

HAPPINESS!

The Dalai Lama, in his wisdom, said that happiness is not ready-made but comes from our own actions. This suggests that happiness is not a trait but a state of contentment; positive emotions that builds self-esteem and mental well-being. There is a strong correlation between mental health and happiness. Happier people have good relationships, find success

in many aspects of life and live healthier lifestyles. Thus, to achieve happiness, we should start to improve our mental health.

With God's grace, we continue to serve!

Fred Cordeiro, Executive Director

What is Post-Traumatic Stress Disorder (PTSD)?

Post-Traumatic Stress Disorder (PTSD) is an anxiety-related mental health disorder that can affect anyone who has experienced a traumatic event. Originally, it was thought to affect only soldiers who have returned from war. However, traumatic events can also include the sudden loss of a loved one, abuse, accidents or natural disasters. The unfortunate and unexpected traffic accident at the junction of Jalan Bukit Merah and Alexandra Road in March this year, where a taxi ploughed into a crowd of pedestrians who were crossing the road, is a good example of a traumatic event. Some people at the scene who had witnessed the accident may find themselves experiencing some symptoms of PTSD post-event, like flashbacks of the accident, sleep difficulties or sudden bouts of anxiety.

Trauma

Before going into the details of PTSD, perhaps it would be useful to first understand what is trauma. Trauma refers to an occurrence in life that is out of the ordinary for a particular individual. Using the examples above, witnessing a traffic accident is an event that is out of the ordinary for most people. However, as the definitions of "normal" differ among individuals, what is considered traumatic for an individual may not necessarily be the case for another. When we experience a traumatic event, our brain is triggered to produce a chemical to get us out of danger. At the end, the memory and details of this event are stored and known as traumatic experience.

Post-Traumatic Stress Disorder (PTSD)

While almost everyone will experience some reactions after a traumatic experience, these usually disappear on their own after some time. However, for people who continue to experience these reactions for a prolonged period of time, they may be diagnosed with PTSD.

Symptoms of PTSD

Flashbacks. Having repeated and distressing recollections and nightmares of the trauma, with the same negative emotions felt when the trauma first happened. Such flashbacks may be caused by a trigger.

Avoidance. Experiencing feelings of numbness and avoiding people, places or things that serve as reminders of the trauma. There is also an avoidance of talking or thinking about the event and isolating/withdrawing oneself from others.

Hyperarousal. Displaying behaviours that indicate heightened arousal, such as finding it hard to sleep or concentrate, feeling jumpy, being easily irritable and being on high alert even when there is no danger present.

Physical symptoms. Physical symptoms can include anxiety, panic attacks, a sense of helplessness, fatigue, shakiness and heart palpitations.

Listen (and dance!) to your favourite songs.

Listening (and dancing) to our favourite songs is an instant mood-lifter that helps to brighten our days. It also gets our heartbeats racing, hence increasing dopamine levels in our bodies.

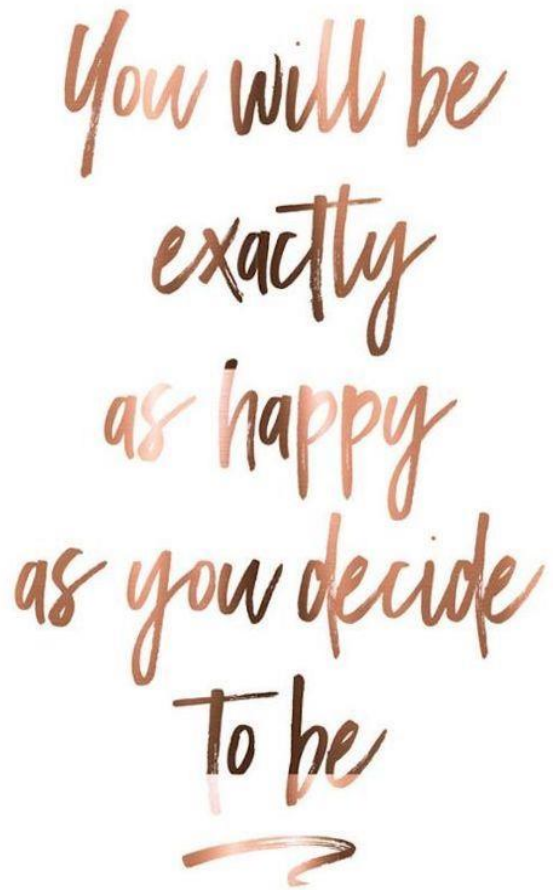
Practise mindfulness. Practising mindfulness (for example, when we are eating or walking) ensures that we are focused on only one task and not multi-tasking. This allows us to be more aware of our surroundings and provides us with an overall a sense of calmness.

Work towards meaningful goals. The goals that we set for ourselves can be related to work, self-improvement or passion. By cultivating the habit of goal-setting, it helps to instil a sense of purpose in us, and brings us satisfaction as we work towards our goals.

Make time for self-care. Remember to take breaks, customise and indulge in your own self-care routine to improve your overall well-being. Self-care helps to refuel and recharge us, and it can include reading a book, taking a walk or pampering yourself with a massage.

Last but not least, we also need to remind ourselves that it is not humanly possible to feel happy all the time. It is perfectly normal and alright to feel down on some of those bad days. What is more important is for us to pick ourselves up after that, give ourselves a pat on the back, and continue soldiering on.

