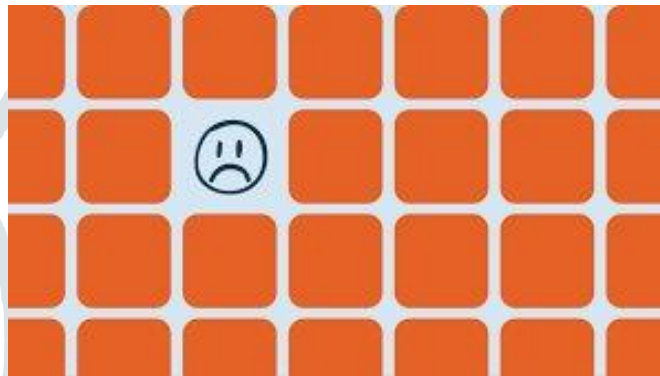




MISSING TILE SYNDROME: LIFE IS SHORT; LIVE HAPPILY... 😊😊😊

MISSING TILE SYNDROME



Prof. Dr. Jeya Vanitha.A M.Sc. (N)., Ph.D.(N).,
Principal , HOD of child Health Nursing,
Kirti Institute of Nursing and Paramedical sciences, Sonbhadra(UP).

Abstract

“Happiness is not a destination, it’s a way of life.” Happiness. We look for it in different places. Some of us hope to buy it. Some think we can earn it. Others look for it in a new job, a new relationship, or a new accomplishment. But one thing remains: happiness is something we all desire. It's the feeling of truly enjoying your life, and the desire to make the very best of it. Happy people are more successful. Happy people are better at reaching goals. In order to make yourself happy, you need to find balance. A good job and financial stability can be important for happiness, but you must also balance those things with other factors that promote happiness including your health, your relationships, and other meaningful pursuits.

Key points: Missing tile syndrome, Happiness, Mental health.

Introduction😊

We all want to be happy. But we sometimes think of happiness as a thing that happens to us — something we have no control over. It's easy to link the idea of happiness with the situation we're in. We might tell ourselves, "If only things were different, then I'd be happy." Part of happiness depends on personality. Some people have a naturally happy nature. We all know people who are cheerful and optimistic most of the time. Their upbeat personalities make it easier for them to be happy. **Researchers have found that more than half of happiness depends on things that are actually under our control.** That's really good news because it means everyone can be happier. A big part of how happy we are depending on our mindset, the habits we practice, and the way we live each day. By learning the key ingredients of happiness, we can use them to become happier.

What is Missing tile syndrome?

We were designed to experience it. **Missing Tile Syndrome** is a term, coined by Dennis Prager. It simply focusing on the things which we are missing and thus robbing ourselves of happiness. This means that we focus on the things that we do not have or what is missing instead of on what is present and this thinking becomes the cause of sorrow and dissatisfaction. The Missing Tile Syndrome is a very big obstacle to happiness. So big, in fact, that it makes happiness almost impossible. There will always be something missing in your life. When you see other people's kids, you'll think you see tiles that are missing in your own children.

Why Happiness Matters 😊

Happiness is more than a good feeling or a yellow smiley face. It's the feeling of truly enjoying your life, and the desire to make the very best of it. Happiness is the "secret sauce" that can help us be and do our best.

Here's what researchers found when they studied happy people:

- Happy people are more successful. 🙌
- Happy people are better at reaching goals. 🧑🎓
- Happy people are healthier. 🏃
- Happy people live longer. 🕒
- Happy people have better relationships. 🧑🧑🧑🧑
- Happy people learn better. 🧑💻

The Five Thieves of Happiness 😊

According to Dr. John Izzo, author of *The Five Thieves of Happiness* is a leadership expert and happiness researcher who has done some profound soul-searching of his own. Drawing on psychological research, spiritual traditions, and personal stories, Izzo affirms that happiness is our birth right, and explores the five "thieves" that we let rob us of our innate sense of contentment.

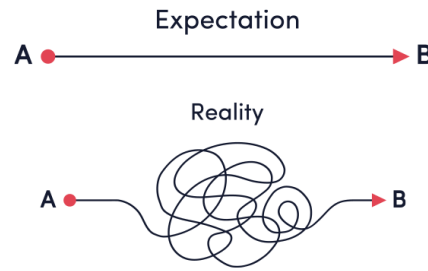
The Five Thieves are:

- 1. Control:** The drive to control others, viewpoints and outcomes.
- 2. Conceit:** Seeing the world as centred around you rather than viewing yourself as part of a bigger landscape.
- 3. Coveting:** Wanting what others have. It's a fool's game to constantly compare yourself to others because somebody will always seem better at something and you'll feel inadequate.
- 4. Consumption:** Accumulation of stuff, which doesn't make us happy
- 5. Comfort:** Holding on to outdated practices that may have worked in the past.

Are any of these five mental thought patterns robbing you of your happiness? If so, imagine what your life could be like if you changed them. Too Many Things On The Mind Need Too Much Attention

We have so many different sources of information competing for our attention that it's hard to filter out the things that don't matter so we can focus on the things that do. As such, many people end up stressed and overwhelmed because they cannot manage their stressors effectively, which ends up robbing them of their happiness and success.

Reality Vs. Expectations 😊



We all have different expectations for our lives, jobs, relationships, etc. But it can be stressful when reality hits and these things don't play out as we hope they do. And when expectations are put on us by others rather than ourselves, they can cause even more stress.

