

Happiness 24 7

BY THE ONE LINER, A HOLISTIC WELLNESS PLATFORM

THE One Liner

A Holistic wellness
platform.



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what is happiness?

Define Happiness.

PERSONAL FULFILLMENT

For example, your first internship, or a skillset you were dying to learn from the longest time.

SOCIAL CONNECTIONS

Your crush just “Hi!” to you, or finally when you got friends with similar mindset.

MOMENTS OF FREEDOM

College is fun, isn’t? Hostel is even more!

“

Moral

Happiness is a complex concept that can be defined differently by different individuals, but it generally refers to positive or pleasant emotions, ranging from contentment to intense joy, and can be influenced by a range of factors, including social, economic, and psychological conditions.

CAN WE
guarantee
HAPPINESS?



The hierarchy of Happiness and Wellbeing

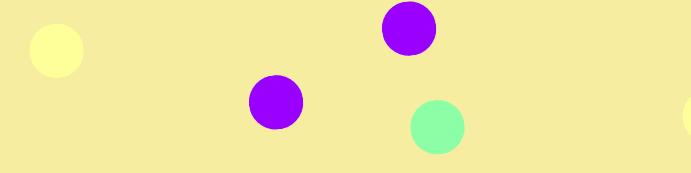
Icebreaker

Happiness
depends on
wellness.



- 1. Mind
- 2. Body
- 3. Money
- 4. Work
- 5. Community

6



If you strive to explore **Wellness Wonderland**

Remember all you need to cultivate a positive mindset which can turn problems into opportunities.



1. Mental wellness!

- **Break-ups,**
- **Academic pressure,**
- **Poor finances,**
- **friends turn foes,**
- **insecurities, and**
- **no family can be stressful at time**
- **Exams,**
- **presentations, and**
- **social situations**
- **lonely and sad,**
- **continuous studying without break**

Mental wellness Fact!

Try mindfulness, learn to manage your emotions well, let go of things, Stay less affected, Meditate, and apply various stress management techniques. These practices can improve mental clarity, emotional stability, and overall well-being.



#ACTIVITY 1

• GRATITUDE • ACTIVITY

**Focus on the positive aspects
of life and cultivate gratitude.**

**write down three things they're grateful..
Share your reflections in a group setting.**

2. Physical Wellness!

- **Fitness**
- **Nutrition**

When we work out, our bodies release feel-good chemicals, boost energy, strengthen muscles, enhance mental clarity, and improve overall health.



3. Emotional wellbeing

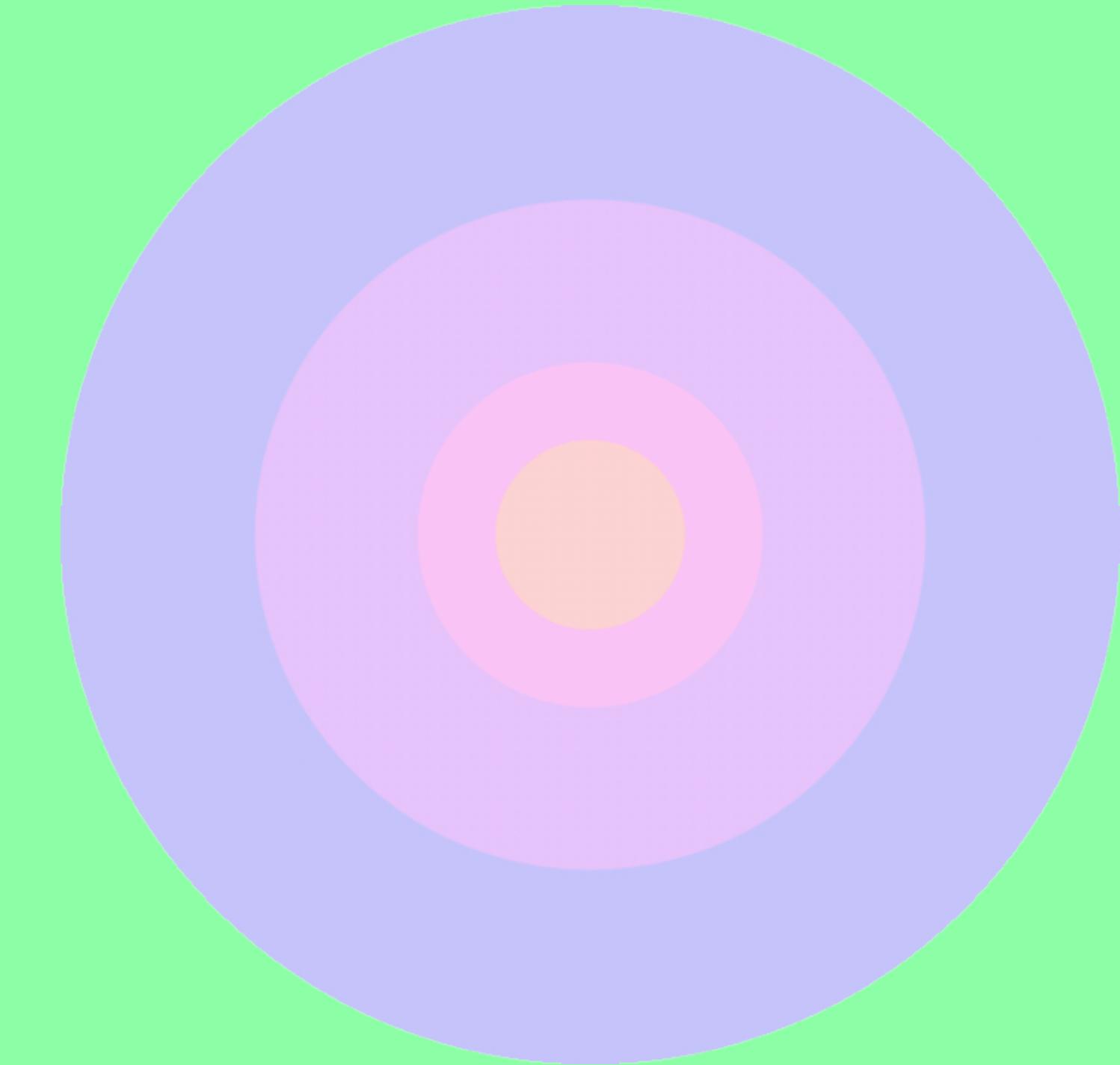
- Be it daunting exams,
- awkward presentation,
- increasing insecurity among your peers, and
- silent expectations from family



