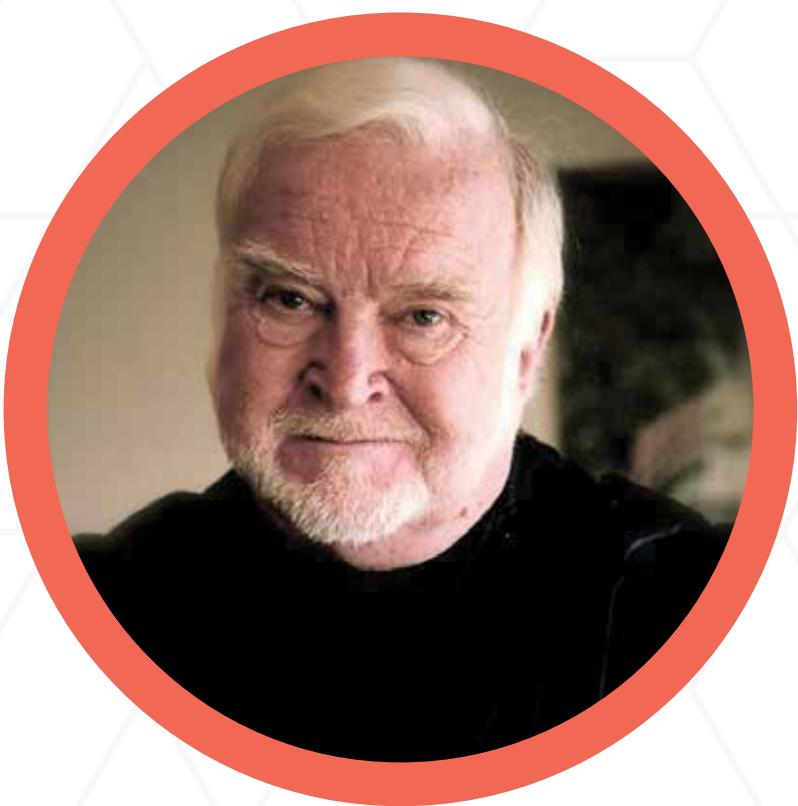


Happiness At Work

Finding your flow



What Is "Flow"?



Hungarian-American psychologist **Mihaly Csikszentmihalyi** came up with the term after interviewing athletes, musicians & artists. He was interested in optimal performance, when work "flowed" without much effort.

