

Psychology of Stress, Health, and Well-Being

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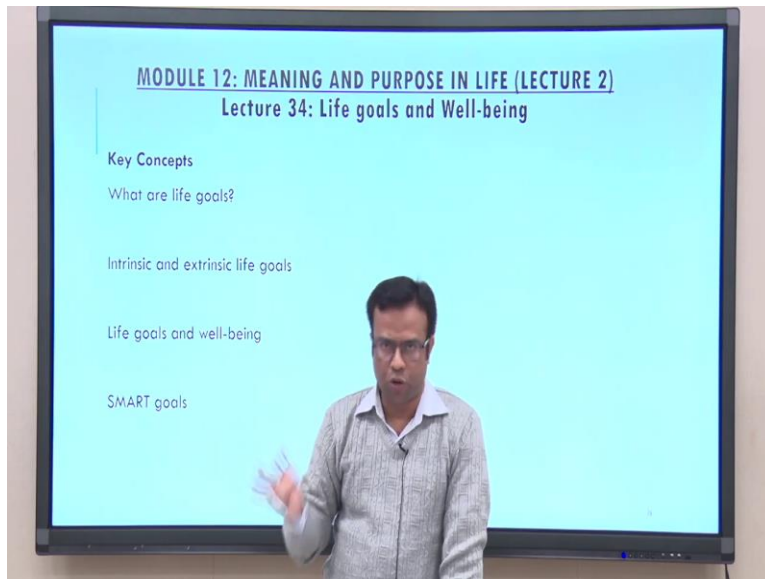
Department of Humanities and Social Science

Indian Institute of Technology, Guwahati

Lecture 34

Life goals and Well-being

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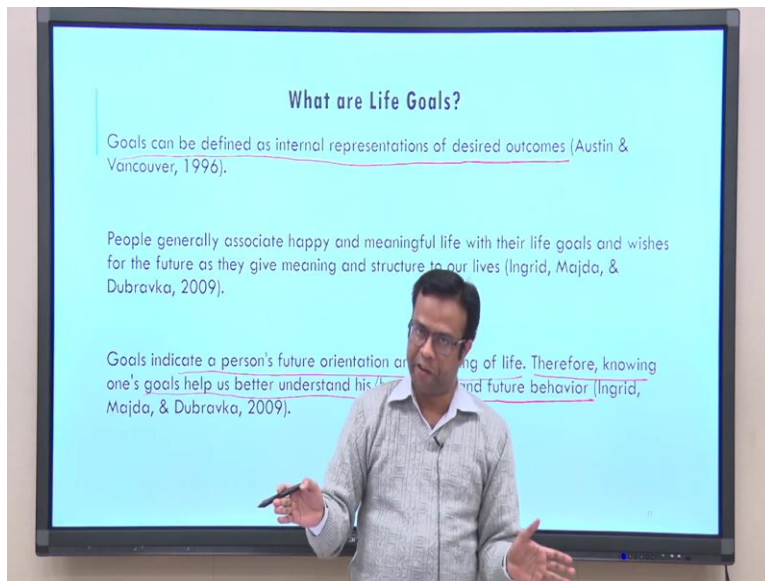
Hello friends I welcome you to the last lecture of this course title Psychology of Stress, Health and Well-being. So, this is the last lecture of this course and this is last lecture of the module 12 which is the last module. And overall, this is lecture number 34. So, the module number 11 and 12 were specifically dedicated to understand eudaimonic concepts of well-being.

So, in the module 11 we have discussed some specific eudaimonic well-being concepts such as self-actualization from the perspective of humanistic psychology. And we have also discussed in this module the concepts of meaning and purpose in life. We have also discussed self-determination and motivation. And today we will talk about the concept of life goals. So, these are very specific eudaimonic well-being concepts.

The idea is that these are the concepts of well-being which are beyond just emotional feelings or feeling good about life. These are about long-term goals and the growth in life and self-actualization. So, in this context today as the last lecture we will talk about the concept of life

goals and how they are connected to our sense of well-being. So, we will talk about what our life goals we will talk about the concept of intrinsic and extrinsic life goals. So, we will also talk about life goals and how it is related to well-being. And at the end we will talk about the concept of smart goals.

