

CENTER FOR WELL-BEING AND POSITIVE PSYCHOLOGY



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Is Your Job Making You Unhappy, or Is It Your Mindset?

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Do you find yourself dreading Mondays, counting down to the weekend, or feeling unfulfilled at work? If so, you're not alone. Every morning, millions of people wake up dreading the workday ahead. They count down to the weekend, feeling stuck in a cycle of stress and dissatisfaction. But is the job itself to blame, or is the way we perceive it shaping our experience?

Positive psychology suggests that while external factors matter, our perspective plays a significant role in job satisfaction. Employees who focus on challenges as opportunities for growth tend to be more engaged and fulfilled. On the other hand, those who dwell on frustrations often feel trapped, even in good work environments. One of the key strategies to shift your mindset is reframing challenges. Instead of seeing a tough assignment as a burden, consider it a chance to develop new skills. Practicing gratitude, such as appreciating supportive colleagues or workplace benefits—can also significantly improve job satisfaction.

Another factor is intrinsic motivation. If your work aligns with your strengths and passions, you are more likely to find it fulfilling. However, if you're stuck in a job that drains you, a mindset shift alone may not be enough, you might need to reassess your career path.

Ultimately, the key is balance. While an unhealthy workplace can harm mental well-being, a negative mindset can make even a great job feel miserable. By adopting a growth-oriented perspective, setting healthy boundaries, and finding meaning in your work, you can transform your job experience, without necessarily changing jobs. Is it time for a career change, or just a change in perspective? The answer may surprise you.



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IN SEARCH OF HAPPINESS (Part-III)

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This article is based on my forthcoming book, "Happiness: Why not for you (HWNFY)", in which I have distilled the main findings from dozens of books and hundreds of articles on happiness. The pursuit of happiness is a goal shared by the majority of people around the world. Every person wants to be happy, but in order to be so he or she needs first to understand what happiness is and learn ways to be happy. Sociologists define happiness or subjective well-being as "the degree to which a person evaluates the overall quality of his or her present life-as-a-whole positively. We can exert considerable influence on our experience of happiness and unhappiness through the way we live and think, how we perceive life's events, and how we react to them. In this final and concluding part, some practical techniques to enhance happiness/subjective well-being will be highlighted.

1). **Importance of Today:** There is no reset button for life. No matter how long you have a regret or a grudge, you can never eliminate a past event. Spending the rest of your life beating yourself up over a wrong choice you made it will never be changed and the hurt will never be undone. Regret is an impotent emotion. Many people live in the past and have anxieties about future. Do not burden your remembrance with a heaviness that's gone. It is essential to realize the significance of today and concentrate on enjoying it. Past is gone and nothing can be done about it and future is yet to come. If we can learn to live in the present, to be right now totally focused on what we are doing, we feel less stressed and we enjoy the here and now more.

2). **Positive Thoughts:** Numerous writers including Napoleon Hill and Wayne Dyer have emphasized on Positive Mental Attitude as a prerequisite of happiness. Negative thoughts can be our worst enemies. Being happy means having a positive attitude towards your life. You cannot always control what goes on outside. But you can always control what goes on inside. Always strive to focus on positive aspects of your life. It makes no sense to worry about things you have no control, because there is nothing you can do about them.

3). **Social Capital:** It is one of the most important predictors of happiness, health and long life. In fact, social factor is now considered a vital factor for subjective well-being. The quantity and quality of social relations are extremely important. The frequency of social contacts makes significant difference in subjective well-being. The higher the frequency of social interactions, the happier people are.

***To be continued on the next page**

Well-Being Day at IAC: A Step Toward Self-Discovery

The Center for Well-Being and Positive Psychology at IAC recently organized Well-Being Day, on 23-01-2025 a transformative event focused on self-awareness and emotional resilience. The event provided students and attendees with an opportunity to engage in self-assessment using scientifically validated positive psychology scales, offering valuable insights into their mental well-being.



Participants explored various aspects of their psychological health through assessments such as the Relationship Questionnaire, Social Anxiety Scale, Academic Anxiety Scale, Emotional Intelligence Scale, Peer Pressure Scale, and DASS-21. These tools helped them understand their strengths and areas for growth, fostering a deeper awareness of their emotional and social well-being.

The interactive experience encouraged meaningful discussions about mental health, stress management, and the importance of self-reflection. Students and attendees appreciated the chance to assess their personal well-being in a supportive environment.

