



CHRIST
(DEEMED TO BE UNIVERSITY)
PUNE LAVASA CAMPUS
The Hub of Analytics

Celebration of Life

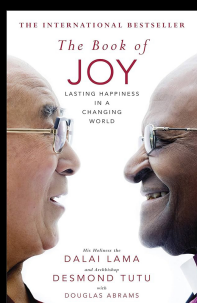
The Little Things That Matter



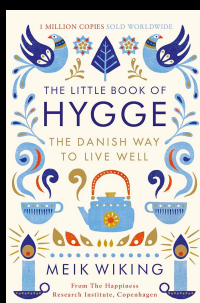
COUNSELLOR'S NOTE - SEPTEMBER 2024

It's the little and sometimes the most unnoticeable things that add so much warmth, comfort, and brightness to our lives. While we strive for greater and better goals, we often forget the importance of these simple, little, but significant things in life. It may be a small bird whose constant chirping cheers you up in the morning, or the morning cup of tea that you sip while planning your day ahead. Video calls from loved ones and table conversations with our loved ones are some things that give us immense joy in life, but we often fail to recognize these moments in the hustle and bustle of our academic and personal lives. This month, we encourage you to take small breaks in order to slow down and appreciate the simple pleasures—the warmth of a morning coffee, the laughter shared with friends, the beauty of a sunset, or the comfort of a favorite book. These little moments, though seemingly insignificant, weave the fabric of our lives and bring us a sense of fulfillment and happiness. By celebrating these small joys, we not only enrich our lives but also foster a sense of gratitude and mindfulness. Recognizing and savoring these moments can improve our mental well-being, reduce stress, and enhance our overall happiness. To help you embrace and celebrate the little things in life, here are some books and videos that you might find inspiring:

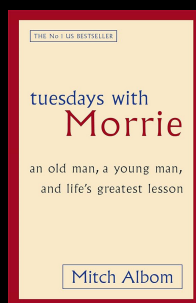
Book Recommendations



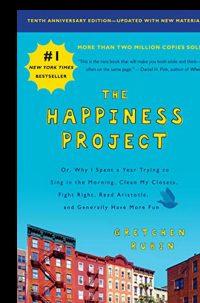
The Book of Joy
Dalai Lama and Desmond Tutu.



The Little Book of Hygge: The Danish Way to Live Well
Meik Wiking



Tuesdays with Morrie
Mitch Albom



The Happiness Project
Gretchen Rubin

Video Suggestions

TED Talk: "Want to be happy? Be grateful"
David Steindl-Rast

[Watch Video](#)

Appreciating the little things in life
Rose Chachko

[Watch Video](#)

Netflix: My Octopus Teacher

[Watch Video](#)

The power of appreciation
Mike Robbins

[Watch Video](#)

Get in touch with your counsellor for additional resources and help

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