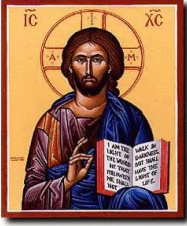


# Saint Ninian's High School FOCUS FOR THE WEEK



## Happiness leads to success



Please begin each day with the daily reflection and/ or the following prayer

### Morning Offering

*O Jesus through the most pure heart of Mary, I offer the all my prayers, works, joys and sufferings of this day for all the intentions of Thy divine heart and particularly for the intentions of Our Holy Father, the Pope.*

Most people think that if they become successful, then they'll be happy. But recent discoveries in psychology and neuroscience show that this formula is backward: Happiness fuels success, not the other way around.

When we're positive, our brains are more motivated, engaged, creative, energetic, resilient, and productive.

Since 1950 there have been regular surveys of the happiness of the population in Britain and these show that we are no happier now than we were then. Similarly surveys of British teenagers show that twice as many are emotionally disturbed as in the 1970s. These changes are clearly linked to a growth of selfishness. People have been regularly asked:

*"Do you think most other people can be trusted?" Fifty years ago 60% of people said Yes; today only 30%.*

For a happier society we have to turn this tide of narrow individualism - the greatest enemy of happiness is an unhealthy pre-occupation with self.

Creating a happier society requires a fundamental shift in values - away from our current culture of self-obsessed materialism towards a society which is more loving, positive and collaborative. That sort of change doesn't come from outside, it comes from within.

It's about our fundamental philosophy of life

Helping others is not only good for them and a good thing to do, it also makes us happier and healthier too. Giving also connects us to others, creating stronger communities and helping to build a happier society for everyone. And it's not all about money - we can also give our time, ideas and energy. So if you want to feel good, do good!

**Fun Run 30th May – Get involved**

**See Miss McLuskey : The Helping Hands Group**

**See Mr. Fuchs: Volunteering Opportunities**

## GREAT DREAM Ten keys to happier living

- GIVING**  Do things for others
- RELATING**  Connect with people
- EXERCISING**  Take care of your body
- APPRECIATING**  Notice the world around
- TRYING OUT**  Keep learning new things
- DIRECTION**  Have goals to look forward to
- RESILIENCE**  Find ways to bounce back
- EMOTION**  Take a positive approach
- ACCEPTANCE**  Be comfortable with who you are
- MEANING**  Be part of something bigger