

What Makes You Happy?

Happy New Year!

Happiness is defined by Webster as the state of being happy, a good fortune, prosperity, a state of well-being, contentment, joy or a pleasurable and satisfying experience. Better still is this definition of happiness, which is a mental or emotional state of well-being characterized by positive or pleasant emotions ranging from contentment to intense joy.^[1]

Does money, marriage, a big house, friends, a successful career or your children make you happy?

How long did it last?

Actually reaching a goal or obtaining something we desire makes us happy but most of the time it is short-lived. Happiness is relative and depends on a lot of factors. In fact, as we grow older our perception of happiness changes.

It's the time of the year for self-reflection, to ponder on how we can change ourselves to make life better and which to prioritize. Maybe spending more time with the family, or taking a trip, or venturing on a new career or how to reach the top or simply being in the state of God's grace are top considerations.

One resolution I have made is always to try to rise above the little things and focus on the big things. Disappointments and sorrow must not pull us down but rather consider it as challenges, which can buoy our spirits up. We should look not at our flaws but rather at our potentials. We must learn from yesterday, live for today and make good for tomorrow.

When our versatile editor John, (was able to produce the quarterly editions for 2014 almost single-handedly and quietly) asked me to write this New Year editorial, I was ecstatic for days. Since I was in high school, my dream was to be a journalist but the obedient daughter I was, I heeded my father's advice to take medicine as he said that

journalists could sometimes go hungry. Other source of simple joys is getting one liner messages from my children after being away from them, just like a drop of the rain on a dry summer month. Putting to sleep my granddaughter in 10 min in time to catch up with my clinic and bonding time with them and getting the daily "I love you" from my husband are also sources of simple joys.

Another source of happiness would also be seeing our former editor, as would all his World Association of Radiopharmaceutical and Molecular Therapy (WARMTH) family would have wished for, the selfless and charismatic Ajit Padhy one last time as he was snatched from all of us in an instance. He did not even say goodbye. However God knows best, he gave us John to be an editor of this WJNM, which I believe is a good venue in continuing the pursuit of new discoveries to make better the lives of our patients. The articles published also shows the best effort of our nuclear medicine physicians, reflective of the progress in the field of research and nuclear medicine. Another organization he co-founded WARMTH is also being well taken care of by his predecessor, Richard Baum and his team. His mission vision to reach out to those in need like his Rhenium project for liver carcinoma is likewise being continued in the hands of his bosom friends. I think happiness is seeing all his dreams and legacy fulfilled.

World Association of Radiopharmaceutical and Molecular Therapy's membership continue to flourish and it is a different specialty society as all are friends, and each look forward all the time to meet each other, aside from the updates where the cream of the crop lectures for free. I have seen most organizations' lecturers come for a fee or an honorarium. Even those hosting the International Conference on Radiopharmaceutical Therapy offer whole-heartedly to host the annual event as Irene in Innsbruck for May 2015. Plans for a therapy handbook/ continuing education group are likewise in the offing. Thanks to Gopi and Kees. Website is there with the help of Josh and Bill and of course the WARMTH secretariat.

We must "write in our heart that every day is the best day in the year"^[2] and that "with the new day comes strength and new thoughts."^[3] Happiness is not the absence of problems, but the ability to deal with these little discomforts in life.

Finally, the five rules to happiness are: Free your heart of hatred; free your mind of worries; live simply; give more and expect less^[4] and live in the grace of God.

Access this article online	
Quick Response Code: 	Website: www.wjnm.org
	DOI: 10.4103/1450-1147.150503

Furthermore, remember that happiness is a journey not a destination.^[5] Lastly, learning to live by this quote from Mother Teresa “Let no one come to you without leaving happier” will surely give you happiness. Happiness is “like a kiss you must share it to enjoy it”^[6] Happy New Year!

Emerita Andres-Barrenechea

Department of Nuclear Medicine and PET,
St. Luke’s Medical Center,
279 E. Rodriguez Sr. Blvd., Cathedral Heights,
Quezon City, 1102 Philippines
E-mail: emieab@yahoo.com

References

1. Wordnet 3.0 Wolfram Alpha computational knowledge engine. Available from: <http://www.Wolframalpha.com> [Last accessed on 2011 Feb 24 via Wolfram Alpha]
2. Ralph Waldo Emerson Quotation. Posted by Tauheed Ahmad

Nawaz Motivational Quotes, Spirit quotes. Available from: <http://www.brainyquote.com/quotes/quotes/r/ralphwaldo104452.html> [Last accessed on 2015 Jan 20].

3. Eleanor Roosevelt Brainy Quotes, Amazon. Available from: <http://www.brainyquote.com/quotes/quotes/e/eleanorroo143006.html> [Last accessed on 2014 Dec 29].
4. The buriedlife.tumblr.com/post/31471255821. Available from: <http://www.boybanat.com> [Last accessed on 2010 Mar 31].
5. Sweetland Ben, Quotetank.com/shortquotes/Happiness; Quotes at Brainy Quotes. Available from: <https://www.goodreads.com/1045165-happiness-is-a-journey-not-a-destination>. [Last accessed on 2014 Mar 24]
6. Melza B. Available from: <http://www.verybestquotes.com> [Last accessed details-Bernard Meltzer. (n.d.) 2008 Dec 1] BrainyQuote.com from BrainyQuote.com Available from: <http://www.brainyquote.com/quotes/quotes/b/bernardmel165985.html>. [Last retrieved on 2015 Jan 19]

How to cite this article: Andres-Barrenechea E. What Makes You Happy?. World J Nucl Med 2015;14:1-2.

Source of Support: Nil. **Conflict of Interest:** None declared.