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# Lifestyle.

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## HELP WITH HAPPINESS

### WORKSHOP AIMS TO LIFT SPIRITS

Kate Crawford

IT CAN be harder to be happy if you are wealthy and living in Mosman, according to psychotherapist Marie Rowland.

"Recent studies show people in high socio-economic groups suffer more depression and anxiety and their children show higher levels of anxiety and suicidal thoughts," she said. "Wealth and happiness is a false correlation."

However, Rowland, who is running a happiness workshop at Mosman's Yoga Sivana on May 31, says being wealthy and living in a prosperous area doesn't rule out happiness.

"It's quite possible to be happy and have a nice car and eat \$20 cheese but not if they are your priorities," she says.

"It should be more about your community with friends and family - making life matter for those you love and even for those you encounter on the street."

Rowland says the first step to happiness is taking time to consider what is important to you.

"It may be only about taking a walk every day - and Mosman is a beautiful place to take a walk - or it might be about making clay pots in

your back shed," she says.

"We need to get back to ourselves, to things that matter in our lives. To find the joys in our life - no matter how small."

Along with consultant and yoga teacher Mel Armstrong-Jones, Rowland will be conducting a two-hour workshop.

The session will offer advice in dealing with stress, practising gratitude, finding self-acceptance and happiness.

Rowland says there are five pillars involved in happiness - purpose, people, passion, priorities and perception.

She acknowledges that many people respond to the concept of happiness by protesting about paying the mortgage, the bills and looking after children.

And she says financial security is important to happiness and people need to look after their responsibilities - purpose can be part of a meaningful happiness.

But she warns pursuing wealth and "keeping up appearances" can end up crushing the spirit.

"Many people spend too much time leading the lives which are the exact opposite of what they really want," she said.

Details: [talking-matters.com](http://talking-matters.com)



Mel Armstrong-Jones and Marie Rowland.

Picture: JEREMY PIPER