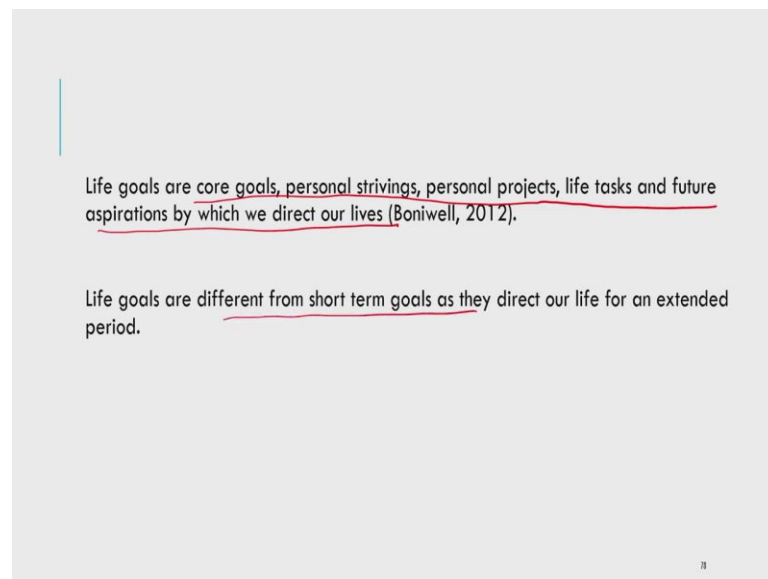
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So, what are your life goals? Life goals can be thought of as internal representations of desired outcomes. So, we mentally or internally represent specific outcomes that we desire to achieve in our lives, and these representations are referred to as life goals. So, when we say "life goals," we're referring to the more core goals of our lives. They aren't just short-term goals; they are long-term goals that we wish to achieve in our lives. So, when we talk about life goals, we're attempting to answer or comprehend the questions. What are we going to do with our life, for example? What are the goals we wish to accomplish in our lives? So, in terms of identifying or accomplishing life goals, those are the things we seek, try to comprehend, or seek answers to this question. As a result, most people associate a happy and meaningful life with their life goals and aspirations. Because they offer our lives meaning and structure. As we talked in the previous lecture about the meaning and purpose of life, one thing is critical. Life goals provide us with a sense of meaning and direction in our lives. As a result, our life's meaning and purpose are inextricably linked to the goals we establish for ourselves. And when we're on our way to reaching those goals, we have a feeling of direction and a sense of meaning and purpose in our

lives. And we already know that our experience of well-being is directly linked to our sense of meaning and purpose in life. Goals reveal a person's future orientation and meaning in life. So, when we talk about goals, we're talking about something we want to do in the future or a target that you want to achieve in the future. As a result, the future orientation is very much in the construction of the concept of life goals. Knowing one's goals can thus help us better comprehend one's current and future behavior. As a result, setting and accomplishing life goals impacts our current and future behavior.

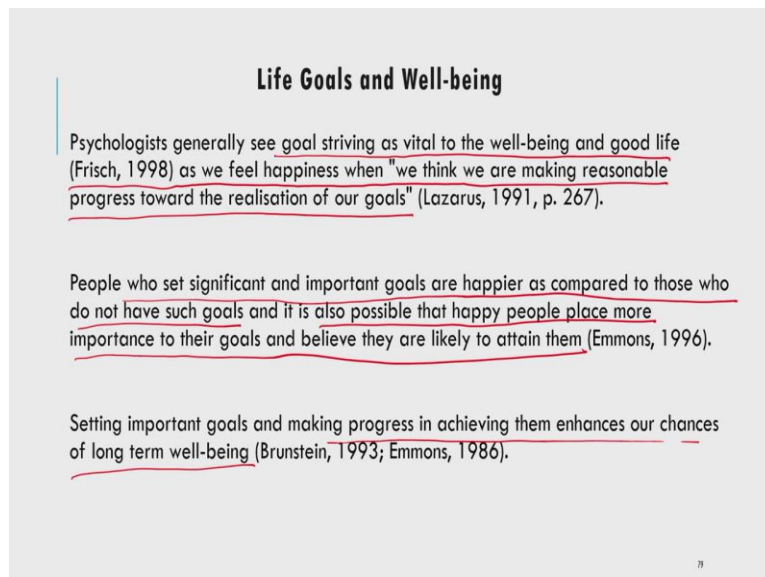
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Personal strivings, personal projects, life tasks, and future aspirations are the main goals by which we lead our lives. So, basically, life goals might comprise these main goals as well as other important and major goals that we wish to achieve in our lives. It also contains our personal goals, personal projects that we wish to complete as part of our life mission, future aspirations, and so forth. All of this can be considered collectively under the umbrella of the concept of life goals. As a result, life goals differ from short-term goals. So, short-term goals can be very short-term, such as something you want to accomplish in a week or something you want to accomplish in a month. As a result, such targets are referred to as short-term goals. However, life goals have

a broader emphasis, or in other words, our life goals are oriented toward a longer term and longer length of time.

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Life Goals and Well-being

Psychologists generally see goal striving as vital to the well-being and good life (Frisch, 1998) as we feel happiness when "we think we are making reasonable progress toward the realisation of our goals" (Lazarus, 1991, p. 267).

People who set significant and important goals are happier as compared to those who do not have such goals and it is also possible that happy people place more importance to their goals and believe they are likely to attain them (Emmons, 1996).

Setting important goals and making progress in achieving them enhances our chances of long term well-being (Brunstein, 1993; Emmons, 1986).

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So, what's the connection between life goals and wellbeing? Goal-setting is often regarded by psychologists as essential to one's well-being and happiness. We all feel happiness when we believe we are making reasonable progress toward life goals. As a result, the majority of studies suggests that defining and accomplishing life goals, as well as working toward those goals, are positively connected with our sense of well-being. It could be a combination of hedonic and eudainomic well-being. Because we are content when we believe we are making reasonable progress toward our goals. People whose research also shows that people who create meaningful and important goals are happier than those who do not. According to research, persons who have set significant or important goals in their lives are more likely to feel happy than those who do not establish such goals. It's also feasible that happy people value their goals more and believe they'll be able to achieve them. So, it's plausible that the other way around explanation is that happy people establish more significant goals and work hard to achieve them. It's also feasible that by making and attaining goals, we can become happy. As a result, it's feasible that both

interpretations are correct. As a result, setting important goals and making progress toward them improves our prospects of long-term wellbeing. As a result, when we set meaningful goals that define our lives or identities, and when we make progress toward accomplishing them. It improves our sense of well-being and gives us a greater sense of meaning and purpose in our lives.