As a token of appreciation, goody bags were distributed, adding an element of joy and encouragement to the experience. The event not only promoted self-discovery but also reinforced the importance of mental well-being in academic and personal success. At the closing ceremony Dr. Shabbir Ahmed Rana, (HOD-CWPP) appreciated the team effort for arranging this marvelous event.



WASAL HAMID

This Award is For You! Employee of the Month

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We are proud to recognize Ms. Wasal Hamid as our Employee of the Month for her exceptional contributions to the Creative Cell!

A true behind-the-scenes powerhouse, Ms. Wasal plays a vital role in ensuring the quality and consistency of our newsletters, social media posts, and other communications. Her keen eye for detail, strong proofreading skills, and commitment to excellence help maintain the professionalism and impact of our content.

Beyond her editorial expertise, she is an incredible support to the team. Her dedication, efficiency, and positive attitude make her an invaluable asset to the department.

Congratulations, Ms. Wasal! Your hard work and meticulous efforts do not go unnoticed. We appreciate all that you do!

4). **Overcoming Negative Emotions:** Throughout our lives our negative emotions rush through our minds like an unruly river, determining countless states of unhappiness. Anger, guilt, worry and self-pity are all destructive emotions and enemies of happiness. When a person is experiencing any of these problems, he or she is shutting the door of happiness. Dr. Wayne Dyer in his book *Your Erroneous Zones* says that the two most futile of human emotions are guilt about your past and worry about your future. Guilt immobilizes the present and adversely affects it, while worry interferes with present enjoyment and also minimizes the potential to prepare for the future. Of all the mental poisons, hatred, envy and jealousy are the most toxic and one of the basic causes of unhappiness.

5). **Forgiveness and Gratitude:** To transform your past from a burden you need to forgive those who have wronged you. Forgiveness is a psychological characteristic which is positively and strongly associated with happiness. One of the main reasons we are not happy is that we hold on to grudges all the time. Right now – look within and answer yourself: “Do I have any grudge against anyone in the world?” If there is a grudge you are not willing to let go, know that happiness will elude you. If you can truly forgive and take responsibility of your life from now on, you will feel tremendously happy. Forgiving allows you to put the past behind you. It lets you stop being a victim. Forgiveness is empowering. There is a clear association between forgiveness, gratitude, contentment, and happiness. When you express gratitude, you will feel happy. The significance of gratitude is advocated in Islam as well.

6). **Having a Meaningful and Balanced Life:** Seligman has argued that happiness is derived from three major sets of experiences in life: regularly experiencing pleasantness (the pleasant life), engaging in satisfying activities (the engaged life), and feeling a sense of connection to a greater whole (the meaningful life). Victor Frankl in his book, *From Death Camp to Existentialism*, highlights the importance of having a meaningful goal in life to attain happiness. He believed that a person’s primary motivational force is his search for meaning. Michael Argyle, in his book *The Psychology of Happiness* supports the idea that we need meaning and purpose in life to feel good about it. Imbalance is defined as a state of satisfaction or fulfillment in a focused domain (e.g., work, family) that ultimately leads to negative affect in other domains. Balance is defined as a state of satisfaction or fulfillment in several important domains.

7). **Self-Actualization:** People who achieve self-actualization are happy and successful. Maslow believed that self-actualization is the highest personal aspirational need in his hierarchy of needs. It represents where the potential is fully realized after more basic needs, such as for the body have been fulfilled. Maslow felt that it gave the individual a desire, or motivation to achieve their highest ambitions.

8). **Prioritization:** One of the reasons people lose their peace and fail to find happiness and success is because they get their priorities out of line. There are so many choices to which people can give their time and attention. Without clear priorities, people can become stuck with indecision. Some options are clearly bad and easy to avoid, but many are good. Yet, even good things can disrupt our priorities. As Stephen Covey wisely advises, we must put first things first.

9). **Avoiding Negative People:** If you feel that there are people you interact with who always leave you feeling bad about yourself or others, stop meeting them. If you can remove them from your life, do so. The reason this is important is that at some level all of us are vulnerable. At some level, we are influenced by other people – no matter how independent we may think we are. Remember that you can help other people the most when you are happiest. Your being happy is of utmost importance.

10). **Religiosity:** Religion plays a very important part in achieving happiness. Studies have found that people who believe in and practice religion are comparatively happier than those who don’t. In Quran it is mentioned that Allah has promised contentment and happiness for those who remember Him. One simple way of overcoming your loneliness, stress, anxiety and fears is to have complete faith and be in touch with your God, who will surely take you into the realm of peace, serenity and well-being.

