

INSPIRING & EMPOWERING WOMEN OF THE UNIVERSE

www.migrantwoman.com

MIGRANT WOMAN

NO. 8 - DEC. 2014 - JAN. 2015 - £4

WHAT WE
LEARNED
FROM
2014+

**JULIA
LANGKRAEHR**

**HOW I MADE MY
FIRST MILLION**

AN AMERICAN ENTREPRENEUR
LIVING IN LONDON

FOR CHRISTMAS
USE YOUR SPIRITUAL
INTELLIGENCE

ASK THE EXPERT
BAYBARS ALTUNTAS - BUSINESS
JUDY PIATKUS - RELATIONSHIPS
SIMON NEWSHAM - TAX ADVICE

**SUSANNA
HALONEN**
THE SECRETS OF
BEING HAPPY

SHAMIN IQBAL
MY EXPERIENCE AS
A MIGRANT MOTHER

**HARRIET
KHATABA**
MY STORY MATTERS

**VLATKA
HLUPIC**
SHIFTING
MANAGEMENT
THINKING

MISTAKES
WOMEN
ENTREPRENEURS
CAN'T AFFORD
TO MAKE

 **SUBSCRIBE NOW**
12 MONTHS
FOR ONLY **£32**


9 772056 294009 >

Susanna Halonen

The formula for living a happy, passionate and healthy life

Happiness is finding the perfect balance between pleasure and meaning in your life – says Susanna Halonen when we ask her about the definition.



SUSANNA HALONEN

Susanna Halonen runs Happyologist, a coaching and training consultancy. She helps individuals and organisations to find their most passionate, positive and productive selves so they can reach their full potential by using happiness to fuel success. Susanna is also a published researcher and has just released her first book on Amazon called **Screw Finding Your Passion: It's Within You, Let's Unlock It.**

www.happyologist.co.uk



Psychologists refer to this as "hedonic" and "eudaimonic" happiness. Hedonic happiness means that you experience positive emotions such as joy in your life, and that overall you are satisfied with your life. Eudaimonic happiness is achieved when you feel your life is worthwhile because it is full of purpose, challenges and personal growth. Basically, it is about savouring all the little joys of daily life, whilst also looking for personal growth and understanding the positive impact you are having on the world.



Why is this 'formula' for being happy in life so difficult for people to discover?

The formula for a happy life is a lot simpler than we think. We have just been taught it the wrong way. There is a misconception that success leads to happiness, when in fact it is happiness that leads to success. That is the first lesson to learn. Secondly, people keep looking for some magical 'happy pill' rather than realising that happiness is right here in front of them.

Happiness is not something you achieve, create or buy; it is something you



choose. And the more you choose happiness, the easier it will become to harness it. Just like you go to the gym to strengthen your muscles, you need to take time to work on your optimism, to strengthen your natural state of happiness. The foundation to this is: learning to appreciate the existing things in your life and focusing on the positives around you. Life is always going to be a roller-coaster ride and you can't control that, but you can control how you approach that ride.

That is why reframing your mind into a more appreciative, optimistic place, will help you to choose happiness in the here and the now. This does not mean that you are happy 24 hours, seven days a week. This means that, when you are faced with challenges, setbacks or upsetting situations, you are able to handle them in a more constructive way that will help you to bounce back into a more positive, productive state quicker.

Some people do not believe in happiness - what makes them feel hopeless?

There are three things which affect your happiness set point: your circumstances, your intentional activities and your genetics. The surprising finding is that your

circumstances influence your happiness by only 10%, whereas intentional activities influence it by 40% and your genetics influence it by 50%. That means that some people's genetics may make them feel more hopeless to start with. However, it is the 40% of intentional activities that we have control over, and hence that is what we should focus on to get out of hopelessness.

Do things that you enjoy, surround yourself with people who inspire and encourage you, and commit to taking care of your body and mind by exercising, eating a balanced diet and sleeping enough. Without these three basics of keeping your body and mind healthy, you are much more likely to suffer from hopelessness.

According to you, what makes a woman happy?

THE FOUNDATION TO HAPPINESS IS TAKING CARE OF YOURSELF, BOTH PHYSICALLY AND MENTALLY. EXERCISE WILL KEEP YOUR BODY HEALTHY, YOUR MIND ALERT AND YOUR CONFIDENCE HIGH. MAKING SURE YOU GET ENOUGH SLEEP WILL GIVE YOUR BODY A CHANCE TO RECOVER

A happy woman is a woman that takes care of herself both physically and mentally. A happy woman appreciates the little daily joys and celebrates every achievement. She challenges herself daily and sees setbacks as opportunities to learn from rather than failures. She is optimistic about the future and works hard to achieve her dreams whilst enjoying her journey towards them.

A happy woman invests in her social relationships, both in life and at work, spending quality time with her loved ones regularly. She makes an effort to make friends out of her colleagues circle, and she helps people when she can (be it random acts of kindness to strangers or giving a friend helpful advice). She walks with a spring in her step and a smile on her face, injecting others with her positive vibes.

What makes you happy and what do you do to remain happy?

For me, happiness is about living my life with passion. With that I don't mean 'following' or 'finding your passion.' I mean the all-encompassing type of passion that enables me to live my whole life with passion. I put my heart and soul into everything I do, and I have lots of fun whilst doing things!

Through research that I have done, I have discovered the five keys which unlock this inner passion energy, and I live and breathe them throughout my life. I:

1. Connect to my authentic self every day
2. Know the purpose behind what I do
3. Invest in my learning, always seeking for opportunities to grow
4. Connect with people who inspire and encourage me
5. Use my strengths in different ways throughout my life



What does this look like on a daily basis? I align my work with my values so that I work with clients and on projects which I truly believe in. I understand the purpose behind the work I do through my Happyologist business, and also the purpose behind other activities in my life (such as training my young horse Mickey with the ultimate goal of reaching Tokyo 2020 Olympics). I spend a lot of time with people who matter to me, be it my loving partner, my best friends or inspirational mentors. These are the things which help me live my happiest, most passionate life.

What are your tips for achieving happiness?

On top of the five tips I shared in the previous question, there are a few other things worth mentioning. The foundation to happiness is taking care of yourself, both physically and mentally. Exercise will keep your body healthy, your mind alert and your confidence high. Making sure you get enough sleep will give your body a chance to recover and your mind to digest everything you learned on that day. Eat a balanced diet with a mix of foods that you enjoy eating - the key is to savour every bite and eat consciously so you avoid overeating.

After these basics, come the mental happiness habits to embrace. Appreciate the good in your life, both small and big. Start a gratitude journal to build this into a habit. For 21 days in a row, finish the day by writing down three specific things you were grateful for in that day. This exercise will help you to reframe your mind into a more grateful, positive one.

Remember to smile whenever you can, and you will be telling your brain to release the happy hormones which will make you feel even better. Smile when you are frustrated and you can actually trick your brain into getting you out of the frustration if you stick with it. Laugh in the face of fear and commit to overcoming the challenge you are afraid of. Last but not least, spend time with the people you love and make time to do things you truly enjoy.

What is your resolution for the New Year?

To take better care of myself! As my Happyologist business has been in the growth phase for the last year, I have prioritised work a bit too much at times, and I learned the hard way by getting sick. It was a good reminder that, in order to help others, I need to help myself first. And that is what I would advise you to do too. Take care of yourself first and only then you will be in great shape to help others in a much more powerful way!