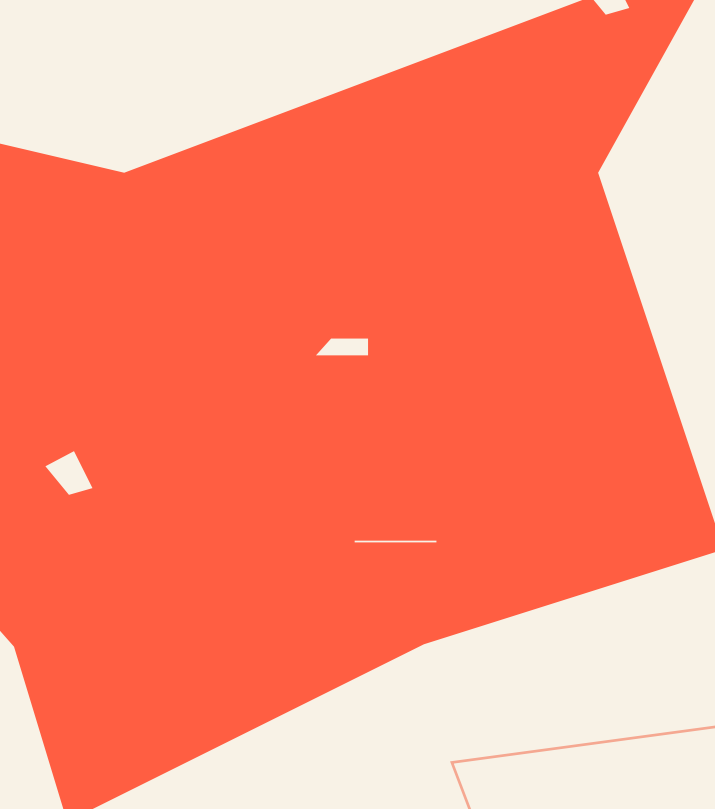
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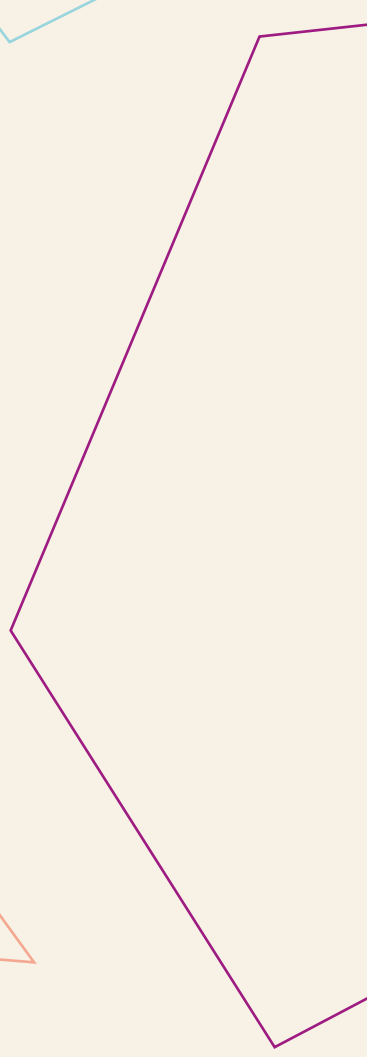
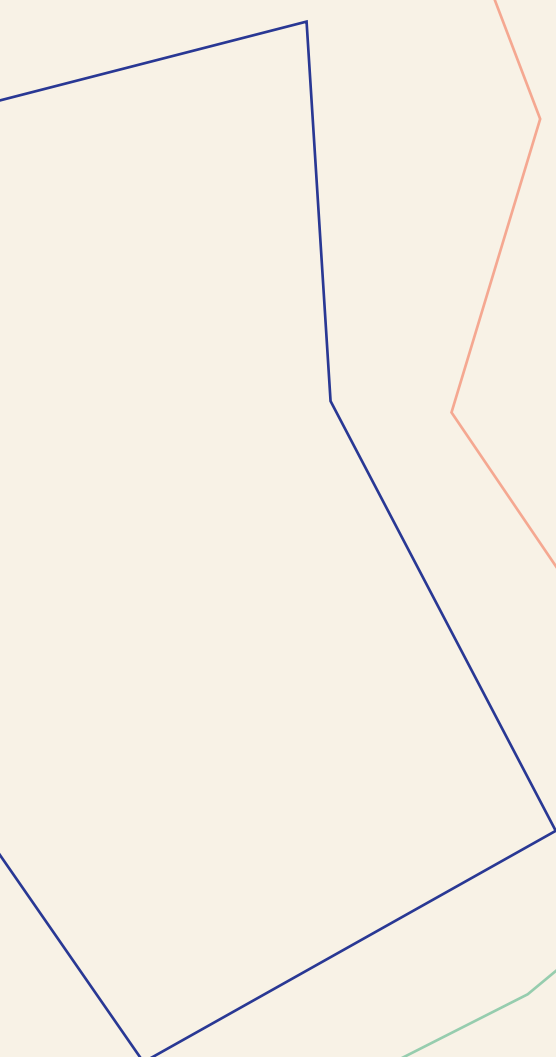
WHAT DOES  
HAPPINESS  
LOOK LIKE  
IN THE LAND  
OF ANXIETY?