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Extrinsic and Intrinsic Life Goals

Kasser and Ryan (2001) distinguish between two types of life goals—Intrinsic and extrinsic.

- **Intrinsic life goals:** Involves goals such as personal growth, emotional intimacy, community service. Here contents of goals are naturally consistent with our nature and needs. Intrinsic goals emerge from natural growth tendencies to expand self-knowledge and deeper connections with others.
- **Extrinsic life goals:** Involves goals such as financial success, physical attractiveness, and social fame and/or popularity. Here contents of goals are less consistent with nature and intrinsic needs. Extrinsic goals are strongly shaped by cultural and societal beliefs and norms.

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When we talk about goals or life goals, we may divide them into two categories: extrinsic life goals and intrinsic life goals. So, let's look at the differences between these two types of life objectives. As a result, Kasser and Ryan distinguished between these two categories in 2001. The first is known as intrinsic life goals. So, when we talk about intrinsic life goals, we're talking about those that are in line with our inner needs and values. As a result, they are referred to as intrinsic life goals. These are the goals that are congruent or concordant with our inner needs and our nature. So, intrinsic life goals are found in both personal progress and emotional intimacy, as well as communal service, and the contents of these aims are inherently consistent with our nature and needs. Natural growing tendencies to expand self-knowledge and deeper connections with others give rise to intrinsic goals. Intrinsic goals, on the other hand, tend to arise from within us and are in sync with our growth and self-actualization tendencies. It also assists us in

making connections with others. That is why they are referred to as intrinsic life goals. They are somehow in tune with our inherent nature, wants, and actualization tendencies.

Extrinsic life goals, on the other hand, are mostly externally projected aspirations such as financial success, physical attractiveness, social fame, and popularity. They may not be in sync with your intrinsic nature or growth patterns, but we choose our goals based on projections from the outside world. Such as being financially successful, physically appealing, socially famous, and popular. As a result, they are referred to as extrinsic life goals in this context. Goals are less congruent with our nature and intrinsic needs in this case. They may be incompatible with our inherent nature and needs, which are primarily focused on growth and self-actualization. Cultural and societal attitudes and conventions have a big influence on extrinsic aspirations. The majority of these extrinsic goals are influenced by societal and cultural norms and beliefs. And we choose them from among those externally projected norms and objectives, then go out to accomplish them. As a result, we may not always be in sync with our inherent nature.

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Intrinsic/Extrinsic goals and well-being

Research indicates intrinsic and extrinsic goals differ in their relationship to well-being (Kasser and Ryan, 2001; Ryan et al., 1999).

It appears that the investment in, or success at intrinsic goals is associated with enhanced well-being. People primarily concerned with intrinsic goals report higher life satisfaction and happiness, higher levels of self-actualization and vitality, higher self-esteem and mind openness, and fewer experiences of depression, anxiety, and general health problems (Kasser & Ryan, 1993, 1996; Sheldon & Kasser, 1995). These results seem to generalize in various countries (Kim et al., 2000; Rijavec et al., 2006; Ryan et al., 1999).

Investment in or success at extrinsic goals does not seem to enhance well-being and in some cases may actually detract from well-being (Ingrid, Majda, & Dubravka, 2009).

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Intrinsic and extrinsic goals may therefore be linked to our wellbeing in various ways. As a result, we'll look at some of the research findings. As a result, research shows that intrinsic and

extrinsic goals have different effects on wellbeing. How do they differ in terms of their relationship to wellbeing? Let's see what happens. It appears that investing in our intrinsic goal's success is linked to increased wellbeing. People who are primarily concerned with intrinsic goals report better levels of satisfaction and happiness, self-actualization and vitality, self-esteem and openness, and fewer depression, anxiety, and natural health concerns. So, these are some of the research findings that show that pursuing intrinsic life goals is more strongly associated to our many markers of well-being than pursuing external life objectives. As a result, these are all different indices of wellbeing. And all of these research shows that pursuing an intrinsic purpose improves wellbeing both in terms of hedonic and eudaimonic well-being indices. All of these findings appear to be consistent across countries. As a result, data from several countries reveals that the majority of this research are showing results in the same direction. As a result, researchers from many countries and cultures have largely similar findings. As a result, it suggests that pursuing an engaging goal is critical for improving our well-being. Investment or achievement of an extrinsic goal does not appear to improve well-being and may instead hinder from it. However, the majority of research suggests that pursuing traditional purely extrinsic goals may not be as directly linked to our wellbeing as previously thought. And, in many circumstances, pursuing extrinsic life goals can be a source of well-being distraction. As a result, It is probable that their relationship with well-being is not well-established, and that in some situations, their pursuit of extrinsic life objectives may be detrimental to our sense of well-being, particularly certain eudaimonic concepts of well-being.

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Extrinsic goals are also associated with lower self-esteem, more drug use, more television watching, more difficult and less satisfying relationships, and acting in a narcissistic and competitive manner (Boniwell, 2012).

However, some research indicate that the contents of the goals (intrinsic or extrinsic) is not that important, but the congruence between the values a person holds and their goals seems to be more important. Some research indicated that intrinsic or extrinsic goals were not associated with well-being directly, but only value-congruent goals provided satisfaction (Oishi et al., 1999).

For example, if people value extrinsic materialistic things such as money, physical attractiveness, they will feel satisfied when they obtain them as compared to those who don't value them (Diener & Fujita, 1995).