#ACTIVITY 2

Mindfulness Exercise

Simple mindfulness techniques to reduce stress and increase present-moment awareness.



Breathe in, breathe out.

4. Financial wellness

Develops skills and be part of various internships such as video editing, content writing, AutoCAD, Solidworks, web development, etc you can manage some part of finances well.



#ACTIVITY 3

Self care is not selfish.

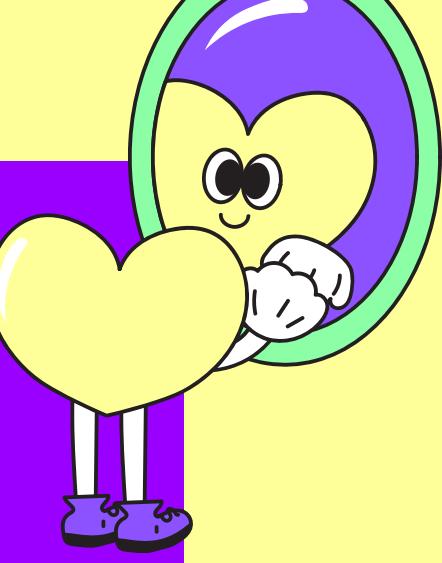
Encouraging healthy habits that promote well-being.

WHY SELFCARE?

In a world that never seems to slow down, mastering the art of time-saving grooming is a valuable skill that allows us to present our best selves without sacrificing precious minutes.



30 Self Care Ideas



Take a warm bath

Get extra sleep

Journal

Limit negative self-talk

Call a friend

Do something nice for a friend

Go for a nature walk

Cook a nourishing meal

Read a book

Listen to a podcast

Send a thoughtful message

Share a hobby

Learn all about Saving

Drink more water

Set small goals

Watch a feel-good movie

Breathe Deeply

Unfollow accounts on social media

Dance to your favorite music

Do a face mask

Declutter your space

Write a letter to your future self

Plan a small outing

Express yourself

Have a digital detox day

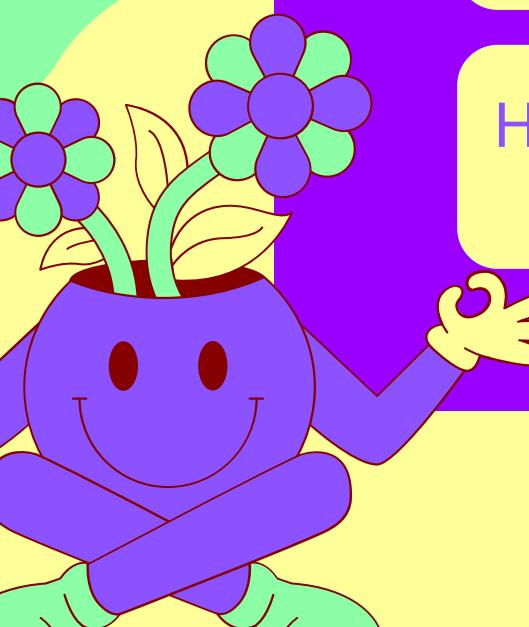
Try a workout

Learn something new,

Practice mindfulness or meditation

Go for a fresh new look

Set boundaries



5. Try Recreational wellness!

Technology
Leadership



#ACTIVITY 4

Goal Setting

How to set achievable goals that
contribute to your happiness?

S M A R T

SPECIFIC

MEASUREABLE

ATTAINABLE

RELEVANT

TIME

G O A L S

Plan effectively with specific targets in mind.

Track your progress and reevaluate along the way.

Set realistic goals that are challenging but achievable.

Ensure the goal serves a relevant purpose.

Specify a deadline, monitor progress and reevaluate.

6. Spiritual wellness

In college years students must explore their religious beliefs and spiritual philosophy. It helps in understanding purposes and values that shall align.

If you feel electric or experience a tingling sensation during prayer. This sensation could be due to the release of endorphins, natural painkillers that can create a sense of euphoria.



6. Sexual wellness

Relationships and sexual relationships are important to maintain communications and boundaries. However, we need to understand sexual health, safe practices, and contraception is crucial for preventing sexually transmitted infections(STIs) and unplanned pregnancies.



8. Social wellness

Networking and approachability are crucial

Expand social network

Maintain privacy and boundaries.

Have open communication



#ACTIVITY 5

“

Two Truths and a Lie

Participants share their three statements about themselves, of which two are true and one is false.
Others guess which one is the lie.

the team

Say something nice
about your team.



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