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# INTRODUCTION





The global health crisis brought about by the COVID 19 pandemic has made the need for rethinking how we live extremely clear. In 2019, [according to the WHO, Brazil was already the country with the greatest anxiety index](#) and in 2020, [an IPSOS survey found that Brazil is the country that suffers most from anxiety due to the pandemic](#) among the 16 countries surveyed.

*“...in spite of the issue of the pandemic, and in these studies they will go deeper into this issue, it has been observed that most countries have declined very little compared to before the pandemic, which was also surprising. So, countries that had a good social structure, better social support, which had a better socioeconomic condition and, mainly, that had fewer inequalities in the population, stood out significantly. So, the great socioeconomic inequality that we experience in the country is one of the factors that cause the most suffering, in terms of the general population. Countries where the inequality is smaller, the decline with the pandemic was much smaller, in terms of welfare and happiness.”*



Simone Fuso, expert: neuroscience and positive psychology

Having lived with the challenges of the pandemic and several points of view and future projections exposed in the media daily, TEMPO2 worked on a project called *What does happiness look like in the land of anxiety?*, aiming to go beyond the external context and look inward to learn about some emotions and how they guide quality of life and well-being.

We focused mainly on two emotions:

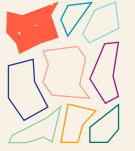
### **Anxiety**

What is this emotion that is so prevalent today in Brazil, and even before the pandemic was already among the leading causes of emotional distress in the country?

### **Happiness**

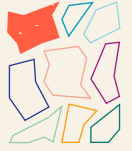
What is it and can we allow ourselves to be happy in such uncertain and anxiety-ridden times?

We researched and talked about anxiety, happiness and everyday well-being with 4 Brazilian experts focusing on:



- neuroscience and positive psychology
- food and integrative nutrition
- work
- psychiatry

## LIVE LIFE!



*“How does the cognitive behavioral model of the mind work: the situations experienced generate thoughts, and these thoughts, which are actually our interpretation of the situations experienced are what generate an emotional response. In other words, we feel what we think about situations and not the situations themselves.”*



Pedro Beria,  
specialist:  
psychiatry

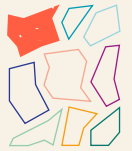
Nurturing our point of view, our way of interpreting our lives, is highly relevant to emotional well-being and this informs the way we act in the world and how we put our daily life into practice. It may not always be simple to cultivate or even maintain emotional well-being, but we've learned that the tools for this are within the reach of each one of us and are not dependent on external fluctuations and instabilities...

In our inquiries about what happiness looks like in the land of anxiety, we sought to demystify the knowledge we have gained from Brazilian experts and with this we concluded that living well depends on the quality of our thoughts as well as our presence and attitudes in daily life, and that there is a paradox: quite possibly the “search for happiness” distances us from the contentment and satisfaction of living life day by day, which, in turn, brings about a lasting state of well-being.

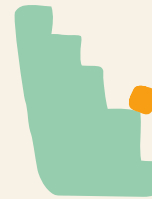
Could it be that we, human beings of the 21st century, have long been nurtured by a mentality of scarcity, a feeling of lack, which projects satisfaction into the future, into a new gadget, a promotion at work, a slimmer silhouette, an upcoming trip, more time, more money, among so many other things that are presented as vehicles for happiness, are able to understand deeply that a big part of living life well is having emotional health?

It is possible to understand that going off autopilot, practicing self-care and caring for others, accepting that changes are constant, that there are no benefits in judging and polarizing and that being aligned and present in each moment lived so that it is an active and conscious experience is actually putting into practice a more

efficient form of "living well", than aspiring and seeking to have a good or better life in the future, and justify not feeling happiness now with our current ailments?



*"...if I keep thinking this way every time: 'I need something so I can be happy', 'I need something so I can be happy', I keep pushing happiness beyond a cognitive horizon, I never get to it, because when I get to that place, I will then need something else to be happy and we never reach that..."*

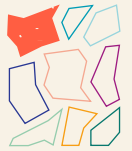


Pedro Beria,  
especialista:  
psiquiatria

Steve Cutts, in his animation Happiness (2017), illustrated this cognitive state of continuous search for happiness.

[See the YouTube video here.](#)

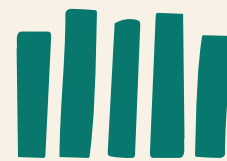
# HAPPINESS IS NOT WHAT WE'VE BEEN TOLD OVER THE YEARS IN MOVIES AND ADVERTISEMENTS...



We also learned that happiness is not a state of intense and constant joy and that to seek calm, a life without problems and without sadness, to possess and do everything that we dream of, is not happiness. Happiness is a practice and a happy person is one who is resilient, accepts that there are highs and lows, but feels satisfied and engaged in their daily life and is in tune with their support network, with people who nurture constructive relationships and flourish together.

Is it possible for us to imagine societies, people, products and businesses that have this as their essential basis of existence?

*“For positive psychology, the pillars of well-being are based on positive emotions, engagement, positive relationships, finding purpose and identifying and enjoying one's achievements. It's not a unique thing and it's not a thing of intense and constant joy.”*




Simone Fusso,  
specialist:  
neuroscience and  
positive psychology

INTRODUCTION

In this project we share our learning in blocks: anxiety, happiness, work, nutrition and daily life and, finally, the questions that keep driving us to explore how the practice of well-being can guide projects that drive, nurture and feed back into a good quality of life.

