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OPPAM

O N L Y P O S I T I V E



**Where Does
Happiness
Come From?**



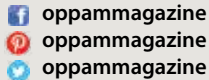
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Editorial

PROF ANTONY P JOSEPH
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When Looking in the Mirror

No matter how busy people are, almost everyone looks into the mirror at least once a day. Since it is something we do regularly we don't find anything special about it - that is the truth. What we see in the mirror is someone we have been seeing for years. Many people wonder, "What is so special about that?" But what we see in the mirror isn't just an ordinary person who is our age and seems unremarkable - it is a wonder, a possibility.

Didn't get it? Let me explain.

In this world, there is only 'one' of us. That is the miracle each of us is. There is no one else who thinks like us, who has our unique talents, or who holds the same goodness. But still, we don't see ourselves as valuable. So many possibilities lie within us! Yet we don't make use of those possibilities in the way we should. Each person is like a mine - only when we dig deep do we find the precious things. The mirror tells us that we are the person meant to do that digging. It says, "There is only one you - see yourself as someone valuable."

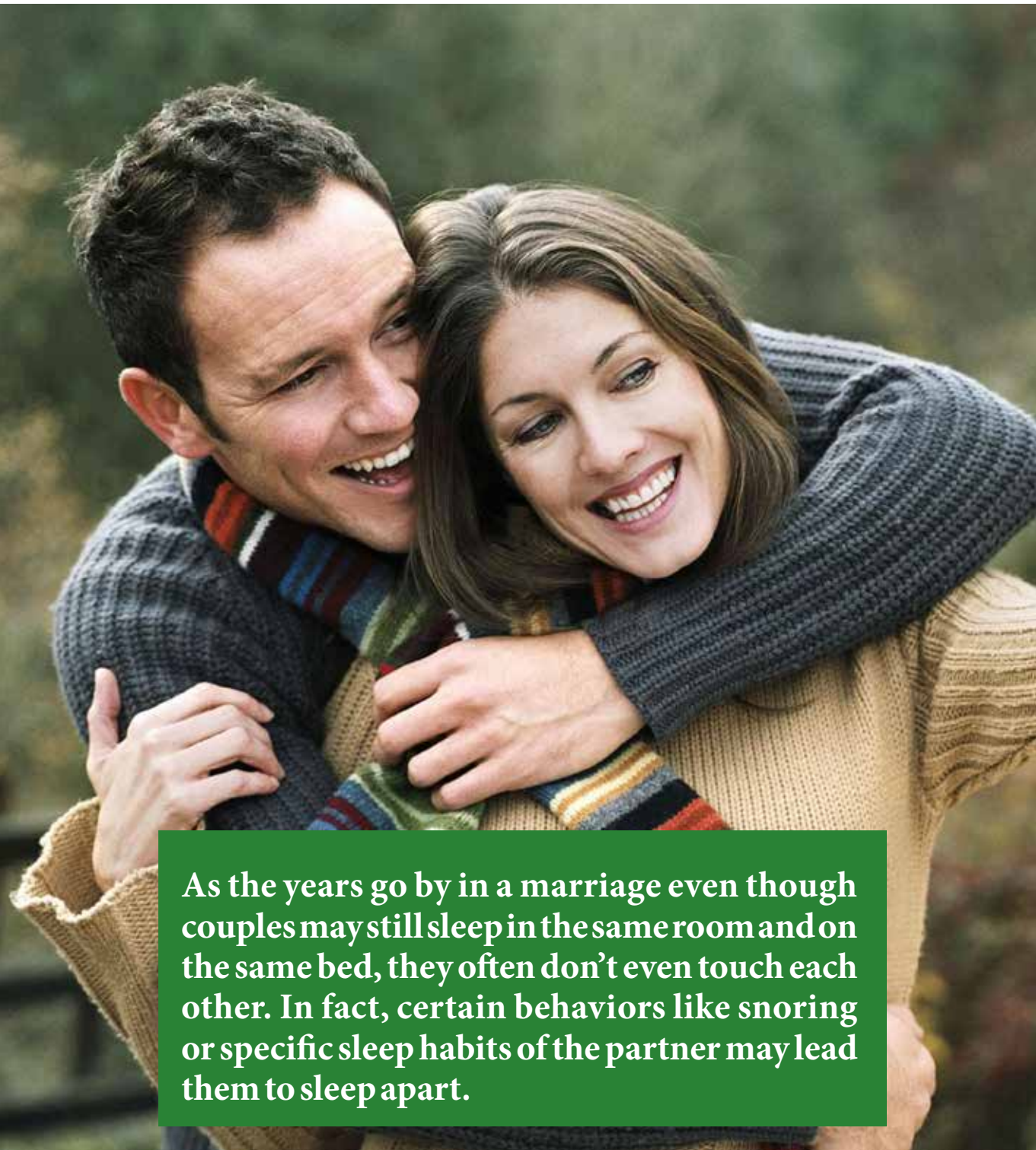
The mirror is both our enemy and our friend. It becomes an enemy when we look into it and focus on our limitations and boundaries, when we devalue ourselves, when we judge ourselves as ordinary and when we set limits saying, "This is all I am."