Please note that because of limitation of space, the remaining techniques are mentioned briefly:

11). **Leisure Activity:** One important way of being in a positive mindset is your engagement in any leisure activity on daily basis, that usually results in physical relaxation and mental enjoyment. e.g: walking, listening to music, painting, dancing or any social activity etc.

12). **Avoid Grumbling:** One of the obstacles to happiness and a life of positivity and upbeat goodness is to grumble or complain as part of our routine life.

13). **Be Realistic and Objective:** Try to judge people and situations realistically and objectively.

14). **Overcoming your Fears:** It is important to overcome our common fears of criticism, poverty, ill health, and death, etc.

15). **Accepting your Limitations:** Having insight into your weakness and strengths helps you to have a proper and realistic perspective about yourself.

16). **Dealing with Stress:** Research has found an inverse relationship between happiness and stress. It is essential to successfully deal with any stress that emerges in your life.

17). **Solitude:** Regularly spending time on your own has many benefits. Solitude helps to develop insight into your life. Happy people reserve time for solitude.

18). **Physical Health:** It is important to look after your body and diet as having a healthy body has close association with happiness. Aerobic exercise not only promotes health and energy, but is also an antidote for mild depression and anxiety.

19). **Taking control of your Time:** Happy people feel in control of their lives, often aided by mastering their use of time. It helps to set goals and break them into daily aims. It is there essential to the quest for happiness that we be aware that time is our most precious commodity.

20). **Wazir’s Principle:** Finally, I would like to mention one very important principle of happiness of my father, Mr. Wazir Ahmad Rana, who was a very happy man. He believed in living a virtuous life and helping the Down-trodden. He not only practised this principle throughout his life, but also taught this to his children, friends and people around him.

To sum up, the search for happiness is not about looking at life through rose-colored glasses or blinding oneself to the pain and imperfections of the world. It is about learning how to put things in perspective and reduce the gap between appearance and reality. To that end, we must acquire a better knowledge of how the mind works and a more accurate insight into the nature of things. Happiness does not come automatically. It mostly depends on us. One must practice the things which produce happiness. One does not become happy overnight, but with patient labor, day after day. Happiness is constructed, and requires effort and time. In order to become happy, we have to learn how to change ourselves. Remember that happiness can be contagious.

I, sincerely believe that practicing the above techniques will definitely be beneficial for you. I wish the readers a life full of happiness.



NOOR SADIQ

Student Testimonial

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My time at the Center for Well-being and Positive Psychology has been incredible. One of the activities I enjoy most is mindful walking. It allows me to slow down, breathe, and truly be present. I never knew something as simple as walking could bring so much peace. This practice has helped me feel calmer, more focused, and less stressed. I’ve learned to be more aware of my thoughts and surroundings.

The Center provides such a welcoming and supportive space. The instructors are kind, encouraging, and truly inspiring. I leave each session feeling refreshed and uplifted. Mindful walking has become a part of my daily routine. I now approach life with more balance and mindfulness. I’m grateful for everything I’ve gained from this experience. The Center has had a truly positive impact on my well-being.



AYESHA HAIDER

The Power of Inner Peace in a Chaotic World

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In today's fast-paced and unpredictable world, finding inner peace has become more important than ever. With constant demands, social pressures, and uncertainties surrounding us, maintaining a calm and balanced mindset can seem challenging. However, inner peace is not just a fleeting state of mind; it is a way of living that fosters emotional resilience, mental clarity, and overall well-being.

Inner peace begins with self-awareness. Understanding our thoughts, emotions, and triggers allows us to navigate life with greater control and composure. When we are mindful of our reactions and cultivate a sense of detachment from external chaos, we develop the ability to remain calm even in stressful situations.

One of the most effective ways to nurture inner peace is through mindfulness and meditation. Taking time each day to reflect, breathe deeply, and center ourselves helps clear mental clutter and fosters a sense of serenity. Simple practices such as deep breathing, gratitude journaling, or spending time in nature can significantly enhance inner calmness.

Forgiveness and acceptance also play a crucial role in maintaining inner peace. Holding onto past grievances and resentment creates emotional turmoil, while learning to forgive and let go allows us to move forward with a lighter heart. Accepting that some things are beyond our control and focusing on what we can change fosters a peaceful mindset.

