

# International Conference on Psychiatric & Geriatrics Nursing and Stroke

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## Intentional happiness: “7 Paths to Lasting Happiness”

What is Happiness? Aristotle answered this by saying "Happiness is the meaning and purpose of life, the whole aim and end of human existence". Happiness is a choice! It is also attractive, healthy, and being connected, but it takes effort. That being said, what inhibits our happiness, and how can mental health and nursing practitioners find happiness and fulfillment in their professions, when far too many suffer from profession burn-out, due to the high stress nature of their jobs. In my keynote, I will address practical tools that are applicable to both them and their patients. Several factors have a direct impact on our level of life satisfaction and fulfillment, including fear (of change, fear of success, and fear of failure), comparisons, selfishness, the burden of perfectionism, lack of forgiveness (and self-forgiveness), our inner critic, and toxic relationships. When these mental and emotional roadblocks are removed, our inner joy will be freed from constraints and returned to our awareness. The “7 Paths to Lasting Happiness” reviews several of these roadblocks and provides both principles and take action exercises for individuals to learn from, and through its application to ultimately achieve genuine happiness, including: first path- loving yourself a) personal brand b) perfectionism c) inner critic and d) comparisons; second path- gratitude a) attitude of gratitude and b) university of adversity; third path- forgiveness a) forgiveness equals freedom and b) self-forgiveness is the key; fourth path- follow your passion a) getting out of your comfort zone brings growth; fifth path- nourish your spirit a) faith vs. fear and b) meditation and purpose; sixth path- loving relationships a) love languages b) criticisms and toxic relationships c) authentic listening and d) trust; seventh path- service a) the antidote to selfishness. Thousands of individuals have taken this life satisfaction survey, and various graduate students throughout the world, (including Singapore, UK, and The Philippines and others) have used it as part of their graduate thesis. It is intended as a tool measuring current level of happiness. It could be used before and after treatment to show changes in level of happiness.

## Biography

Elia Gourgouris is the President of The Happiness Center – an organization dedicated to creating personal success and happiness. Over the last 25-plus years, as a passionate promoter of optimism and deeply meaningful relationships, he has helped thousands of people achieve happiness and fulfillment, both in their careers and in their personal lives. He is an Author of the #1 Amazon best-selling books; “7 Paths to Lasting Happiness”. In it, he helps readers identify and work through principles such as gratitude, personal branding, and forgiveness which everyone can apply to their lives for deeper, more meaningful and lasting happiness. He has published over 120 articles for various newspapers and magazines, including the Huffington Post. He is an international Keynote Speaker, Executive Coach, and a Leadership Consultant. He obtained his BA in Psychology from UCLA and his MA and PhD in Clinical Psychology from the California Graduate Institute.

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