The mirror becomes a friend when we challenge ourselves, when we grow and encourage ourselves. The mirror is not just for checking appearances - it is a medium that reminds us of our worth.

So from now on, let there be a new perspective when we look into the mirror. May each of us be able to look with wonder, amazement and self-respect.

Regards
Prof Antony P Joseph

Want to Strengthen Marital Intimacy?



As the years go by in a marriage even though couples may still sleep in the same room and on the same bed, they often don't even touch each other. In fact, certain behaviors like snoring or specific sleep habits of the partner may lead them to sleep apart.



Do you wish for your marital relationship to always continue with the same intensity and love? Then there is just one thing you need to do: every night sleep in the same room, on the same bed, holding each other close.

As the years go by in a marriage even though couples may still sleep in the same room and on the same bed, they often don't even touch each other. In fact, certain behaviors like snoring or specific sleep habits of the partner may lead them to sleep apart. But do you know the emotional and physical benefits of sleeping close together, cuddling each other?

The most important benefit is stress reduction. The presence of a loving partner helps release oxytocin, a hormone that reduces stress. When couples sleep cuddled with love, their minds relax and oxytocin is released, helping to lower stress levels. Sleeping face-to-face while touching or spooning (one partner holding the other from behind), encourages love and intimacy. Entwining legs while cuddling also deepens the emotional bond. Resting your head on your partner's shoulder while sleeping is another sign of such closeness.

On the other hand sleeping with backs turned, maximizing distance by keeping arms and legs apart, and giving only a tiny space to your partner on the bed are all signs of emotional distance in the relationship.

So dear couples - try to sleep in the same room. Try to cuddle while sleeping. Let positivity fill your bedroom and may your marital relationship become stronger and more beautiful.

Have You Considered Ending a Friendship?



Friendship is one of the most valuable relationships in human life. A bond based on love and trust, true friendship is a symbol of emotional satisfaction and mental closeness. However, not all friendships help us grow - in fact, some may actually drain us. Such relationships can silently become toxic and leave us mentally, physically and emotionally exhausted. And often, we don't even realize it.

Experts say it is crucial for our mental health to recognize and distance ourselves from harmful friendships. They also point out that there are certain signs that help us understand when it is time to step back or walk away. Understanding these signs can help us better evaluate and manage our relationships.

Signs You May Need to End a Friendship

You feel emotionally drained after spending time with them

Friendships should bring joy and energy. But with certain friends, just talking to them can make you feel mentally exhausted - and this fatigue can affect your body too. These symptoms may not be obvious at first. The cause is often constant arguments, negativity, blame, or sarcasm. Psychologists call this 'emotional fatigue'. If it happens regularly, it may lead to emotional burnout.

The relationship is one-sided

Any healthy relationship grows through mutual support, compromise and understanding. In a true friendship





both people give and receive support equally. But in some friendships one person is doing all the work - trying hard to maintain the bond, being patient, forgiving and showing interest. Meanwhile the other person does not respond at all.

For example, you keep calling, apologizing or reaching out to a silent friend - but they never reciprocate.

According to therapists, this is a form of 'emotional exploitation'. Such friendships rarely benefit you.

They disregard your values and make fun of you

Our core values - beliefs, ethics and worldview - define who we are. But some friends repeatedly mock or criticize those values. They treat everything you say as silly or insignificant. In such situations, you are forced into silence,

unable to defend yourself or express your views. This can cause serious mental distress.

Psychologists refer to this as 'value dissonance' and friendships like this often exhibit toxic compatibility - they seem to work on the surface but are actually harmful underneath.