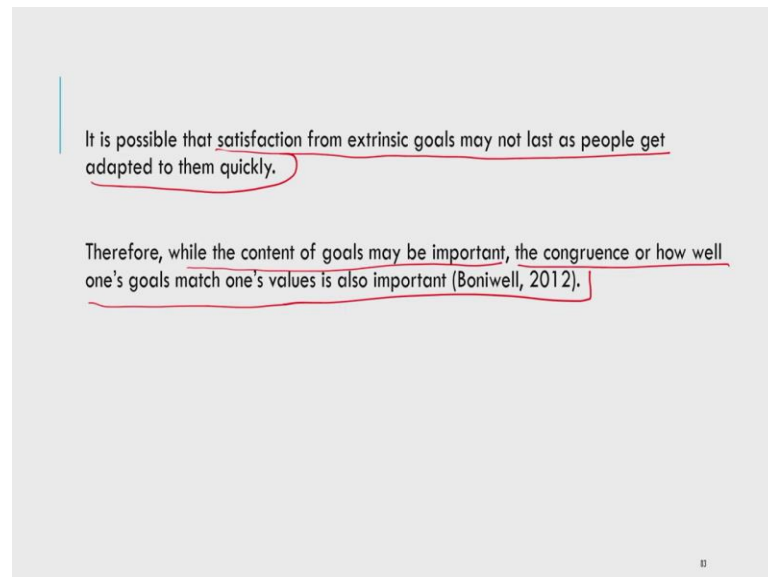
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Extrinsic goals have also been linked to lower self-esteem, greater drug usage, more television viewing, more difficult and less rewarding relationships, and acting in a narcissistic and competitive manner, according to some study. According to Southern some research, excessive pursuit of extrinsic life goals may be linked to all of these negative indices of well-being. This means that it is lowering our sense of well-being, as evidenced by poorer self-esteem, increased drug usage, and increased television viewing, among other things.

However, the studies aren't all that clear, and they don't all show this association in a really linear approach. According to some research, the relationship could be extremely complicated. According to several studies, the content of goals, whether intrinsic or extrinsic, is not as significant as the goals themselves. In any case, according to some research, it may not be that important. However, it appears that the alignment of a person's values and aspirations is more significant. So, according to some study, whether the goal is intrinsic or extrinsic is less significant than whether the goals are coherent with the person's values. What are the values that I hold? Do I place a high weight on extrinsic life goals? Do I place a high weight on intrinsic life goals? So, if I value extrinsic life goals, we increase well-being by pursuing extrinsic life goals. So it's also important to consider whether the person's life goals are in line with or consistent with his or her inner values. As a result, some researcher claims that intrinsic and extrinsic goals are not directly linked to wellbeing. So, whether it is intrinsic or extrinsic has little bearing on

well-being; what matters is if it is consistent with one's values. People who value extrinsic materialistic things such as money and physical attractiveness, for example, will be happier when they obtain them than those who do not. So, if someone has extrinsic goals such as physical attractiveness or a large sum of money, pursuing such goals will make them happy and may even boost their well-being. As a result, intrinsic values will determine whether an intrinsic or extrinsic objective will lead to greater happiness.

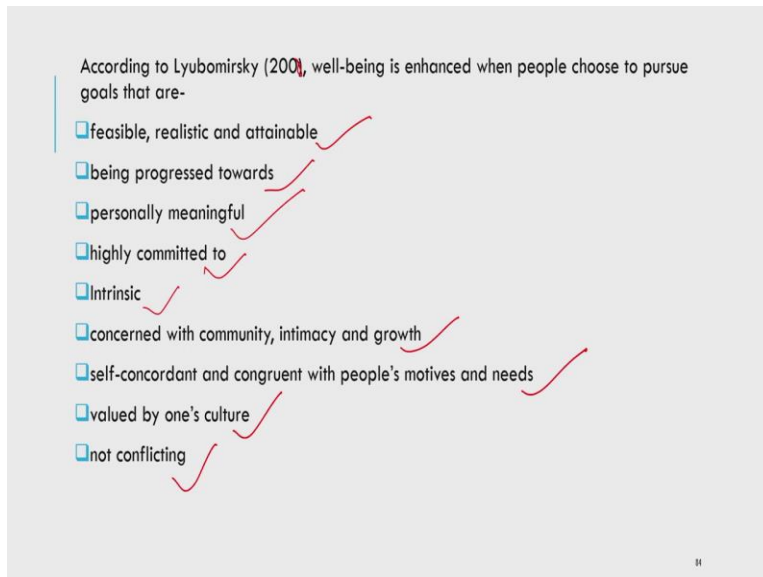
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However, in the case of external life goals, one of the key issues is that people soon become adapted to them. Extrinsic goals also have a limit in terms of how much satisfaction and well-being you may gain from them. It could be quite short-term, as we quickly adapt to those extrinsic goals. As a result, extrinsic goals may not provide long-term satisfaction since people adapt to them quickly. So, this is another reason why extrinsic goals may not contribute to a long-term sense of well-being, because we become adapted to them and the amount of satisfaction we derive from them is limited. We rely on external circumstances for the majority of our extrinsic goals. We don't have a lot of control over it, and it changes on a regular basis. As a result, while the content of goals is crucial, so is the congruence, or how well one's goals reflect one's values. As a result, the link between extrinsic and intrinsic life objectives and their impact on well-being is not well-defined in the research findings. As a result, the relationship may be a little complicated. However, intrinsic life goals appear to have a clear benefit in terms

of improving our sense of well-being. In the case of extrinsic life goals, it is possible that they will result in increased well-being, but this will most likely be temporary, owing to the fact that we adapt to them quickly.

