

HAPPINESS OVERLOAD?

by:

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When you feel alone, and you feel like you are about to break and cry, have you ever wondered and asked yourself how you may achieve happiness? Most people, when they are tired from work and feel like they are about to lose their sanity, do different things to satisfy their inner soul of quiet. Some do ask for friends to talk with, to accompany them, and to enhance their negative feelings. However, some people do not achieve full happiness simply because they have something inside their minds.

I, myself, as a teacher had to observe students and teachers who worry too much over little things. I had seen them during their worst times and believe me when I say that it is not a good circumstance. Some break down and cry and some feel like they are about to finish whatever good things they had in their lives. It is not a scenario that they made-up, but it is more than having negative feelings and the trouble of thinking.

When you think that you are alone and you think too much over little things, some experts can help you, initially diagnose what you feel, followed by the identification of what you might be feeling and lastly validating these things and giving your assistance.

For starters, some may think that this is not the case. Some think that whatever they are feeling is normal, and it is a usual sadness that they could get over anytime. Reality only hits them, when this becomes one week, months, and even years of sadness. Much worse to these feelings are the complications to what they might do. Some would like to harm themselves or even worse than this. Some neglect their daily routine which may give them another set of physical and mental complications. These levels of emotions and layers of complications now target the family members.

I had seen some students and teachers who had been experiencing these types of sadness. Some say that they can get over this by just being positive and remove whatever they need to think negatively. However, most of the time, this is not the issue. Since the teachers' tasks and daily work at school are at risk, added with the students who are also experiencing this, may come the idea of just stop entering school, since they think they are not getting the happiness that they want.

Happiness is what people crave for. I think we are designed to have this happiness craving from the beginning of our tasks as humans. Happiness overload is a luxury and a rare gem to be found. What we need to do is, when we are experiencing some of these symptoms that we could not fully understand, find someone to talk with and find the right experts to give you happy pills.

References:

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