They never change, but you are always the one forgiving

Forgiveness and kindness are essential to friendship. But if one person keeps making the same mistakes and never apologizes, that is a red flag. Experts warn that if someone refuses to change despite repeated harm, the friendship is likely harmful to you.

You are afraid to talk or meet them

If just receiving a phone call or message from them causes stress, anxiety, or physical discomfort, it may be a sign that you have started to emotionally reject the relationship.

For instance, when they text you, you hesitate to open the message for a few minutes. This lack of enthusiasm shows that you are slowly detaching from the friendship.

Friendship should offer emotional safety. If fear or pressure keeps you from being yourself around someone, that is a clear red flag. Ending such friendships requires courage. It is wonderful that someone walked alongside you for a part of life's journey but not all journeys are meant to go in the same direction.

Stepping away from such a relationship - with love and dignity - is an act of self-respect and self-care. Friendship should brighten life, not drain it. If needed, end the friendship.

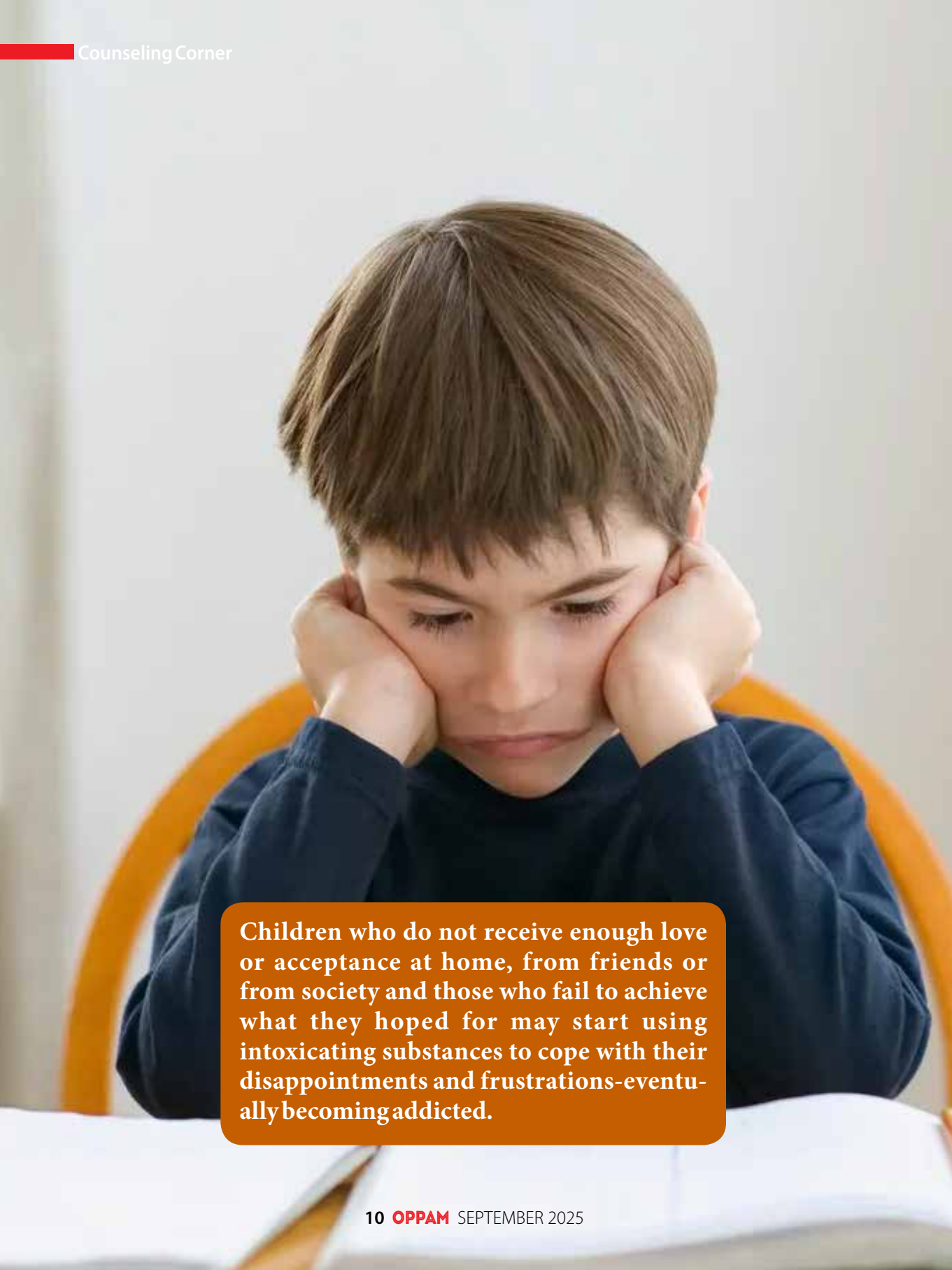
Sometimes, we must let go of the old to make room for something new.