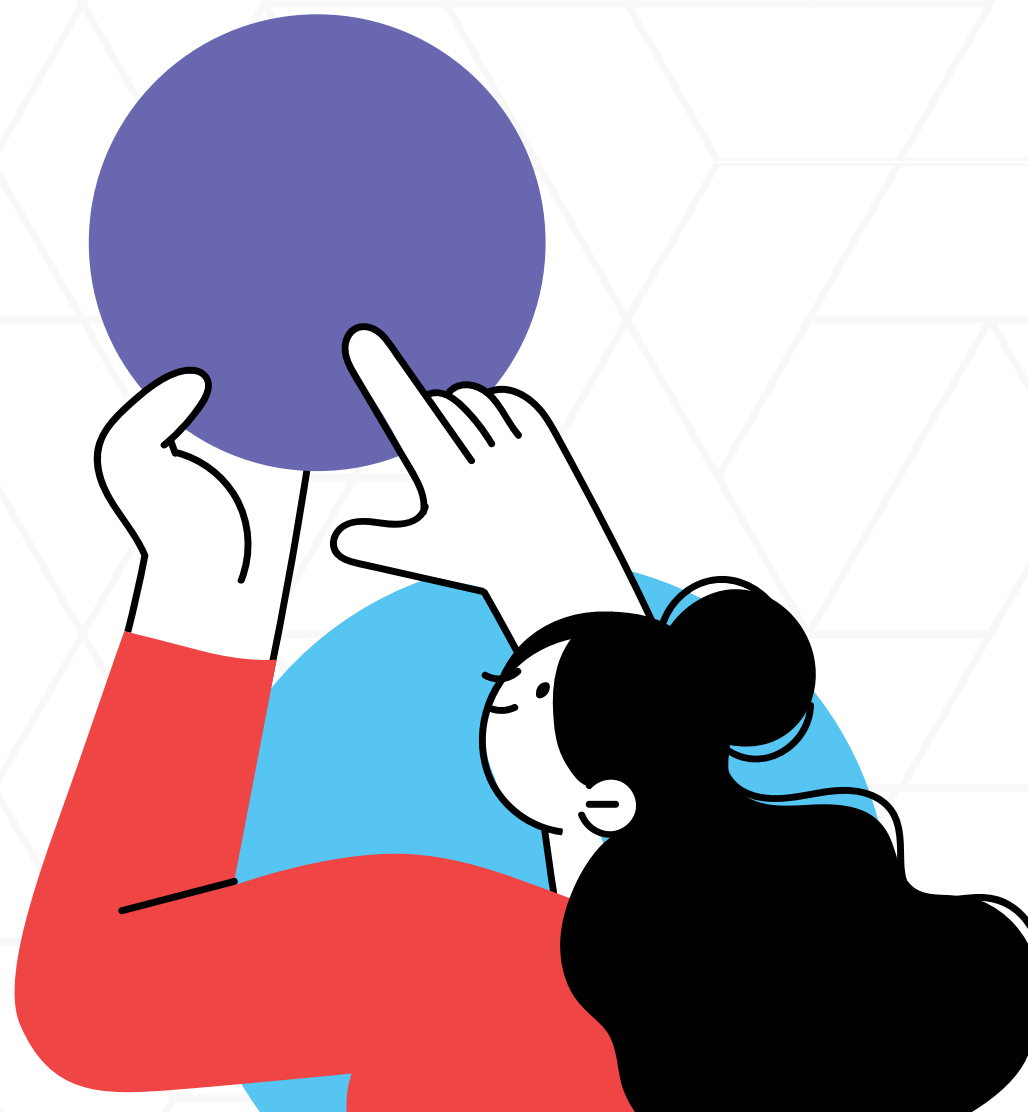
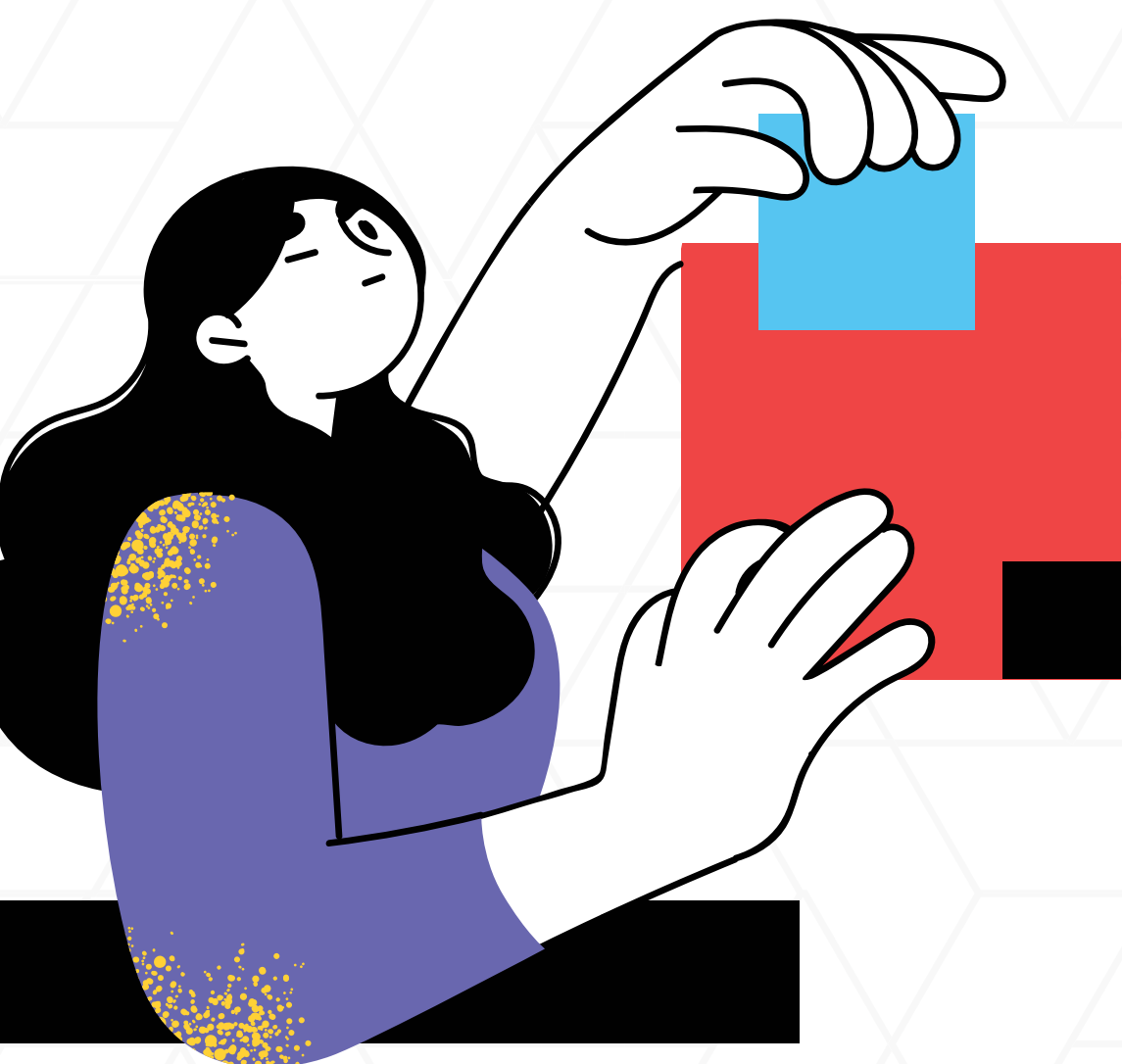
He noticed the connection between creativity & productivity. He said, "Flow is not only essential to a productive employee, but for a contented one as well."