We hope that you will benefit and be inspired as much as we are with the project *What does happiness look like in the land of anxiety?* and that we can exchange ideas and pave paths together.



The background features several overlapping, irregular geometric shapes in various colors: a large red shape in the top left, a teal shape in the top right, a purple shape on the right side, a blue shape on the left, and an orange shape at the bottom. A central, light orange outlined shape contains the text. The overall style is modern and abstract.

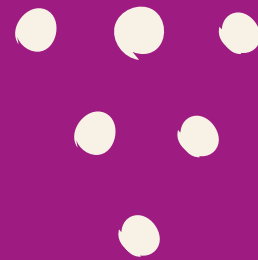
**ANXIETY**  
10 learnings

*“Anxiety itself is not bad, what is bad is when it becomes too intense and too frequent.”*

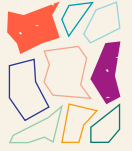


Simone Fuso,  
specialist:  
neuroscience and  
positive psychology

*“Evolutionarily and biologically, anxiety is an emotion for preserving the species.”*



Pedro Beria,  
specialist:  
psychiatry



1.

**Anxiety is an anticipatory emotion** that helps us prepare for the future, it is an emotion that has its function and **is normal for every human being to feel** at some point, and in a functional way, in order to stay alert and give more importance to something. But, the anxiogenic stimuli are unique in individuals, and what stimulates anxiety in one person, may not stimulate anxiety in another person, or at least not with the same intensity.

2.

**Worry** (excessive thoughts/ideas about a future situation) and **fear** (impending feeling that something bad might happen) are cognitive modes associated with anxiety, which is an **emotion that feeds itself**, so these states can generate anxiety as well as propagate and intensify it.

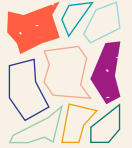
3.

**Anxiety is an intense emotional moment awakened by thoughts, which are interpretations of situations** and this moment can also awaken *new* thoughts and the more intense the thoughts and their emotional responses, the greater the chance of them becoming memories that can become triggers for dysfunctional anxiety and install a vicious cycle.

*“...anxiety is a significant memory-forming emotion, because in theory, biologically, that which at some point was threatening to us, is interesting for us to remember, so that we can protect ourselves again from this. What happens to some people, as I said, it is the thoughts that generate anxiety, so biologically all anxiety is related to the interpretation of life and not the situations experienced themselves, and this relationship with the interpretation of life can be dealt with in psychotherapy.”*



Pedro Beria,  
specialist:  
psychiatry



4.

**Projecting, ruminating and judging are not functional approaches** for the anxiety that we feel when faced with something, but **being present, in the current moment, is an antidote.**

*"... ruminative thoughts that look to the past with a certain sense of regret tend to bring an emotional response of sadness, while thoughts related to the future, with a response of fear or worry, tend to generate anxiety. So if we can focus on the present, that is where the feeling of pleasure will be found. And very judgmental people, who judge themselves often, who judge others often, tend to have difficulty connecting with themselves and with the present."*



Pedro Beria,  
specialist:  
psychiatry

5.

**The instability and social, political and economic uncertainties in Brazil**, without a doubt form a background that nurtures anxiety in many people, but how each one will deal with this and interpret this context depends on the willingness and the tools available to each.

*"...how much do you trust the institutions in your country...how much you trust society in general, or that society will deal with your problem, will help you with your problem... So, when we look at this and think about Brazil today, how much do you trust that if you need help from institutions you will receive it? So this results in a feeling of great helplessness, and this is one of the factors that puts Brazil down there."*

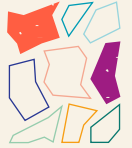


Simone Fuso,  
specialist:  
neuroscience and  
positive psychology

*“this pandemic of haste, which is very serious, has introduced this characteristic in people as necessary to live in today's world... and haste is the ability to make time lack.”*



Pedro Salomão,  
specialist: work



6.

Anxiety is associated with **haste and the inability to live one day at a time**, and so we can understand the feeling of lack of time as an anxiogenic stimulus and as a symptom of anxiety.



Pedro Beria,  
specialist:  
psychiatry

*“every time there is an emotional situation that harms our life, we can say that it is a symptom.”*

7.

Avoidance is not a functional long-term strategy, it only increases insecurity, **but acceptance, training the mind and facing what stimulates anxiety helps to dissolve it.**



Pedro Beria,  
specialist:  
psychiatry

*“...a good strategy would actually be to practice cognitive, emotional, and behavioral techniques that we can develop ourselves, to cope with anxiety. That is, anxiety is overcome by facing the anxiogenic stimuli in a functional manner...”*

ANXIETY | 10 learnings

8.

**Mind and body are intrinsically intertwined** and our emotional well-being impacts our physical well-being.



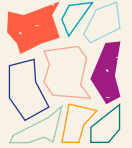
Pedro Salomão,  
specialist: work

*“we became specialists in using alcohol gel on our hands and we forgot that it's no use having sanitized hands and polluted minds.”*

*“... we don't even know what the cause or consequence is, the person becomes anxious and then her hair starts falling out, her hair is falling out because she is anxious... I frequently aim at breaking a vicious cycle, and try to guide the patient into a virtuous cycle, and for that they will need to realize that they are responsible for what they put on their plate, which can bring health or illness...”*



Andrezza Botelho,  
specialist: food  
and integrative  
nutrition



9.