According to a study, people are often more stressed because they're upset with how things turned out than how they expected them to. In other words, when we expect something (say, a promotion) and it doesn't happen (we didn't get it), we experience disappointment.

We may not realize that our expectations are too high or unrealistic, but that doesn't stop us from feeling bummed about it. This is called "disappointment stress," and while it's ordinary in moderation, long-term chronic stress caused by reality v/s expectations is harmful to our health.

So, let's take a look at what causes these unrealistic expectations and how we can manage them, so we don't fall into despair. What stress-busting tools do you use to keep stress under control in your life?

Ways To Manage Your Expectations 😊

High expectations may be contagious for your mental health, whether at work or in your personal relationships. These are the few methods for stress management – if used regularly, these can change your personality and thoughts towards lifestyle!!

1. **Set expectations**, not expectations for others, but for yourself.
2. **Don't overcommit and spread yourself too thin.** Learn how to prioritize by scheduling time for everything that needs to be done, including time for family and friends.
3. **Keep track of what you have accomplished** and give yourself credit for a job well done!
4. **Recognize when you feel stressed** and use stress management techniques like yoga or meditation to calm down and relax.
5. **Allow extra time for events in life**, such as doctor's appointments, holiday travel, or visiting out-of-town family members—everyone works on their schedule, so try to maintain flexibility with yours as well!
6. **Change your perspective!** When things don't go exactly as planned, do your best to adapt and roll with whatever punches come your way. Focus on looking at issues from another angle; sometimes, we miss opportunities because we expect something different from reality.

7. ***Be flexible!*** You never know where life will take you or who it will bring into it. If you plan every step from beginning to end, not only will things never work out that way, they may never happen at all!!
8. ***Try new things,*** see new places, and meet new people! Step outside of your comfort zone and experience new activities. Not only does it make each day exciting, but it also adds a little variety to an otherwise cookie-cutter lifestyle.
9. ***Give back to those less fortunate than yourself (directly or indirectly).*** Giving back is one of life's greatest joys, no matter how small or large the act you perform for others. The rewards far outweigh any effort expended making a difference in someone else's life.
10. ***Follow your heart,*** believe in yourself, and allow yourself to live authentically and honestly without worrying about what others think of you or your decisions!

How To Overcome Missing Tile Syndrome 😊

- 1) ***Count your blessings:*** just with the open mind see the many other things you have in your life. See your family, friends, relatives, job, assets etc. you have many of them when the other may not have any. Learn to count your blessings.
- 2) ***Avoid covetousness:*** It is the strong will to acquire something that belongs to other people. It starts with the mind. Though some people might not see your thought, the desire to have something can become too strong, that you've always been thinking about it, that your words and action made it obvious. It is also damaging to one's life because of its unsatisfactory wishes.
- 3) ***Think positive thoughts.***
- 4) ***Be thankful:*** Being thankful is very important. It prevents you from being bitter to other people and helps you concentrate on the things that you want in life. Choose to be thankful and enjoy the warm and happy feeling from it.
- 5) ***Volunteer to help the less fortunate.***
- 6) ***Be content:*** Contentment is the insight that we don't actually own anything & everything in this world. Contentment helps you to avoid looking at what's missing in your life, but rather focusing on the things that you have. Contentment does not mean that you should not seek to improve yourself. It doesn't mean that you should be content with just being a burden to others while knowing very well that you could have done better.
- 7) ***Stop comparing yourself to other people.***
- 8) ***Explore new things you had never done or you were scared to do.***

Conclusion 😊

You can't change how people feel about you, so don't try. Just live your life and be happy. Allow yourself to be sad. Denying such feelings may force them underground, where they can do more damage with time. Cry if you feel like it. Notice if you feel relief after the tears stop. Write in a journal, listen to music, spend time with friends or family, and/or draw to express the emotion sadness.

We all come up with the term Missing Tile Syndrome, but that is exactly what we were suffering from. That's the way we play tricks on ourselves and undermine our happiness; by concentrating on the missing tiles every one of us has. So we really have a simple choice: do we focus on the rest of the ceiling, on all the tiles we do have, or do we focus on the ones we're missing, To a large extent, the answer to that question will determine how happy you will be.

References ☺

1. Attri A, Negi R. Missing tile syndrome: robbing ourselves of happiness. *International Journal of Research and Review*. 2020; 7(5): 268-269.
2. Faith Osirio. The Missing Tile Syndrome. [Internet] 2017 [cited 2019 Sep 30]. Available from: <https://www.blissorblisters.co.ke/relationships/themissing-tile-syndrome/>
3. Missing Tile Syndrome. [Internet] 2019 [cited 2019 Sep 29]. Available from: <http://medpharmatoday.com/2019/01/01/missing-tile-syndrome/>
4. Pallavi R Mangrulkar The Missing Tile Syndrome *international Journal of Psychiatric Nursing*. 2020 January-June. Vol. 6, No. 1.
5. Pro Pointers: Missing Tile Syndrome: don't let it derail you. *Banglore Mirror*. [Internet] 2016 [cited 2019 Sep 30]. Available from: <https://bangaloremirror.indiatimes.com/pro-pointersmissing-tile-syndrome-dont-let-it-derail-you/articleshow/50810374.cms>
6. Thangavel V. The Missing Tile Syndrome. *Journal of Psychiatric Nursing*. 2019; 8(1):23-24.