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People's well-being is boosted, according to Lyubomirsky in 2000, when they choose to pursue goals that are achievable, realistic, and attainable. As a result, these are some of the characteristics of some of the goals that contribute to a greater sense of well-being. If your goals are feasible, realistic, and reachable, you will be able to make progress toward them. Well-being is associated with goals that are personally meaningful and to which one is deeply committed, goals that are intrinsic, goals that are concerned with community intimacy and growth, goals that are self-concordant and can be congruent with one's motives and needs, goals that are valued by one's culture, and goals that are not contradictory. So, if you look at all of these characteristics, you'll notice that the majority of them are linked to intrinsic life goals. These features, according to study, are significant in increasing our sense of well-being. If we are pursuing goals that are mostly related to intrinsic life goals and are related to these characteristics.

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Why intrinsic and extrinsic goals are related to well-being differently?

This differential relationship of intrinsic and extrinsic goals to well-being may be explained in terms of getting in touch with the deeper nature and inner happiness while pursuing intrinsic goals. However, people who focus excessively on extrinsic goals become dependent on outside circumstances of the time and society and may become victims of fashion, status symbols and attractiveness (e.g., plastic surgery) and ignore their inner needs (Ingrid, Majda, & Dubravka, 2009). Therefore, extrinsic goals may deteriorate well-being as it makes people too dependent on outside circumstances for becoming happy.

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So, why are intrinsic and extrinsic goals related to wellbeing in different ways? We've already talked about it a little bit. As a result, we'll look at some of the research to determine whether there's a reason for this. As a result, the difference between intrinsic and extrinsic goals in terms of well-being can be explained in terms of connecting with one's deeper nature and inner enjoyment while pursuing intriguing goals. As a result, when pursuing intrinsic goals, we become more aware of our inner nature and values. And it is for this reason that we are considerably happier. We've also talked about intrinsic motivation, and how when we pursue intrinsic goals, our well-being and motivation are more likely to improve. Primarily because it is in tune with both our inherent nature and our needs. People who place too much emphasis on extrinsic goals, on the other hand, become reliant on external circumstances of the moment and culture, and may fall prey to fashion, status symbols, and attractiveness. People who place too much emphasis on extrinsic goals become victims of their surroundings. As a result of the constant projections from the outside world, societies, they become victims of it, and their self-esteem becomes unstable, and they constantly struggle to conform to those exterior projections. Because they are constantly changing, our happiness is also constantly shifting in that setting. We can achieve a stable sense of contentment and well-being when we are in touch with our intrinsic nature and values. In comparison to the externally projected goals. As a result, extrinsic goals may harm well-being by making people overly reliant on external conditions to be happy. So, the major cause is that you become overly reliant on external events for happiness. Which is

problematic because, because we have no control over external events, things might change quickly, and our mental state will fluctuate as a result. As a result, pursuing too many extrinsic goals that change makes it more difficult to achieve long-term happiness and well-being. So, that is the fundamental reason. So, intrinsic goals have a far better advantage in that scenario. Because it is something that originates from within you, it is more stable, and it is under your control.

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What are SMART Goals?

In 1981, George T. Doran, a consultant and former director of corporate planning for Washington Water Power Company introduced the idea of S.M.A.R.T. goals as a way to write Management's Goals and Objectives.

He introduces S.M.A.R.T. goals as a tool to create guideline to help improve the chances of succeeding in accomplishing a goal.

S.M.A.R.T Acronym Stand For goals that are-

S=Specific; M=Measurable; A=Achievable; R=Relevant; T=Time-bound

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So, in this lecture, I'm not going to discuss much about goals. These are some of the fundamental concepts surrounding life goals and how they relate to our sense of well-being. Finally, I'd want to discuss a common notion called smart goals, which many of you may be familiar with. So, in the framework of goals, this idea was established in the context of organizations and the corporate sector on how to set achievable goals and then go on to fulfill them successfully. So, this is an idea that George T Doran established in the framework of organizational context, where he sought to give some tips on how to set goals and achieve them successfully. As a result, George T Doran, a consultant and former Director of Corporate Planning for Washington Water Power Company, in 1981 coined the term "smart goals" to describe a method of formulating management goals and objectives. It was kind of developed in the framework of management how to set goals and objectives of an organization, and these notions are important in other

contexts of life as well. So, let's take a look at what smart goals are and how they work. He established the concept of smart goals as a way to create recommendations for increasing the likelihood of achieving a goal. So, smart is a concept that is essentially an abbreviation for a number of concepts. So, smart implies S represents for specific, M stands for measurable, A stands for achievable, R stands for relevant, and T stands for time bound. Smart goals are defined as specific, measurable, achievable, relevant, and time-bound goals. So, let's have a look at what these components are.

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S - Specific

When setting a goal, one should be specific about what you want to accomplish. It should include an answer to the popular 'w' questions such as-

- Who - Who needs to be involved to achieve the goal if it is a group project?
- What - Details about what is to accomplish.
- When - Specific time frame?
- Where - Specific location?
- Which - any obstacles or requirements?
- Why - Reason for the goal?