**The neglect of self-care and of our vocation to care for others is symptomatic of anxiogenic values and a paradox between scarcity** (of time, of things we imagine that will satisfy us) and **accumulation** (of credentials and goods), which has devalued affective relationships.



“we haven't updated this software that brings the vocation to take care of people”

Pedro Salomão,  
specialist: work

10.

**Evolutionarily, anxiety is associated with protection, with the function of helping to preserve the human species.** Faced with the pandemic, the tragic deaths and uncertainties about the virus that spreads and mutates, this state of alert being heightened is not without reason. To align ourselves with the functional dimension of anxiety without letting this dysfunction become predominant, **modulating thoughts and behaviors helps to deal with this emotion that was inherited to aid in survival.**



“...this care, this fear, this concern related to the feeling of anxiety, they are not here by chance, anxiety is a biologically selected emotion.”

Pedro Beria,  
specialist:  
psychiatry

Although, in Brazil, we are living not only with the challenges of the pandemic itself, but also with the social, political and economic anxiogenic situations that have developed around it and those that already existed before, the frustrating feeling of impotence and uncertainty on a macro scale, does not necessarily imply in replicating the same feeling on a human scale, on a daily basis.

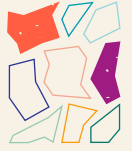
As anxiety is a natural emotion to human beings, which serves as a warning by drawing attention to a specific issue, seeing it from different points of view can help to find a balance.



*“being in the same environment over and over for a long time is anxiogenic, this is a biological trait of human beings...but, at the same time, the possibility of being reclusive when there are external adverse stimuli is also anxiolytic, this is largely a matter of balance...”*




Pedro Beria,  
specialist:  
psychiatry



Since we don't know when the current reality of the pandemic will subside, can we change the lens through which we interpret the situation so that the difficulties and struggles are not the main focus and trigger of our thoughts and behaviors on a daily basis?

What can we do today so that our actions in the present contribute to improvements in well-being and emotional health and in the shaping of healthier paths for everyday life?

How can we contribute and collaborate with our immediate community, the people around us, in such a way that our actions lead us to actively participate in improvements that impact our society?

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HAPPINESS  
10 learnings

*“Happiness comes from the soul, it's satisfaction, it's positive emotions.”*



Andrezza Botelho,  
specialist: food  
and integrative  
nutrition

*“A person who thinks that being happy is not having problems will never be happy.”*



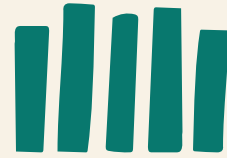
Simone Fuso,  
specialist:  
neuroscience and  
positive psychology



1.

Happiness feeds itself and springs from the **association of a group of emotions and attitudes, which harmoniously establish a virtuous cycle of positive feelings** that motivate us to engage in our lives and add new achievements.

*“For positive psychology, the pillars of well-being are based on positive emotions, engagement, positive relationships, finding a purpose, identifying and enjoying your achievements. It's not a unique thing and it's not a matter of intense and constant joy.”*



Simone Fuso,  
specialist:  
neuroscience and  
positive psychology

2.

Being happy goes beyond feeling joy and positive emotions such as tranquility, satisfaction and pleasure. **Resilience, a sense of self-efficacy and confidence** can sustain a generalized state of happiness, even when difficulties, sorrows and challenges arise.

*“When we say 'seeking positive emotions', it's not toxic positivity, in which everything has to be wonderful; no, there are things I've done, there are things that are bad, there are days when I'm not feeling great, and that's okay, that's a part of happiness, because I'm going to deal with it, I'm going to get over it. When I talk about resilience, it's about overcoming a challenge... it's very important to believe in this.”*



Simone Fuso,  
specialist:  
neuroscience and  
positive psychology



3.

**Happiness is feeling present in the moment**, but it is not synonymous with frugal pleasures and immediacy. Being present, in the present, body and mind, can sound redundant, but the mind often wanders to the past and the future, moving away from a state of presence in the current moment and therefore, also from the possibility of feeling and cultivating happiness. **Valuing and experiencing the present moment means sowing a fertile and sustainable field of happiness.**



*“...happiness and pleasure are actually emotions related to the present. We can only feel happiness about what we are experiencing at the moment.”*

Pedro Beria,  
specialist:  
psychiatry

4.

**Happiness is a practice of well-being and actively dedicating oneself to what is good for us, it is a way of cultivating a state of happiness.** Knowing, intellectually, what happiness is and what is good for us is not the same as feeling happiness, which only happens when this wisdom is transformed into action, into practice, which implies in repeating actions that are beneficial to us.

*“we think that, especially now, behind the screens of our devices, that with 15 minutes of meditation or catchphrases, which are positive thoughts, we will solve the world's problems, we won't, because what changes the world are not positive thoughts, but positive attitudes. And, there is a huge difference between a constant and consistent positive attitude and, as is true in most cases, the inertia of positive thoughts.”*



Pedro Salomão,  
specialist: work



5.

