



Your Wellness Is Our Business



FOUR DIMENSIONS Consulting Limited
富達盟信顧問有限公司

AUTUMN 2019

Headline



According to the “2019 World Happiness Report” released by the United Nations in March, Hong Kong ranks only 76th among the 156 countries and regions surveyed. The series of social incidents caused by the recently proposed amendments to the Fugitive Offenders Ordinance have affected not only the emotions of many citizens, but also their daily routines. Happiness appears to be quite far from Hong Kong. In reality, even if people are affected by their external environments, such as job stability, financial burdens, political changes, and decreasing life satisfaction, they can still continue to choose happiness.

Can We Choose Happiness?

Dr. Seligman, founder of positive psychology, listed a happiness formula in his book “Authentic Happiness”:

Happiness Index =
50% Genetics + 10% Circumstances + 40% Voluntary Activities

The Happiness formula tells us two main points:

1. After people adapt to their environment, their moods quickly stabilize and return to their usual levels.
2. After disregarding elements that cannot be controlled, people can definitely take initiative to choose happiness.

In view of this, we can refer to Harvard University's 20 recommendations in order to develop the habit of happiness.

1. Be grateful.
2. Choose your friends wisely.
3. Cultivate compassion.
4. Keep learning.
5. Become a problem solver.
6. Do what you love.
7. Live in the present.
8. Laugh often.
9. Practice forgiveness.
10. Say thanks
11. Create deeper connections.
12. Keep your agreement.
13. Meditate.
14. Focus on what you're doing.
15. Be optimistic.
16. Love unconditionally.
17. Don't give up.
18. Do your best and then let go.
19. Take care of yourself.
20. Give back.

From today onwards, no matter what your external environment is like, you can start with yourself to enhance your own happiness!



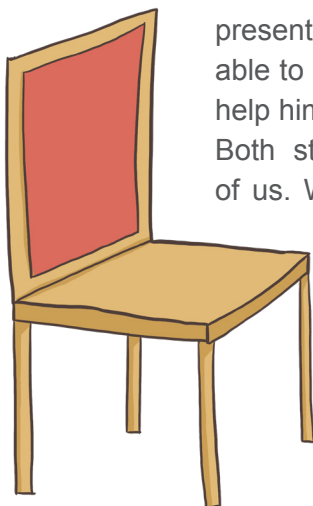


E File

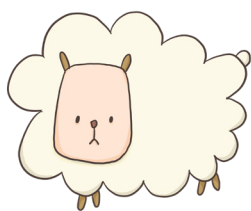
Mark is someone who frequently reflects on his own performance. He demands a lot from himself, making sure that he always handles everything properly, perfectly, and efficiently at work. His excellent work performance gave him many opportunities for several promotions, but his psychological burdens also became increasingly heavier. In the counseling room, the counselor realized that Mark always uses self-blame and guilt to motivate himself and improve his work performance. However, this self-criticism has also bred lots of anxiety and uneasiness. Over time, Mark began to feel physically and mentally exhausted, even having repetitive nightmares. The counselor worked through Mark's self-criticism with him using Two-Chair Dialogue. In the process, he was able to connect with himself and face his own harsh comments on himself. Mark's inner battlefield was experienced tangibly and

presented before his eyes. In the process of the treatment, he was able to reconcile with himself, clarify his own needs, and find ways to help himself cope with external pressures.

Both strengths and weaknesses, light and darkness, are a part of us. When we are willing to accept our limits, choosing care and encouragement over criticism and scolding, we will find our inner strength increasing, making us more powerful and capable of facing challenges!



Chicken Soup for the Soul



One day, a sheep complained to God that he no longer wanted to be a sheep, because the sheep pen was not nearly as wide and spacious as the sky. Instead, he wanted to be a bird and fly freely. So, God turned the sheep into a sparrow. A few days later, the sparrow came to God again, complaining that he no longer wanted to be a sparrow. When he is flying in the sky, the eagles can catch him; when he is in a nest on a tree, venomous snakes can bite him. This time, God did not agree to the sparrow's requests. The sparrow reflected on this day and night, and finally understood that every animal has his or her own difficulties, and that no single circumstance is perfect. Thus, the sparrow stopped praying for God's help and continued living his life peacefully.

Some people look at their own difficulties like the sheep did, envying and even longing for what others have, causing them to be deeply unhappy. Some people, however, can appreciate the imperfections of life, cherish what they have, and use their good qualities to their advantage to add color to their lives. What will you choose?