

HIGH on HAPPINESS



An Illustrated Guide to Breaking the Cycle
of Overthinking and Negative Emotions

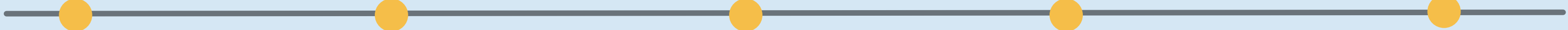
DR. VASUDHA KAPOOR

High on Happiness

An illustrative guide to breaking the cycle of negative thoughts and
overthinking

by Dr. Vasudha Kapoor

What is the book about?



It helps us navigate the path of not only happiness but how we perceive it, seek it and achieve it.

The book 'High on Happiness' addresses the notion of "happiness" and all the questions that tag along with it in its search by humans.

It gives the readers a beautiful reminder that not everything is sought outside, and the search for happiness could only be quenched within.

Dr. Vasudha addresses the ubiquitous problem of overthinking in a different yet concise and precise manner.

The book definitely succeeds in serving as a step guide in not just solving overthinking but understanding its roots and being aware of how it

The book is divided into three parts



- **The Problem**
- **The Solution**
- **Looking Beyond**

each of which explains the unique aspect of the problem

The Problem

This section deals with the understanding of the roots of overthinking and how our thoughts and mind play with us.

As per the author, the problem emerges when we indulge in a pattern of negative thoughts which have been discussed comprehensively for the reader.



What are the negative thought patterns?

01 Predicting the future

When we start predicting all that could go wrong because of your one unpleasant experience

02 Negative Outlook

When we tend to have a negative outlook on every situation that presents to you

03 Over-criticizing yourself

When we indulge in a habit of over-criticizing and under-appreciating yourself

04 Black and white thinking

When we tend to look at the world as black and white and leave no room for ambiguity

05 The 'I should' thinking

When we send a signal to our brain, that a task is essential and overthink about it when it is not being done



Is it the voice of your soul or head?

What has been intriguing to read is the way the author differentiates the voice of the soul from the voice of the head and more importantly how to identify when your mind is an ally or a foe.

Our mind exaggerates the present scenarios and fills in our head with negative thoughts

The voice in our head and the one to which our thoughts are being addressed to is not the same.

Once we can distinguish between the two voices, the clutter and the noise in our heads can be easily obliterated.



How can we learn to differentiate?

By asking these questions:

- 1 What is this voice saying?
- 2 Is it trying to talk about the past, present, or future?
- 3 Is it in some way trying to warn or prepare me?
- 4 Is this voice addressing me as “I” or “you”?

The Solution

What troubles most of the overthinkers is how they should proceed with their overthinking.

This section addresses the quandary of every overthinker ever. The author steers us through the answers of not only the 'Why' but also the 'How' of the problem.

She creatively and interestingly plots down various ways in which a person can not only deal with overthinking but also evolve into a healthier(mental, emotional, and perhaps spiritual) version of themselves.



01 The Happiness Mantra

The first solution by Dr. Vasudha revolves around three aspects:

a. Feel to Heal:

Acknowledge what you are feeling and don't hesitate from feeling. Cry, talk to a friend, or journal but do whatever makes you feel lighter
Do not silence your feelings and make sure you give yourself enough time rather than distracting yourself from them.

b. Be Aware:

Try to make yourself aware of how you are feeling, what are the triggers and if you feel the urge to distract yourself. If yes, then how

c. Observe:

Acknowledge instead of labeling your feelings and emotions as bad, negative, hurtful, etc. Acknowledge and Let Go

02 Your factor of importance

- a. Our decisions are driven by our need to feel valued and loved.
- b. Identify your factor of importance to know and introspect about yourself.



03 Self Love



- **The basic emotion that humans lack for themselves today.**
- **We have to learn to accept ourselves the way we are.**
- **Reassure ourselves with phrases like “It is okay”, “It will be fine”, “You are enough”, and “It is fine to make mistakes.**
- **Accepting and reassuring ourselves is the key to a worry-free life.**

O4 Write it out & Color therapy

- **Once we acknowledge our feelings it is important to pen them down.**
- **This gives us more clarity of thought and a better understanding of the situation.**
- **We may discard that paper later if we want.**
- **On days when the voice inside our head is too unbearable, try some basic therapeutic coloring.**



05 Break a sweat

- **Move the body, physically.**
- **Try some exercise,s break a sweat, and speed up the heart rate for at least 15 minutes per day.**
- **Do not make excuses about busy schedules & time restrictions.**

Some Quotes from the Book

'Start living life one moment at a time and see the magic happen.'

“When you strive for control, you invite overthinking, when you learn to let go, you invite bliss.”

“Start living life one moment at a time and see the magic happen.”



Thank You

Shrinivas Sathya Susarla

Disclaimer:

- This is just a summary; for better understanding highly recommend reading the entire book
- The summary is based on my learning, and what resonates with me after reading a book
- Please excuse any errors or misrepresentation