Engaging in activities that reinforce the strengths of our personal characteristics and getting involved in the process, more than only focusing on the ultimate goal, means valuing the path that encourages a state of well-being and flourishing, in the present.



Pedro Salomão,  
specialist: work

*“...happiness is found when we like the process more than, or as much of the process, as of the result.”*

*“What positive psychology understands as happiness is multifactorial. It is a state of well-being in which you have the conditions to grow, flourish and be yourself. Happiness in positive psychology is associated with the term ‘flourishing’.”*



Simone Fuso,  
specialist:  
neuroscience and  
positive psychology

6.

Great deeds and strategies to achieve grand and aspirational goals, and overcome extreme odds have long been valued, but **it is the small achievements, attainable in the short term, which are more associated with generating well-being**, and deserve to be valued for helping to nurture happiness in small intervals and thus maintain a state of longer-lasting satisfaction.

*“Happiness is a notion that is closely linked to the self-feeding of pleasure resulting from small achievements. So, if we are going to depend on great achievements to feel happy, we will probably have a response of unhappiness, and difficulty in feeling this pleasure.”*



Pedro Berica,  
specialist:  
psychiatry



7.

**The combinations and associations between activities that nurture positive emotions are different among people**, and understanding what is important to each of us is fundamental. However, we know that happiness is not constant joy and as human beings, biophilia (innate tendency to feel attraction and to seek connection with other living beings—people, plants, animals...) determines **that there is a predisposition to wanting to relate to others**. So we understand that in addition to the particularities of each one, as human beings **we have the need to cultivate affection, good relationships and our support networks**.

*“...listening to each other, looking at each other – sometimes we don't need to do anything, simply welcoming the other is very important in these moments of unhappiness, and doing away with this idea of always being happy – that is the ideal world, but it is not the real one.”*

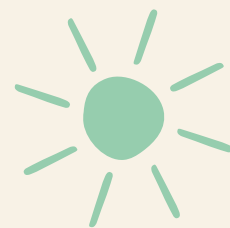


Andrezza Botelho,  
specialist: food  
and integrative  
nutrition

8.

**Doing only what you like is not happiness, it's selfishness**. Changing our perspective in the face of unpleasant activities that we need to carry out and by **dedicating ourselves to giving our best to chores**, and sparing ourselves from wasting energy getting frustrated or fighting against the inevitable, tends to be a beneficial attitude.

*“Being happy, for me, is not doing what you like, that is being selfish. If we only did what we like to do, the world would be screwed, 80% of the professions wouldn't exist. But, throwing all the love we have into an opportunity and, love, meaning energy, the energy that you have channeled into the opportunities that life has given you, that indeed, is a path to happiness.”*



Pedro Salomão,  
specialist: work





9.

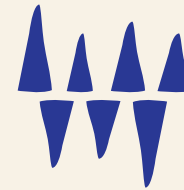
**The way we interpret our lives is highly relevant to our emotional well being**, and informs how we act in the world and how we put it into practice in our lives. It can be a challenge to maintain our emotional well being, but seeking to nurture good quality thoughts and activities that are beneficial for feeling positive emotions are independent from external oscillations.

*“The way the cognitive, behavioral model of the mind works is: the situations experienced generate thoughts, and these thoughts, which are actually our interpretation of the situations experienced, are what generate an emotional response. In other words, we feel what we think about situations and not the situations themselves.”*



Pedro Beria,  
specialist:  
psychiatry

*“So, am I not happy in the absence of joy? No, I am happy also. The feeling of peace is a feeling of well being, of happiness, which is not joy. So, the term 'well being' is used as a synonym for 'happiness', because that word 'happiness' is many times associated with joy. I can have these ups and downs within a state of happiness, and I have to know that this is part of it. This, also has to be a part of the idealization of what it means to be happy.”*



Simone Fuso,  
specialist:  
neuroscience and  
positive psychology

10.

**We are responsible for our own interpretation of our lives and what makes us happy** and mimicking what is externalized as a “good life” by others, does not necessarily represent an authentic well-being for us. **Welcoming the differences and our active role in building what constitutes a good life for each one of us**, accepting both the joys and the sorrows, successes and difficulties, opens the way for us to nurture a **virtuous circle of well-being and greater emotional health**.

*“We construct our happiness ourselves, it is something we need to build. I can wish you happiness, but I can't make you happy. So, while I can't make you happy, I can't feel guilty for feeling happy, because happiness is built from the inside out. We can do everything for a person to tend towards, or have the ability to feel happy, but the construction of this happiness needs to start within them.”*



Pedro Beria,  
specialist:  
psychiatry



Andrezza Botelho,  
specialist: food  
and integrative  
nutrition

*“We are in an era of mandatory happiness, 'you are required to be happy'. But you don't have to be happy. People really want the life of social media, we want to be like others (...) I think these moments of non-happiness must also be embraced, breaking this paradigm of obligation. There are times when you're not happy, and that's okay, allowing yourself to cry, allowing yourself a moment of sadness, of mourning, of longing, and these are not moments of happiness, and these moments should be embraced too...”*

If happiness is not constant joy and is an emotion that nurtures itself, that is associated with the ability to live life with contentment and satisfaction, how can we, by cultivating our own well-being and that of our support network, sow a broader field that allows it to impact others so they can also be likely to feel the same and therefore, trigger a virtuous circle?