Now, go on and find happiness in the little pockets of your lives!



You will be
exactly
as happy
as you decide
To be

Source: <https://positivepsychologyprogram.com/how-to-be-happy/>
Image credit: Pinterest

UPCOMING EVENTS

Adults Workshops. To register, T: 6757 7990 or E: ask@clarity-singapore.org

Introductory Workshop on 25 May (Sat), Time: 10.30am – 12.30 pm

Small group sessions on 15, 22 & 29 June (Sat) Time: 10am – 1pm

**Overwhelmed by Anxiety? Take Control!
(Open to Public)**

Anxiety can affect people of all ages and social backgrounds. However, if you often feel overwhelmed by anxiety or suffer from panic attacks, you can learn different ways to manage your anxiousness. Join us at this interactive workshop where we seek to find out more about anxiety. We will explore the reasons behind our anxieties and learn different ways to manage this emotion in our everyday life. Target audience: Individuals who may be suffering from anxiety and would like to know more about anxiety and how to seek help. Fees \$15.

Venue: Clarity Agape Village. 7A Lorong 8, Level 3 Toa Payoh, Multi-purpose room, Singapore 319264

UPCOMING EVENTS

6 May, 3 & 17 June (Mon), Time: 10am – 12pm

BAH MOVES

(via referral)

As part of the Better and Happier programme, BAH Moves is an interest group that encourages participants to take small steps towards a more active lifestyle. Activities include short walks to nearby parks, and simple exercises. BAH Moves aims to provide a platform where participants can try out different kinds of physical activities and move together towards a better and happier state of mind. Fees \$0.

Venue: Clarity Yishun. 854 Yishun Ring Road #01-3511 Singapore 760854

16, 30 May, 13 & 27 June (Thu), Time: 10am – 12pm

BAH MAKES

(via referral)

As part of the Better and Happier programme, BAH Makes is an interest group that provides a platform where participants can learn different kinds of crafts and work towards better mental well-being together. It has been found that making crafts is beneficial to our well-being and BAH Makes aims to explore with participants, how making different crafts can aid them in their journey towards a better and happier state of mind. Fees \$0.

Venue: Clarity Yishun. 854 Yishun Ring Road #01-3511 Singapore 760854

19 Jun (Wed), Time: 10am – 12pm

BAH EATS

(via referral)

As part of the Better and Happier programme, BAH EATS is an interest group that promotes healthy cooking and eating as participants come together to discover the joy in cooking. BAH EATS aims to be a platform where participants can learn healthy cooking and eating tips from each other and motivate each other to adopt a healthier lifestyle, towards a better and healthier future. Fees \$0.

Venue: Clarity Agape Village. 7A Lorong 8 Toa Payoh, L3 Cooking studio, Singapore 319264

11 May, 15 Jun (Sat), Time: 2 – 4pm

OCD SUPPORT GROUP

(via referral)

If you are a caregiver for someone suffering from OCD, this network aims to help caregivers and their family receive support and resources. Join us and share your experiences to help others. Fees \$0.

Venue: Clarity Yishun. 854 Yishun Ring Road #01-3511 Singapore 760854

8 May, 19 Jun (Tue), Time: 2.30 – 4.30 pm

In Your Hands: OCD

(via referral)

In Your Hands is a process-oriented group designed to connect individuals in recovery from Obsessive-Compulsive Disorder (OCD). Members both give and receive emotional and practical support surrounding the struggles associated with living with OCD and share their thoughts in a friendly, welcoming environment. Fees \$0.

Venue: Clarity Agape Village. 7A Lorong 8 Toa Payoh, L2 Art Therapy room, Singapore 319264

UPCOMING EVENTS

Youth Workshops. To register, T: 6757 7990 or E: ask@clarity-singapore.org

6, 13, 20, 27 Jun, 4, 11, 18 & 25 Jul (Thu), Time: 2.30 – 4.30pm

Your Empowered Self Better and Happier (YES BAH) Run 2 (via referral)

The YES Better & Happier programme is designed to engage youths with mental health needs in different activities to achieve mental wellness. This programme aims to empower the participants to form a safe and resilient community. There will be 8 sessions in total.

The objectives are to increase self-awareness and awareness of the importance of mental wellness, to increase the ability to build resilience, and to enable the youths to be part of a safe and resilient community. Fees \$0.

Venue: Clarity Agape Village. 7A Lorong 8 Toa Payoh, L2 Art Therapy room, Singapore 319264

7, 28 May, 11 & 25 Jun (Tue), Time: 2.30 – 5.30pm

Catch Up with @theYESinitiative (via referral)

Join us for our fortnightly activity that promotes engagement with the community, increases empowerment for the individual and improves team spirit. Fees \$0.

Venue: Clarity Yishun. 854 Yishun Ring Road #01-3511 Singapore 760854

VOLUNTEER SEGMENT

Volunteering with us can be a great opportunity to give back to the community, if you want to make a difference with your passion and talents, we'd like to engage you. We have opportunities for those who want to work remotely as well as at our public workshops and outreach booths.

If you are interested to be a volunteer, please write to registration@clarity-singapore.org with an introduction, interests and CV. We love to hear from you!

Visit our website for more information. www.clarity-singapore.org