

The Power of Self-Help

Why Self-Help is the Key to Success and Well-Being?

As students stand at the crossroads of tradition and ambition, support systems that respect cultural contexts and nurture individual potential are vital. By fostering open dialogue between students, families, and educators, societies can ensure that students not only honor their heritage but also pursue fulfilling and rewarding careers.

Self-help demands that you be satisfied with your position, your rank, and your seat. Self-help is a heroic virtue. It means that whatever you can do or you are in a position to do, you should do it. It helps in growing one's strength of mind and building one's self-confidence and character, and it also generates within a determination to go ahead independently towards the goal, without caring to look back for anyone's help. Self-care and self-confidence lead to success and never to failure in the field of life. Psychologically, the factors of well-being and self-help are interrelated to each other. A person who can do every single one of his works without the help of another and always thank Allah for what he has led to well-being.

Well-being causes positive feelings, but positive feelings also cause well-being. Investing in your happiness and well-being creates a positive feedback loop that is self-generating and self-sustaining. Encouraging your positive, realistic thoughts to create an upward spiral of happiness. Help yourself, but don't isolate yourself or refuse to consult others. There are things we can only get from other people and things we can only get from ourselves.

How you can help your own self?

Positive emotion helps you repair from trauma and hardship, and builds resilience for hard times to come.

Try keeping a diary during an ordinary week, and checking in with you a few times a day.

What activities bring on contentment?

Notice where you are when you are happy, and what your body is doing?

Are you outside, alone, or in company?

What time of day is it?



Aleena Arshad

Volunteer with an organization you believe in to increase your sense of connectedness and usefulness. Sit with your emotions, and allow yourself to feel and accept them. It's okay to laugh, cry, and just feel whatever you're feeling with no apologies! Set some learning goals for yourself. Take language lessons and cooking lessons, and throw a party with food you've made.

**"Live with an
attitude of
Gratitude.
Be grateful for
what you have."**



What you have, appreciate it and Make a list of things you are grateful for, and share it with those you love. Take the time to tell your friends and family that you love them, and tell them what you appreciate about them. One negative thought leads to another, then another, and another. Pretty soon you have ruined your entire life. Treat yourself the way any human deserves to be treated: with compassion, respect, and love. Instead of being down on you, speak to yourself with calm attention. Avoid negative self-talk. Never give a chance to people to ruin you, destroy your career, and cheat you.

Remember that:

People take advantage of you only with your permission.

Success is often built on failure. Some of the most successful people in the world weren't successful until they encountered multiple failures first, and later self-help made their lives successful.

Michael Jordan did not make his high school basketball team. He was later named the greatest athlete of the 20th century by ESPN. Steven Spielberg was rejected by the University of Southern California film school three times. The Beatles were rejected by three different record companies before they were signed. The book *Chicken Soup for the Soul* was rejected by publishers a total of 123 times. The series now has sixty-five different titles and has sold more than 80 million copies all over the world. There are thousands more stories just like these.

What helped these people become successful? They recognized their self later, motivated own self and then they become determined, consistent and persistent and get a fame in the world.

Advantages of Self-Help:

- People do their duties sincerely and gain the confidence of other people.
- People start trusting and gain faith in them and always hold them in high esteem.
- Such people don't wait for somebody at any single step of their life and never fall victims to unnecessary trouble and criticism.
- People take the advantage their wisdom and thank them for paying some contributions in their work if they had.
- Self-help is the best help and therefore it should be cultivated by everybody. It will not only make us smart and active, but solve many of our problems automatically. Great men in history have always preached self-help, because it is a quality that makes a man great. One can become self-made only through self-help. Children should be taught this by their parents and parents must practice it before they teach them.



SELF-HELP