The background features a light cream color with several large, irregular, overlapping shapes in vibrant colors: a red shape in the top left, a blue shape in the bottom left, a purple shape on the right, and an orange shape in the bottom right. Additionally, there are thin, light-colored outlines of various polygons scattered across the page. The text 'DAY TO DAY' is centered within a large, light-colored, irregular polygon in the middle of the page.

DAY TO DAY



In this third section of the project *What does happiness look like in the land of anxiety?*, after an immersion into the emotions of anxiety and happiness, we take a closer look at aspects of everyday life and how these emotions can manifest themselves.

In the book [The Burnout Society \(Stanford Briefs, 2015\)](#) published long before the pandemic, philosopher Byung-Chul Han discusses the premise that the 'performance society' in which we live in the West, in the contemporary capitalist system, suffers from an excess of positivity. It's a positivity that always stimulates and establishes a motivational "yes we can" mindset, that anything is possible if you put enough effort into it, and with this, it generates hyperactivity, a constant need for showing results and overcoming your own limits – a positivity that can lead to burnout and depression.

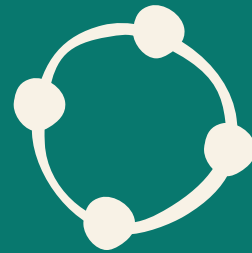
If positivity can be beneficial as well as being toxic, in this next section we look at everyday habits such as rest, organization and self-care, as well as facets of work and nutrition to make some aspects of anxiety and happiness more tangible.

*“..the driving force,  
the major cause of this  
hasty behavior, I think,  
is our relationship  
with work.”*



Pedro Salomão,  
specialist: work

*“...people started to realize  
what was valuable in  
their lives. Who are the  
people I can count on?  
So, when talking about the  
support network, which  
is one of the factors that  
can make me get out of  
this anxious mode a little,  
have positive moments,  
this is the time to talk to  
friends, the time to talk  
to family. So, one of the  
factors that can help most  
is the social issue itself,  
it's social well-being.”*



Simone Fuso,  
specialist:  
neuroscience and  
positive psychology

## DAILY LIFE, WORK AND NUTRITION



No doubt our routines have changed as a result of the pandemic. Some had the possibility of isolating in their homes, others, running greater risks by needing to leave home to carry out their duties or even by not having a home to shelter in. As we have been living with the challenges of the pandemic for over a year, many practical and logistical matters have settled, somehow, however, without knowing when and if what we know to be a “normal life” will return, some critical questions still surround us...

Are we living our current daily lives in survival mode in a way that is healthy?

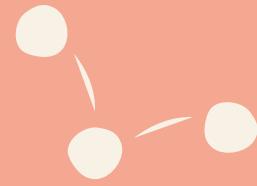
Do we really want life to go back to the way it was before this pandemic?

What makes us feel good in the midst of so many social, political and economic tragedies, and such basic uncertainties as those related to our survival?

How to live out our daily lives in a way that nourishes our satisfaction and contentment day by day?

We do not intend to categorically answer such complex questions, but we share them here so that they can serve as an opening for consideration and conversation as we look at more practical aspects of everyday life, as they and others permeate our investigations into *What does happiness look like in the land of anxiety?*.

*“...a tip for dealing with everyday life, not only in a pandemic, but in our lives, is to establish small goals, because we can conclude them and close that cycle, then end the cycle of the next one...”*



Simone Fuso,  
specialist:  
neuroscience and  
positive psychology

*“(rushed/delayed people are) characterized by an inability to see any hidden beauty in the process. Those who are rushed are specialists in checking off those tasks that they know are impossible to complete. And, by not seeing the beauty in the journey, they move away from charity.”*



Pedro Salomão,  
specialist: work



# GOALS



We exist in a context that values extreme goals and overcoming limits, but small short-term achievements and valuing the journey more than the end result, will bring about a greater feeling of well-being. What does this paradox look like on a daily basis?

We live with countless “invisible” micro-goals, like waking up, eating and sleeping, among others, but we tend to place more value on the “grand ones” that usually involve bonuses from work chores, or plans to get what we imagine will provide us with greater satisfaction than more “basic” goals, but which often are further from our ability to accomplish them, and with that they can end up generating and feeding our frustration and anxiety.

**Valuing balance, setting achievable goals every day**, in smaller time intervals and pragmatically, can bring greater daily satisfaction and over time, these days make up the journey that can lead to the completion of larger and longer-term goals. Some examples are:

DAY TO DAY

- Gradually introduce foods that may be missing from our diets to improve health, rather than wanting to change dramatically overnight
- Do physical exercise and wellness practices in moderation, so that they may become routine and establish themselves as healthy and pleasant habits
- Offer one's best when performing work and daily tasks, even the ones that we find most unpleasant
- Make it a habit to remember what was good about every day



*“...this is a path, people need to know that there is a path, they want all or nothing, they don't want to go through the process, they don't want to take it step by step, they don't want go through the process and that's not how it works...”*

Andrezza Botelho,  
specialist: food  
and integrative  
nutrition

*“So, if every day, at the end or at the beginning of the day, I list three things that happened to me in the last 24 hours for which I can be thankful for, I will start to teach my mind to pay more attention to what makes me grateful. Usually we have a lot more reasons to be thankful for, than to complain about in life, but we end up paying more attention to the other issues.”*



Pedro Beria,  
specialist:  
psychiatry

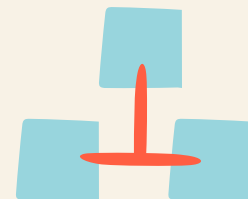
## ORGANIZATION AND SELF-DISCIPLINE



Regardless of the scale of one's established goals, organization is essential, but it does not imply in perfectionism or rigidity, but balance.