Additionally, building positive relationships and engaging in acts of kindness contribute to a harmonious inner state. When we uplift others and surround ourselves with supportive people, we create an environment that nurtures peace within and around us.

Ultimately, inner peace is not about escaping life's difficulties but about developing the strength to face them with grace and clarity. By prioritizing self-care, mindfulness, and emotional balance, we can cultivate a life of harmony, even in the midst of chaos.



ANUM AZHAR

Understanding Distress Tolerance: Building Resilience in Difficult Times

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Life is filled with challenges that can evoke frustration, anxiety, or hopelessness. Distress tolerance is the ability to endure emotional discomfort without resorting to harmful coping mechanisms. It's a vital skill for managing intense emotions, particularly in crises, and a key concept in Dialectical Behavior Therapy (DBT). This approach helps individuals respond constructively to challenges and avoid destructive behaviors.

Developing distress tolerance enables individuals to stay composed during crises, make thoughtful decisions, and build emotional resilience. Without it, people may turn to impulsive behaviors like substance abuse or self-harm. By cultivating this skill, one can navigate difficulties with clarity and purpose, fostering long-term well-being.

Key strategies for building distress tolerance include radical acceptance, which involves acknowledging reality without judgment. This approach shifts focus from resisting the situation to addressing what is within one's control. Distraction techniques, such as engaging in physical activity or reaching out to a friend, can temporarily reduce emotional intensity and create mental space to process feelings.

Self-soothing techniques like listening to calming music, taking a warm bath, or using aromatherapy can promote relaxation. Additionally, TIP skills, Temperature, Intense exercise, Paced breathing, and Progressive relaxation are effective in calming the mind and body. Reflecting on the pros and cons of impulsive reactions versus tolerance can also reinforce the benefits of maintaining composure.

Long-term resilience requires consistent effort. Mindfulness practices enhance emotional regulation, while a healthy lifestyle including balanced nutrition, exercise, and sufficient sleep provides a strong foundation. Building supportive relationships and seeking professional help when needed can further enhance coping abilities.

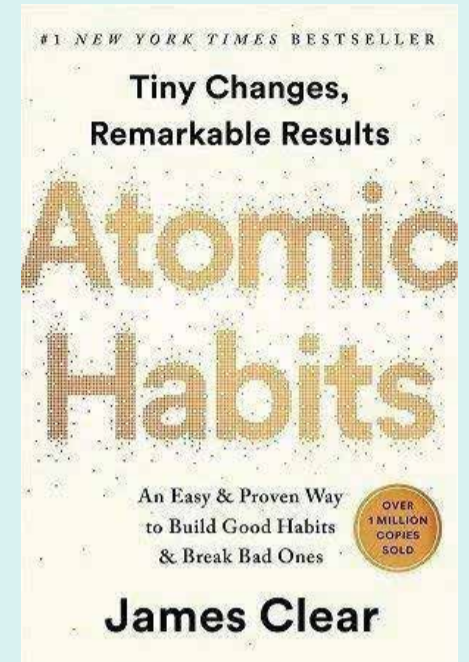
Distress tolerance is not about avoiding pain but enduring it with strength and grace. With practice and support, individuals can face life's challenges with resilience and composure.

BOOK RECOMMENDATION



Atomic Habits by James Clear

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Atomic Habits is a practical guide on how small, consistent changes can lead to significant improvements over time. James Clear emphasizes that success isn't about big leaps but about the compound effect of tiny habits. The book introduces four laws of behavior change: make it obvious, attractive, easy, and satisfying, all of which can help create lasting habits.

Clear also emphasizes the importance of habit stacking (linking a new habit to an existing one) and environment design (shaping your surroundings to support your goals). A key takeaway is focusing on identity—becoming the type of person who naturally exhibits the habits you want.

While it can feel repetitive at times, Atomic Habits offers actionable advice that's backed by research and real-world examples, making it accessible for anyone looking to improve their habits and overall life. It's a must-read for anyone seeking personal growth or long-term success through consistent, small improvements.

Readers Activity: Rate Yourself on the Well-Being Scale

Below are Four key areas of emotional well-being. On a scale of 1 (low) to 5 (high), rate yourself honestly in each category:

1. Emotional Resilience – How well do you handle stress and setbacks?
2. Academic/Work-Life Balance – Do you feel in control of your workload?
3. Self-Compassion – How kind are you to yourself in difficult times?
4. Positive Relationships – Do you feel supported by friends and family?

Reflection:

Which area did you score highest in? Celebrate your strength!