Ask Yourself



- Does this friendship boost my self-confidence?
- Can I be my authentic self around this person?
- Am I growing in this relationship?





Children who do not receive enough love or acceptance at home, from friends or from society and those who fail to achieve what they hoped for may start using intoxicating substances to cope with their disappointments and frustrations-eventually becoming addicted.

What is ADHD? Here's What You Need to Know

ADHD is a mental health condition increasingly seen in children across the world today. The full form is Attention Deficit Hyperactivity Disorder. Broadly speaking, it is a condition where different brain functioning leads to symptoms like inattention, hyperactivity and impulsive behavior.

However many parents and society as a whole still hold a lot of misconceptions about ADHD.

These misunderstandings can misguide both children and their parents. Therefore, it is essential to correct and clarify these wrong beliefs. Let's take a look at some of the most common myths:

ADHD only affects boys

It is true that ADHD is seen about twice as often in boys as in girls. But that doesn't mean girls don't experience it. In fact, because of this misconception many girls with ADHD go undiagnosed or don't receive the right treatment. Often girls with ADHD may be quieter, making their symptoms easier to overlook or misinterpret.

ADHD is just hyperactivity or misbehavior

Children with ADHD naturally exhibit hyperactivity and impulsivity.

They often have difficulties with forward-thinking and self-regulation. But this is not due to them being "naughty" - it is a genuine neurodevelopmental condition. These children struggle to control their thoughts and actions and they need understanding, not blame.

Everyone has a little ADHD

This is a major oversimplification. While anyone can get distracted occasionally, ADHD is a medically recognized condition characterized by consistent and significant symptoms. People with ADHD show differences in neuronal activity and dopamine regulation. It is not just about getting distracted - it is a persistent and diagnosable disorder.

Bad parenting causes ADHD

This belief unfairly burdens parents with guilt. ADHD is influenced by genetic and neurological factors, not parenting flaws. While parents and teachers can help manage the condition, they are not responsible for causing it.

Kids with ADHD are not intelligent

This is completely false. Many people with ADHD are highly intelligent and creative. They often excel in problem-solving, though they may think in

non-linear or unconventional ways.

Some well-known individuals who experienced ADHD as children include:

Michael Phelps (Olympic swimmer)

Justin Timberlake (musician/actor)

Medication for ADHD is like drug use

Medications like methylphenidate and amphetamines, used in treating ADHD, are scientifically tested and

prescribed by doctors. They are not addictive when used correctly and can significantly improve focus and self-regulation. Proper treatment can lead to major improvements in school performance and social life.

Kids will “grow out” of ADHD

This is another misunderstanding. While ADHD symptoms may change with age, they often continue into adolescence and adulthood. Around 60% of those diagnosed in childhood continue to experience symptoms later in life. The challenges may evolve, but they don't vanish entirely.

Children with ADHD can't be successful

This belief harms children's self-confidence. With the right support in areas like planning, time management and emotional regulation, children with ADHD can thrive and showcase their talents.

Inspiring examples:

Simone Biles (Olympic gymnast)

Kirsten Smith (NASA engineer)

The Truth About ADHD

ADHD is not a fault - it is just a different way the mind functions. Only by correcting these misconceptions can society and parents effectively support children with ADHD.

Parents who seek help should be met with compassion and informed guidance, not judgment. What they need is support - not blame.

Just like children without ADHD, these children also have the right to live, learn and dream.

And we are the ones who must guide them on that path.

(Source of information: Internet)



Am I a Weak Person? Why Does It Feel That Way?

Human beings are social creatures. Each individual has unique traits and abilities. However, we often see some people in society who are unable to fully showcase their potential and tend to stay in the background. These individuals are often labeled as 'weak' - but this is not about a lack of physical strength. It is about a lack of self-confidence.

