUP OF OPTIMISM.***
- ***HAPPINESS.***
- ***WORLD AUTISM DAY AWARENESS.***

"No one can make you feel inferior without your consent". Eleanor Roosevelt.

Independent of your successes, failures or the opinion of others, the way you appreciate, value, accept yourselves is called **SELF-WORTH**. Self-worth means that you have a favourable opinion of yourself and that you believe that you have a right to feel positive of yourself and for doing so your actions, thoughts and beliefs are the milestones.

If you are experiencing or going through:

- Low feeling.
- Depression.
- Mood swings.
- Feeling bad about being judged by others.
- Not able to control/handle situations.
- Dissatisfied with self or life.
- Feeling of helplessness.
- Unable to maintain social life.

It means that you are having low self-worth and you need to take actions to improve it.

If you are having low self-worth, you certainly can change your current state.

- Only you are responsible for your success.
- It's okay to make mistakes.
- Only you have control on your future.
- Positive thinking leads to positive actions.

A CUP OF OPTIMISM

In our daily life we go through lots of experiences and some of us might learn a few lessons from them too. Some of our experiences force us into thinking negatively and we forget to see the other side of the fence. Thinking positively is just not laid in front of us, **REMEMBER THAT!**

We have to train our mind to be optimistic and be positive, look at the brighter side of the picture.



The great example is of the glass filled with water. How we view it is up to us completely. Seeing a glass half full portrays a positive mind set. It depicts good and sound health. Such people have a better vision for the future as they are motivated to achieve more rather than think negatively which on the other hand demotivates them and they ultimately perform low.

Don't blame yourself for things that went wrong because of someone else's decision. There is always something better coming your way even in the gloomiest of situations. Remember you alone are responsible for your happiness and you alone can make yourself happy. **HAPPINESS STARTS FROM YOU.** Optimistic person will find a silver lining in the cloud even in the darkest cloud while a pessimist will cry even on a happy day.

- Think positively.
- Have an action plan.
- Be in the company of positive people.
- Be active.
- Let go of things that you can't control.

THINK DIFFERENTLY.

“If opportunity doesn't knock, build a door.” —Milton Berle.

HAPPINESS

"Happiness cannot come from without. It must come from within. It is not what we see in touch or that which others do for us which makes us happy, it is that which we think, feel and do, first for the other fellow than for ourselves", Helen Keller.

The terms associated with happiness are momentary joy, satisfaction with life and long term enjoyment. It is a positive state; which refers to relaxed, elated or calm moments. It is mediated by the person's system of values and cognitive interpretive structures. Some predictors of happiness are; social competence, social skills, cooperativeness, satisfaction with relationship with people from whom support has been received and engagement in serious leisure activity and a sense of achievement. It is the sense of acceptance with things, people, situations and even with ourselves which makes us happy. Acceptance makes our lives easier and helps us in coming to terms with people and situations. If we are contented with what we are and have, acceptance of our successes and failure, of the people among whom we live and of the situations and events which we go through in our daily life, we would certainly be happy and calm.

"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful", Albert Schweitzer.

Steps to be taken in order to have a more satisfying life:

Count all the positive things that happened in the past. Pay gratitude visits. Perform acts of kindness. Reduce stress by engaging in positive activities. Set goals and identify your strengths and weaknesses.

"Writing about your goals gives you an opportunity to learn about who you really are", says Lyubomirsky, "It helps you to see the big picture of your life".

"People spend a life time searching for happiness; looking for peace. They chase idle dreams, religions, even other people, hoping to fill the emptiness that plagues them. The irony is the only place they ever needed to search was within", Romana L. Anderson.

WORLD AUTISM AWARENESS DAY

Every year autism organisations around the world celebrate Autism Day on 2nd April, to spread awareness about autism.

Autism spectrum disorder (ASD) and autism are both general terms for a group of complex disorders of brain development. These disorders are characterized in varying degrees by difficulties in social interaction, verbal and nonverbal communication and repetitive behaviours. It is associated with intellectual disability, difficulties in motor coordination and attention and physical health issues such as sleep and gastrointestinal disturbances. Some persons with ASD excel in visual skills, music, math and art. Autism appears to have its roots in very early brain development. The most obvious signs of autism and symptoms of autism tend to emerge between 2 to 3 years of age.

Some famous personalities who had autism: Albert Einstein, Amadeus Mozart, Sir Isaac Newton, Thomas Jefferson, and Michelangelo.

(Source: <http://autismmythbusters.com/general-public/famous-autistic-people/>).

Find more from Autism Support Network Abu Dhabi, and Emirates Autism Society.