- For good nutrition, organization is needed to acquire and have nutritious food to hand and if one day it goes wrong, it can be remedied the next day
- Finish what must be done and then "disconnect" respecting our circadian rhythm (our biological clock), to have balance between being active when there it is light and slowing down when it becomes dark
- Complete cycles of proposed activities and keep commitments made to yourself, which, if realistic, help in the healthy design and fulfillment of commitments to others
- Seek to balance tasks and pleasurable activities each day

*“Organization needs to be as much for the commitments I have with others, as well as commitments that I have with myself, of selfcare, of gratitude, of techniques that I know will improve my emotional and even physical health.”*



Pedro Beria,  
specialist:  
psychiatry

*“I think this organization you're talking about has a lot more to do with what Samuel Hahnemann, the father of homeopathy, used to say about 'the difference between medicine and poison is the dose'. This organization you talk about is much more connected to us finding the right dose, so that this shelf, which is our life, is always balanced. If your diet lacks carbohydrates, you can suffer, if it lacks protein, also... this organization is all about balance. ”*



Pedro Salomão,  
specialist: work

## SELF-CARE, PAUSE AND REST



Although it's common to have the feeling of "mission accomplished" after an intense day of activities, this day does not end in a healthy way if intermittent breaks, time for rest and self-care end up taking a back seat, or also if the mind is anticipating and more connected with the future than with the activities taking place in the present.

DAY TO DAY

- Completing cycles of activities, organizing your schedule to perform a realistic number of tasks so that they can actually be completed within the time available generates a sense of well-being
- Make it a habit to schedule short breaks throughout the day so that the body and the mind benefit from interruptions in relation to the day's demands and can return to them with greater energy
- Find out which activities allow connection with the body (sports, walking, running, stretching, yoga, pilates, meditation, etc.) and are pleasurable, and schedule time for them to be regularly exercised
- Waking up and sleeping at regular times in a way that allows for a sufficient number of hours of rest is essential for body and mind to function well
- Pampering yourself, whether it be with beauty treatments, indulging in "comfort food"; doing or eating something that generates affective memory is good, but may not be used as an excuse for imbalance
- Time allotted to take care of yourself is not "wasted time"; a lack of self-care impacts the entire chain for a smooth daily operation



*"So, when you talk about rest, stopping doesn't mean that I rested and that it will be beneficial. Completing the cycle will be beneficial and rest will follow..."*

Simone Fuso,  
specialist:  
neuroscience and  
positive psychology

*“everything in the body is associated, for example, healthy sleep, healthy eating and aerobic physical exercise, all of which have a scientifically proven impact on decreasing the intensity of anxiety.”*



Pedro Beria,  
specialist:  
psychiatry

*“...every time we focus on physical sensations, we have a greater chance of being connected with the present, and we can use this as a strategy to abstract from thoughts of the future a bit.”*



Pedro Beria,  
specialist:  
psychiatry

## WORK AND LEISURE



For many people, work and leisure are certainly areas of life that have suffered major changes with the pandemic, with the adoption of new protocols and formats (remote versus in person). However, regardless of the current scenario, at work, people's qualifications and formal results have been valued more than interpersonal skills, which implies a paradox, since, whether the work is face-to-face or remote, in most cases, work activities require relationships with others.

On the other hand, leisure and idleness are often seen as indulgences, and sometimes lead to feelings of guilt, especially when there are increasingly ambitious work goals and possible highly desired rewards, but breaks throughout the day as well as interrupting the work period are also essential and giving up vacation time and everyday moments of pleasure means losing sight of the harmful impact this can have.

- Working with dedication is essential for well-being, as well as completing tasks, but overworking can be a sign that other important areas of life are dysfunctional, such as self-care and social relationships, creating an imbalance and possibly less satisfaction with life
- Although new work formats may demand activities related to work in environments that were previously associated with rest and/or leisure, finding ways to clearly establish the periods and also environments or conditions that are associated with work and others for leisure is essential, so that there is no cannibalization of one by the other
- Results and goals are important for the feeling of evolution, but people are not machines and they need to have good relationships, support networks and activities that allow them to flourish at work and play
- If taking a vacation and engaging in pleasurable and leisurely activities cannot happen in the idealized format, whether due to the pandemic, to resources, or for many other reasons, finding other or new ways to enjoy time that is not dedicated to work is an alternative route

*“I think that the process of change, of rupture, with an economy of accumulation — and not only economy in the financial sense — but we still want to have a lot of diplomas, titles, badges, clothing, in fact, we think that leading has to do with this. It does not. If you need your position, your rank, your title or your badge to lead, you are anything but a leader. A leader is a person who doesn't need all of this...”*