What is Weakness, Really?

Personality is a unique combination of traits each person possesses. While some display it strongly, in others it remains hidden or less obvious. The main characteristic of a so-called 'weak person' is low self-confidence.

Those who live without believing in their own abilities are rarely ready to move forward. A minor failure in an exam can make them feel as though they have lost their entire future.

A student who excels academically might step back from public speaking simply due to fear. If this fear becomes a pattern, that person gradually adopts a weak self-image. They may lose direction in life and begin to rely heavily on others for decisions, often feeling confused and dissatisfied.

From a psychological standpoint, such individuals frequently exhibit high levels of 'neuroticism' - a thinking style rooted in excessive worry, despair and self-doubt.

How Weakness Manifests

They tend to succumb easily to fear.

Fear of new situations or challenges causes them to retreat. Their lack of clarity and inability to adapt leads to social withdrawal.

They hesitate to form new relationships, express opinions or face public forums.

Even small changes cause deep

anxiety, making it hard for them to cope with life events like job loss or failure.

They show instability.

Before even starting toward a goal, they get lost in scattered thoughts. Believing they can never succeed, they avoid risks or new efforts.

They lack consistency - a crucial factor for personal growth.

Doubts like "Is this the right decision?" or "What will others think?" constantly plague their minds, keeping them from following through.

The Cost of Self-Doubt

For example, an artist who dreams of showcasing their talent may hold back, thinking, "Am I really that good?" This mindset keeps them from achieving their potential.

Socially, such individuals hesitate to build new connections, avoid public speaking and fear expressing their opinions. This results in isolation and





loneliness.

Emotionally they have poor emotional regulation.

Even minor events can cause intense emotional reactions. Sadness, worry, frustration and over thinking are common. Criticism from others can be hard to handle, even damaging meaningful relationships.

Over time, this mental fragility can impact physical health - leading to insomnia, anxiety disorders, depression or mood swings.

Can Weakness Be Overcome? Yes.

Weakness is not inborn. It develops over time through negative experiences. But with self-confidence, effort and positive thinking, it can be defeated.

Society must approach such individuals with compassion and encouragement. Only when a positive environment is created to build confidence can people rise above their perceived

weaknesses.

Long-term sadness destroys both mental and physical well-being and ultimately ruins productivity. But weakness is not permanent. It can be changed.

How to Begin Overcoming Weakness

Understand your mental state (Self-awareness): Recognize the reasons behind your sense of weakness. Self-reflection is the first step toward change.

Adopt positive thinking patterns: Seek support from others. Start celebrating even small wins before confidence completely fades.

Start with small goals: Instead of chasing big dreams right away, set small, daily achievable goals that build momentum.

Seek psychological support if needed: For some, psychological counseling may be a helpful and effective solution.



I Must Value Myself

We often wait endlessly for recognition and appreciation from others, but how much do we truly accept ourselves?

While we admire others for their beauty, skills and achievements, how often do we feel proud of our own unique talents?

The first step is this: accept yourself. Respect yourself.

Take a moment to reflect - How many special qualities do I have that others don't?

When was the last time you told yourself, "Well done, you are really capable!"?

We often encourage others with kind words - knowingly or unknowingly, sincerely or casually. But when it comes to ourselves we rarely do the same.

That is why, starting today, learn to value yourself. Appreciate yourself. Take pride in your abilities - not with arrogance, but with healthy self-respect.

Your Body Deserves Love, Too

Another important aspect is taking care of your health. A healthy body and a healthy mind are deeply connected. Give attention to your physical health and appearance - not out of comparison, but out of care and self-love.

Everyone's body is different. Other people's shape, color or features might appear more attractive to us - but those are theirs.

Only you have control and ownership over your body. So love your body - with the understanding that this body is mine, unique and beautiful in its own way.

No one else in the world has it. Take care of it with proper rest, enough sleep and balanced food habits.





Where Does Happiness Come From?

We can only enjoy life when we feel it has meaning. Having a goal or a mission in what we do brings satisfaction and joy - even in our work.



Let us begin by stating a simple truth: happiness does not come from the outside - it comes from within. It is deeply connected to our thoughts, relationships, spirituality and goodness. That said, we cannot deny that material comforts do contribute to happiness to some extent. But when even materially successful people admit to feeling empty or unsatisfied, we begin to understand that true happiness is not merely external.