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So, in order to achieve success in reaching a goal, it is critical that your goals are very clear and not too abstract. So, a specific goal indicates that you know how to get there and that you have very defined objectives. When you have an abstract goal, it can be difficult to locate or create actions that will help you achieve that goal. For instance, suppose a corporation has a goal to boost sales. If the goal is to raise a company's revenue, it's a highly abstract goal; all you know is that you want to increase. However, if a corporation sets a target, say I want to raise sales by 5% in the next year or within this year, that is a precise objective. Then there's the fact that I know I want to improve by at least 5%, so it's pretty specific. Though the concept of goal specificity implies that you have extremely definite aims in mind and know how to get there.

If it's an abstract, you'll just have a few thoughts and won't know where to start. That is the concept of specific objectives. As a result, while defining a goal, be explicit about what you intend to achieve. It should contain the answer to the often asked question, such as who. Who will be a part of the assignment or effort to achieve those strategic goals? Who are the individuals who matter? To such queries, you should have a very clear answer. What are the details of how you intend to achieve your goals? Let's suppose one year from now. As a result, that must be made very obvious. When and by how much time is a certain timeframe. What is the goal for the following year?

So, your target is let us say time bound one year I want to achieve this. So, it has to be more specific in terms of timeframe. Where what specific locations what are the infrastructure things that will be required? What is the specific locations that we need to explore to achieve those goals? Which are there any obstacles or requirements to achieve those goals? What are those? Why what is the reasons for these goals? Why you are setting these goals? Some of these questions apply to other aspects of the smart goals as well. As a result, the objective is to make it as particular as possible by asking these questions, resulting in a very specific target. So that you can see where you're headed and what you need to do to get there. As a result, the first component is unique.

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M - Measurable

- What metrics are you going to use to determine if you meet the goal?
- Make a goal more tangible by providing a way to measure progress.
- Set some milestones by considering specific tasks to accomplish.

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The second is measurable. As a result, the concept of a measurable is linked to the concept of specificity. So, what specific matrices are you going to employ to assess if you wish to reach or fulfill your objectives? As an example, let's say your goal is to raise a company's revenue by 5% in the next year. As a result, 5% is a fairly measurable figure. If a 5% increase in sales indicates what, I can calculate how much of a percentage rise it will be. I can measure it very precisely in terms of reaching a 5% increase in sales, as well as the exact things that must be accomplished in a given year. So those are the important, measurable factors. Basically, by making a goal measurable, you make it more tangible by allowing you to track your progress. As a result, it becomes more tangible, and you are aware of your options. So, in a nutshell, it establishes milestones by taking into account specific activities to be completed. Yes, your objective must be explicit and measurable.

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A - Achievable

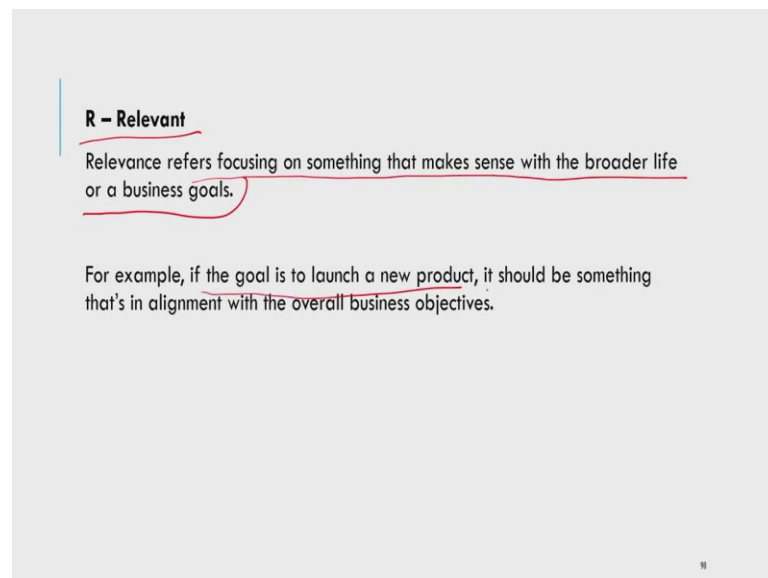
- This focuses on how important a goal is to you and what you can do to make it attainable.
- It may require developing new skills, resources, or changing attitudes to make a goal achievable. The goal is meant to inspire motivation, not discouragement.
- Think about how to accomplish the goal and if you have the tools/skills needed. If you don't currently possess those tools/skills, consider what it would take to attain them.

"

The A stands for "achievable." As a result, it's critical to remember that occasionally people make goals that are tough to achieve. Some extremely demanding and unachievable goals are set for them, and they become irritated as a result of their inability to achieve them. As a result, it's critical to assess your abilities and resources. So, setting goals that are attainable is important. It

may be difficult, but it must be accomplished, and that is the key. As a result, the focus here is on how important a goal is to you and what you can do to achieve it. As a result, it must be attainable. It is possible that you will need to learn new talents in order to reach your goal. To achieve a goal, you'll need extra resources or a shift in mindset. The idea is to encourage inspiration rather than discouragement. As a result, don't establish goals that will be impossible to fulfill at the end of the day, discouraging you. Set goals that are attainable; but, there is no harm in creating goals that are challenging. As a result, while they may be difficult, they can still be achieved by improving skills and resources. So, consider how you'll achieve your goals and whether you have the essential tools and talents. If you don't already have such abilities and resources, what can you do? Consider what it will require to attend them, and whether or not you will be able to do so. As a result, try to look into such aspects as well.

