

# BRIDGES

CELEBRATING INTERNATIONAL  
DAY OF HAPPINESS!!

21/03/2021

Chief editor  
Sara Diab

DO MORE OF WHAT  
MAKES YOU HAPPY



[bridgesqfi@gmail.com](mailto:bridgesqfi@gmail.com)

HAPPINESS IS  
ENJOYING THE  
LITTLE THINGS IN  
LIFE

# NEWS

*The International Day of Happiness is celebrated every year worldwide since 2012. This day was established by the United Nations General Assembly to raise awareness about the importance of happiness to one's mental health.*



# THE HEART OF HAPPINESS

**Joshua Hackett**

**“Actions may not always bring happiness, but there is no happiness without action.”**

**- William James**

If the last year has taught us anything, it's that we need to focus on our happiness. This is important since it contributes to our self-confidence and even our health. The challenge with happiness, however, is that it's often completely subjective. What makes one person happy doesn't seem to apply to everyone. While it may be true that everyone takes enjoyment from different movies and video games, there are more important things to happiness that are common to everyone.

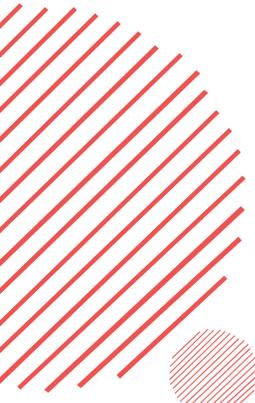
If there is one universal element to happiness, it's surrounding yourself with people who care about you. Whenever I close my eyes and think about my happiest moments, they always involve friends and family. It can be going to the mall with a friend or two, having a barbeque with your mother and father, or just chatting with your grand-parents! These special people let you be yourself, so you no longer have to pretend to be someone you are not. It's a huge relief to be able to express yourself to people like this because your family and friends are always there to help you. In this way, happiness isn't about what you have; it's who you have!

Another important aspect of happiness is what makes you content as an individual. Having free time to pursue hobbies and interests helps you during those times when no one else is around. Challenging yourself with things you like can help you lead a happy life. Research shows that people who pursue hobbies have less stress and are more interested in all aspects of their lives. They even have lower heart rates! Hobbies can help you unwind after a long day at work or school and can help you find what you're good at and can improve self-confidence.

It's difficult to be happy with others if you cannot be happy with yourself.

My final recommendation for happiness is something that can help the entire planet: helping other people or 'paying it forward. When you help other people, it improves your self-esteem and gives you a profound sense of euphoria. Most importantly, however, it makes the other person happy as well. Giving to others helps you realize that you have a purpose in this world and that we are all connected. One good deed will lead to another, which is called 'paying it forward. Maybe the person you helped will one day be inspired to support other people, and your act of goodwill be contagious and will promote positive behavior in the entire community!

It's crucial to find happiness in your life, but it cannot be found in things you buy at the mall or on the internet. It is found only in your relationships with others and your development as an individual.



# THE BRIGHT SIDE

“When I have this, I’ll be happy. When I become that, I’ll be happy. When I reach that standard, then I’ll be happy.” These are very common thoughts that cross our minds. But what if we focused on what we already have, who we already are, and what we’ve already achieved? What if we’re thankful for them? Before you carry on reading, take a minute or two and write down 5 things in your life you are grateful for. Most importantly, write down why you are grateful for these things.

Have you noticed how you were actively searching for the good? In times when everything seems to be going wrong, I personally find it helpful to sit down and reflect on what is actually going well. I must admit that I do need to remind myself about the good in my life sometimes!

It is so easy to take the little things for granted; what keeps you alive, what makes you smile. To me, happiness is all about gratitude!

The sun that smiles at you every morning, your eyes that see the beauty around you, your legs that take you to your favorite place, the pretty little flower that stood out to you on your walk outside today...there is so much good! Why postpone joy?

“Happiness, not in another place but this place, not for another hour but this hour.” ~ Walt Whitman

“Do not spoil what you have by desiring what you have not, but remember that what you now have was once among the things you only hoped for.” ~ Epicurus

Be grateful for the great person you are! Be grateful for all the times your kind words made someone’s day a little brighter, for all the times you made other people smile, and for all the times your hard work and perseverance paid off! Give yourself a pat on the back!

Yara Elnaccour

## Breaking News

Covid cases in Qatar have reached a new high since the last major outbreak, this week alone covid cases in Qatar have exceeded the 500 mark. History is repeating its self, since last year around this time, covid cases were higher than ever.



# IF YOU ARE HAPPY, YOU CAN GIVE HAPPINESS.

Happiness is a basic necessity that any living thing needs, it's a need and want.



**Click on this box!**

Depriving yourself of happiness can cause many issues mental and physical. These issues range from heart failure to developing depression, if you ever feel like you are alone or in need of help please do contact someone.

Talking to someone you feel comfortable with can create a major change towards you and possibly a major change towards your outlook on life. In life, we all face challenges that are hard and most of the time seem unfair but having a positive and happy life will make these situations much easier.

An important thing to remember is to never allow any person to judge you based on your source of happiness, not everyone will understand and not everyone has to.

## **Create changes that will make you happier!**

# WHAT HAPPINESS LOOKS LIKE TO STUDENTS IN QFI



# EVENTS IN QATAR

## SAFE BLOOD, SAVE LIVES BLOOD DONATION CAMPAIGN

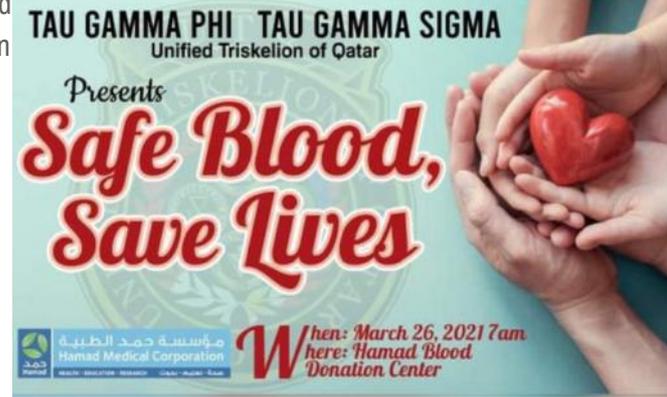
The Gift of BLOOD is the Gift of Life. UTQ is inviting everyone to support and participate in the upcoming blood donation campaign.

Location: Hamad Blood Donation Center

Time: 7 am onwards

Date: 26/03/2021

Email:  
unified\_triskelionofqatar@yahoo.com



## TASWEER PHOTO FESTIVAL QATAR 2021



Qatar Museums will inaugurate Tasweer Photo Festival with a dynamic and interconnected program of exhibitions. The inaugural festival will feature the Sheikh Saoud Al Thani Awards, commissions, collaborations, presentations, and more workshops.

Date: 24 March to 30 May 2021

Location: M7

Email: Marhaba@Tasweer.Qa

## ENVIROTEQ AND AGRITEQ 2021

For seven consecutive years, Qatar's 8th International Agricultural Exhibition (AgriteQ) has been at the forefront in providing a full-fledged platform for local and international agriculture stakeholders to exchange expertise, discover trends and developments, and seize business opportunities in this vital sector. In 2021, AgriteQ returns for its eighth edition.

Date: 23 March to 27 March 2021

Location: Doha Exhibition & Convention Center

Time: 10 am to 7 pm

Email: agriteQ@mme.gov.qa