Which area could use improvement? What small step can you take today?





AQSA SHABBIR

Digital Detox: How Reducing Screen Time Improves Mental Health

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In an era dominated by digital devices, the concept of a "digital detox" has gained significant attention. It refers to a period during which individuals intentionally reduce or eliminate their screen time to improve mental well-being. Research suggests that excessive screen use can contribute to anxiety, depression, sleep disturbances, and cognitive overload. This article explores how reducing screen time positively impacts mental health and provides practical strategies for implementing a digital detox.

The Psychological Impact of Excessive Screen Time

1. Increased Stress and Anxiety

Studies indicate that constant exposure to digital screens, especially social media, can increase stress and anxiety levels. The "fear of missing out" (FOMO) and comparison culture prevalent on social media contribute to negative self-perception and increased anxiety (Andreassen et al., 2017).

2. Depression and Loneliness

Excessive screen time is linked to higher rates of depression and loneliness. A study by Twenge et al. (2018) found that adolescents who spent more time on screens reported lower happiness levels compared to those engaging in offline activities such as sports and social interactions.

3. Sleep Disturbances

The blue light emitted from screens interferes with melatonin production, disrupting sleep patterns (Chang et al., 2015). Poor sleep quality is associated with heightened emotional distress and reduced cognitive functioning.

4. Reduced Attention Span and Cognitive Overload

Constant digital engagement can lead to shorter attention spans and cognitive overload. Research by Ophir et al. (2009) suggests that multitasking with digital media negatively affects cognitive control and working memory.

Benefits of a Digital Detox

1. Improved Mood and Emotional Well-being

Reducing screen time has been shown to enhance mood and emotional stability. Limiting social media use, in particular, can decrease symptoms of anxiety and depression (Hunt et al., 2018).

2. Enhanced Sleep Quality

A digital detox, particularly before bedtime, can lead to improved sleep quality. Avoiding screens at least one hour before sleep allows the body to naturally regulate melatonin production, leading to better rest (Cajochen et al., 2011).

3. Stronger Interpersonal Relationships

Engaging in face-to-face interactions instead of digital communication strengthens relationships. Studies highlight that in-person social interactions contribute to greater emotional support and overall life satisfaction (Diener & Seligman, 2002).

4. Increased Productivity and Focus

Limiting screen time helps improve concentration and productivity. Research shows that reducing digital distractions enhances task performance and critical thinking skills (Levine et al., 2013).

Strategies for Implementing a Digital Detox

1. Set Screen Time Limits

Utilize apps that track and limit daily screen usage, such as Apple's Screen Time or Google's Digital Wellbeing.

2. Designate Tech-Free Zones

Establish areas in the home where digital devices are not allowed, such as the dining room and bedroom.

3. Engage in Offline Activities

Replace screen time with hobbies like reading, exercising, or spending time in nature to promote well-being.

4. Practice Mindful Technology Use

Be intentional about when and why you use digital devices. Avoid mindless scrolling by setting specific goals for screen usage.

5. Take Scheduled Breaks

Implement the "20-20-20 rule": every 20 minutes, take a 20-second break and look at something 20 feet away to reduce eye strain.

A digital detox can significantly enhance mental health by reducing stress, improving sleep, strengthening relationships, and increasing productivity. While technology plays an essential role in modern life, mindful usage can help balance its benefits and drawbacks. Implementing small, manageable changes can lead to long-term improvements in mental well-being.



NAWAL BASHIR

Dear Counselor: How do I?

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Dear Counselor, how do I stop trusting people too easily and learn to see them for who they truly are?

Dear Reader,

Trust is a beautiful quality, but when given too easily, it can lead to disappointment. Learning to see people for who they truly are requires a balance between openness and discernment. Here's how you can develop a more mindful approach to trust:

Observe Actions, Not Just Words: People reveal their true character over time. Pay attention to how they behave, especially in difficult situations.

Set Healthy Boundaries: You don't have to share everything right away. Take your time before opening up emotionally.

Trust in Degrees: Instead of trusting fully from the start, allow trust to build gradually based on consistent behavior.

Listen to Your Intuition: If something feels off, don't ignore it. Your instincts often pick up on subtle red flags.

Learn from Past Experiences: Reflect on situations where trust was broken. What patterns do you notice? Use these insights to make better choices moving forward.

It's okay to trust, but trust wisely. Not everyone deserves immediate access to your inner world, let them earn it.

Wishing you strength and discernment,
Your Counselor

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