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R - Relevant

Relevance refers focusing on something that makes sense with the broader life or a business goals.

For example, if the goal is to launch a new product, it should be something that's in alignment with the overall business objectives.

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The next component is R, which stands for relevant, which means that the goal must be relevant. So, if you're working in an organization, whatever goal you set has to be in line with the business's goals and objectives, or if you're setting a goal in your personal life, it has to be in line with your values and or life direction. It is not a good idea to set goals that are irrelevant and then

lose interest in them. So, in order to keep motivation alive, these goals must be in sync with or relevant to your life or company. They should not be irrelevant. As a result, the term "relevant" refers to focusing on something that is in line with one's overall life or business objectives. As a result, they should make sense or be in line with the broader goals of your life and/or company, whatever that may be. If the goal is to launch a new product, for example, it should be something that is in line with the company's broader goals. So, if you're trying to launch a product, it has to be in line with the organization's aims, or overall goal. Let's say your intrinsic values and interests are drawn to spiritual concerns and activities in the context of your own life. And if you set materialistic goals, there will almost certainly be conflict, and you will be unable to maintain motivation. So, we should be clear about our goals; we should set goals that are relevant to or in line with our overall needs and natures, and then we will be more likely to maintain motivation.

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T - Time-Bound

If your goals lacks realistic timing, chances are you're not going to succeed.

Set a target date for deliverables is imperative.

Ask specific questions about the goal deadline and what can be accomplished within that time period. If the goal will take three months to complete, it's useful to define what should be achieved half-way through the process.

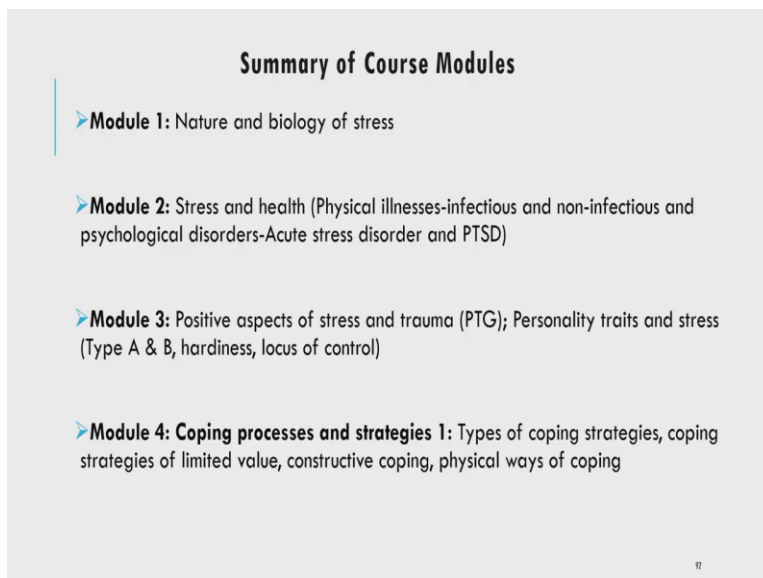
Providing time constraints also creates a sense of urgency.

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T stands for time-bound. The final component has a time bound. Time-bound simply means that if your goal lacks realistic timing, you are unlikely to succeed. So, I'm going to set a realistic time frame and a suitable deadline for achieving my goal. As a result, it focuses you and offers

you a clear direction on what to do and what I need to achieve in the short and long run. As a result, set a deadline for deliverables and ask detailed questions regarding the desired deadline and what can be completed within that timeframe. It's helpful to identify what should be accomplished halfway through the process if the goal will take three months to complete. So, in terms of accomplishing that goal, choose a short-term and long-term target. So, deadlines are sometimes quite significant since they create a sense of urgency and help you focus on the goal. No one will be motivated to finish the assignment if there is no deadline given. As a result, that time-bound timeframe for completing tasks is critical. So, these are some of the key concepts surrounding the concept of life goals. As a result, I've basically finished the formal substance of this course. So, these are some of the most essential ideas that we have in terms of eudaimonic well-being concepts.

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The slide is titled "Summary of Course Modules" and lists four modules with their respective topics. The text is as follows:

- **Module 1:** Nature and biology of stress
- **Module 2:** Stress and health (Physical illnesses-infectious and non-infectious and psychological disorders-Acute stress disorder and PTSD)
- **Module 3:** Positive aspects of stress and trauma (PTG); Personality traits and stress (Type A & B, hardiness, locus of control)
- **Module 4: Coping processes and strategies 1:** Types of coping strategies, coping strategies of limited value, constructive coping, physical ways of coping

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So, before I finish off this lecture, let's take a quick look at the modules and what we've covered so far. So that you have a general idea of what this course covers. So, there were 12 modules in this course, and in each module, we explored key themes. Which are linked to one another.

So far, we've covered the nature and biology of stress in the first module. So, in the first module, we addressed or attempted to describe what stress is. What are the psychological definitions of

stress, what are the characteristics of stress, and what are the biological aspects of stress? What is the influence of stress on our biological system or physiology in terms of the brain, hormones, and glands when we are stressed? All of these mechanisms were covered in the first module.

We have discussed the relationship between stress and health, both physical and mental health, in the second module. So, in terms of physical health, we've talked about how stress is linked to both infectious and non-infectious disorders. We've talked about coronary heart disease in the context of non-infectious diseases, and we've talked about how stress affects our immune system in the context of infectious diseases. In that context, how stress weakens our immune system and contributes to the spread of infectious diseases. We also addressed how stress is linked to mental disorders in module 2. We've gone over the concepts of acute stress disorder, post-traumatic stress disorder, and complex post-traumatic stress disorder in more detail.