Therefore, we need to look at the sources of happiness from different angles.

What Truly Brings Happiness?

A Sense of Purpose: We can only enjoy life when we feel it has meaning. Having a goal or a mission in what we do brings satisfaction and joy - even in our work. When we have purpose, even

routinetaskscanbringdeepfulfillment.

Loving and Respectful Relationships: Connections built on mutual love and respect - with family, friends and colleagues - offer deep emotional happiness, peace and comfort.

Gratitude: True gratitude is not just saying "thank you" - it is the realization that, though we may feel we lack something, there are many others who have far less. This awareness transforms us.

We must practice gratitude not just for major events, but for small things like getting paid for a day's work.

Gratitude lies not only in receiving but in recognizing the health and ability that allowed us to work in the first place - especially when many work tirelessly and still don't get paid.

Spirituality: Spiritual practices such as meditation and prayer can calm a restless mind and offer peace and happiness. For many, thinking about or connecting with the divine brings inspiration, comfort and a sense of joy.

Avoiding Unnecessary Comparisons: Happiness grows when we learn to be content within ourselves rather than constantly comparing with others.

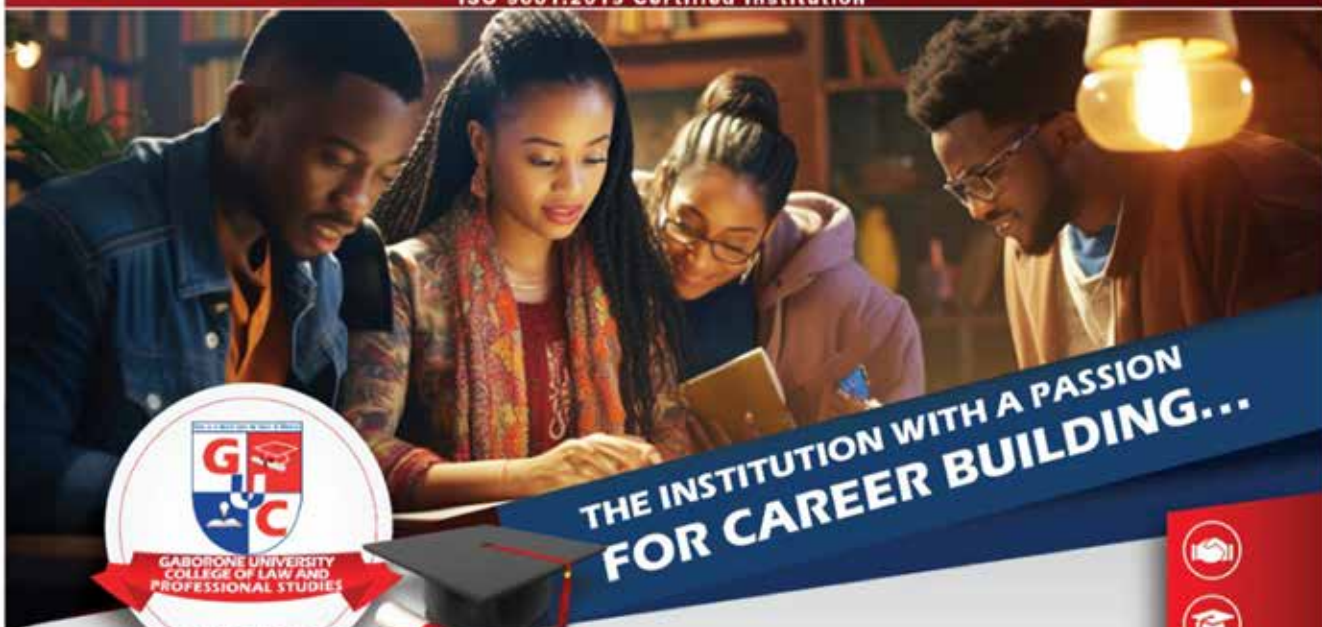
When we take pride in what we have, and accept our limitations, happiness becomes a natural state.

Helping Others: Helping someone in need brings happiness - though many of us are unaware of this. Even when we have the means, we hesitate to help, fearing we will lose something. This is a misconception. Try giving a small portion of what you have to someone in need - you will feel a joy, not a sense of loss.

No one else can bring happiness to us. Happiness is something we must discover and create within ourselves.

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