The 8 Characteristics Of Flow



Here's how you know that you're in a state of flow.

- You're completely concentrating on the task at hand
- The goals/rewards of the task are clear in your mind, and you receive immediate feedback
- Time slows down or speeds up for you; you lose track of how much time you're spending on the task
- The experience of performing the task itself feels very rewarding and enriching
- The work is challenging enough to match your skillset
- You don't feel like you've put in much effort, and the task seems easy to accomplish
- Actions and awareness are merged, losing self-conscious rumination or awareness of active thinking
- You feel like you can control the task and how it is being executed



Achieving Flow In 3 Steps



- **Avoid distractions.**
Turn off notifications, your phone or anything that can disrupt the task at hand. Avoid giving in to the attention-robbers of our modern, fast-paced lives.
- **Ensure that the task at hand is challenging yet suits your skillset.**
If the challenge is bigger than one's level of skills, one becomes anxious and stressed. On the other hand, when the task is not challenging enough, one becomes bored and distracted. Achieving the "flow" state is about finding the balance between your skills and the challenge at hand.
- **Avoid focusing on external motivation to complete the task.**
The experience of flow in everyday life is an important component of creativity and well-being. Since it is inherently a rewarding experience, the more you practice it, the more you seek to replicate it, which leads to a fully engaged and happy life.



Achieving a state of flow can help make the tasks at hand more engaging and enjoyable. It also helps you perform better.

Try these tips to find your flow and learn the skill of staying happy at work!