We explored some positive aspects of stress and trauma in module 3. We've talked about the concept of post-traumatic growth in this context, and we've talked about how stress and trauma can occasionally lead to positive outcomes. And one such example is post-traumatic growth, which we have extensively examined both the notion and theories around it. We also spoke about specific personality traits that are linked to stress reaction in module 3. Type A, type B, personality traits, psychological hardiness, and locus of control are only a few examples. As a result, these are crucial characteristics that are closely linked to our stress responses.

We discussed coping processes and strategies in Module 4; we addressed what coping processes are, what forms of coping exist, and some of the coping strategies that are dysfunctional in the sense that they have very limited values. They are not particularly effective in assisting us in dealing with stressful situations. We've talked about coping strategies including avoidance, indulgence, and various defense mechanisms in that context. We've also talked about the concept of healthy coping, or constructive coping. Also, we mentioned one such scenario when we started talking about particular forms of constructive coping, such as physical coping strategies. We've talked about physical exercise in that context.

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- **Module 5: Coping processes and strategies 2:** Relaxation exercises, mental ways of coping, coping with social support and meditation and mindfulness
- **Module 6: Well-being and happiness:** Positive mental health, well-being, and resilience
- **Module 7: Psychology of happiness:** Concept of happiness, affective forecasting, socio-demographic factors and happiness, positive emotions.
- **Module 8: Can we become happier?** Barriers to increasing happiness, sustainable happiness model and intentional activities.

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In module 5, we continued our exploration of coping processes by delving deeper into more specific constructive coping skills that are critical in dealing with stressful situations. We've spoken about how we can influence or manipulate our thought processes to deal with our emotional problems and unpleasant reactions, and we've talked about relaxation exercises and mental strategies of coping. We've also talked about how to cope with social support. How might social support assist us in dealing with difficult situations? Finally, we addressed specific meditation and mindfulness approaches as a stress management strategy or skill.

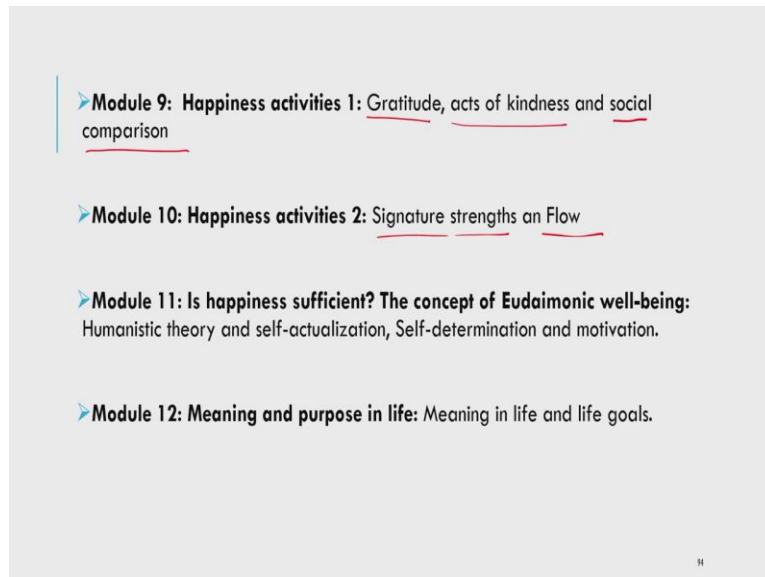
We studied the notions of well-being and happiness in module 6. We've talked about the concept of health, mental health, well-being, and several sorts of well-being, such as hedonic and eudaimonic well-being. We've also talked about the concepts of resilience.

In Module 7, we began discussing the hedonic well-being concepts, which we refer to as happiness. In addition to discussing the concept of happiness, we also examined affective forecasting. We also go over several socioeconomic aspects that influence happiness, such as age and money, and we go over the concept of positive emotions in detail in module 7.

In module 8, we examined or attempted to address the subject of whether or not we can get happier, as well as some of the major obstacles to happiness. We've covered topics like genetic

set point, hedonic adaptation, personality traits, and the model of sustainable happiness. Where we explored ways to overcome these obstacles and create long-term happiness.

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We explored particular happiness-enhancing practices in modules 9 and 10. Which research discovered are quite significant, and by employing such tactics, we may improve our happiness in a long-term manner. So, in module 9, we explored the concept of gratitude, then acts of kindness, and social comparison, and how these link to our level of happiness. We talked about signature strengths in module 10. How signature strength can improve our well-being, as well as the concept of flow and how flow may improve our happiness.

Modules 11 and 12 are primarily concerned with the specific concepts connected to eudaimonic well-being. In that context, we addressed the concepts of self-actualization, self-determination, and motivation in Module 11. So, these are the key concepts that we covered in Module 11. We talked about meaning and purpose in life in module 12, and we talked about life goals and how they connect to our well-being in the last lecture today.

So, in a nutshell, this is an attempt to summarize the various concepts that we have covered in this course. I hope that this course will be useful in terms of comprehending concepts and that

these ideas will be useful in terms of practically assisting you or that you will be able to utilize some of these concepts in your life to make your life a little more interesting and satisfying. So that concludes today's lecture. Thank you very much.