Pedro Salomão,  
specialist: work

*“... organizations today work with these soft skills, power skills, these characteristics that were secondary and today they are fundamental, they all revolve around emotional intelligence. If we consider this a value, the HR department does not need to be modified — I’d like to demolish, implode HR, no — it’s only a matter of exchanging ‘resources’ for ‘relationships’. If departments are no longer about human resources but about human relationships, we would solve a large part of the problem”.*



Pedro Salomão,  
specialist: work



*“... what we can think of doing, if the person is able to do so, is to establish areas that will be associated with work and other places that are not, inside their home, that will be a good thing. But, it will involve extra effort, thinking about vacations, finding different activities, different things to do during this 'vacation at home' time, things that you don't usually do on a daily basis...it really is more difficult, because the environment has been associated with everything there, and this separation is getting harder and harder, people are really mixing this all up...”*



Simone Fuso,  
specialist:  
neuroscience and  
positive psychology

# CREATIVITY



Being in the same environment for long periods can generate anxiety for human beings. Seclusion and the feeling of monotony are not conducive to creativity, however, creativity is essential to break inertia.

- Seeking to diversify nutrition is a good pathway to health and also for exercising creativity: using the same food to prepare different dishes, diversifying food, beautifying dishes and the table, because when eating we trigger other senses than taste
- Thinking about different ways of performing daily activities is a way of being creative, doing the same thing with and without music, alone or in company, using technology or remembering how our grandparents did it
- Self-care and positive emotions encourage a state where creativity flourishes, so having fun and nurturing well-being can help generate new ideas and ways of living day to day

*"Creativity is in fact a mental process of generating ideas that are applicable, so we have to be able to understand that our thoughts can be replicated in our life or in the lives of others. This process of replicable ideas has a broad dopaminergic activation, we need to be full of dopamine to be creative. So, being grateful makes us more creative. Practicing regular aerobic exercise makes us more creative. Having self-knowledge of our bodies makes us more creative. Anxiety drives us away from creativity."*



Pedro Beria,  
specialist:  
psychiatry

*“...creativity is creating a new formula for something that is inert, and then we could play with the idea of 'creating activity': that thing is inert and by facing a situation of creativity, you remove that inertia.”*



Pedro Salomão,  
expert: work

*“...even in a weight loss process you can enjoy creative dishes (...) monotonous nutrition is one of the causes of so many imbalances and inflammations generated by food intolerances. By always eating the same thing, you're always offering your system the same nutrient. Even though it may be good, it's the only thing you ingest and you lack other nutrients, and with that you can unbalance your system, generating inflammatory processes and food intolerances. One of the pillars of food intolerance is food monotony. So having creativity is essential.”*



Andrezza Botelho,  
specialist: food  
and integrative  
nutrition

The background features a light cream color with several large, irregular, overlapping shapes in vibrant colors: red, teal, blue, purple, and orange. Each colored shape contains small white geometric details like triangles and lines. Additionally, there are thin, light-colored outlines of similar shapes scattered across the page.

HERE AND NOW

In addition to the learnings we shared in this project, we understand that *What does happiness look like in the land of anxiety?* also brought up even more questions for us.



If Brazil offers multiple anxiogenic conditions, and anxiety exists so that attention is paid to certain things, can we see that one of the facets of happiness in the land of anxiety can be to face them in a functional way? Is it possible to question them and to act on a small scale, so that attitudes in micro spheres of society may one day impact society more broadly?

*“...we think about the individual, how he is the agent of his own life, having to handle everything, it all depends on him, he's the "self-made man", and this whole thing about meritocracy is falling to the ground. We need each other, as a society, as a micro-society and as institutions. So, I think that's become really strong, 'who do I need in my life to have a better day to day, a better life? Which friends can I really count on, which friends have made a difference during this time', families. So I think that this also came about during this moment, during the pandemic, being able to value what really has value in your life.”*



Simone Fuso,  
specialist:  
neuroscience and  
positive psychology

HERE AND NOW



How can we redesign our use of home environments to create healthy associations with the spaces in our home and with the people who we share life with? How can we carry out multiple necessary activities in this same place and at the same time stimulate our well-being?

How can we nurture personal relationships to alleviate fear and encourage us to contribute to a social well-being and nourishment of daily life?

How can we understand happiness not as constant joy and positivity, but as contentment? How can we avoid the traps in pursuit of said 'happiness' and live with greater satisfaction?

How to organize work days (remote or in person) in a way that they value our interpersonal relationships and self-care, as well as offering a support structure for carrying out responsibilities?

How to exercise solidarity in a way that nurtures support networks and benefits our closer circles and therefore stimulate a virtuous cycle that contribute to improvements and impact society more broadly?

The questions that permeate our project continue to motivate us to explore the paradoxes and various facets of well-being. We understand that, in addition to the lessons obtained with this study, this is not a field that flourishes with exact or unique answers, but benefits from the richness of the plurality and diversity of points of view and questions that encourage experimenting with different options within a healthy framework in which we can act today.

If you'd like to be a part of this conversation and walk these paths with us, reach out by email: [HELLO@TEMPO2.COM.BR](mailto:HELLO@TEMPO2.COM.BR)

The image features a light beige background with several large, overlapping, irregular polygons in various colors: red, teal, blue, purple, green, and orange. Each colored polygon contains small white geometric shapes, such as triangles and lines. In the center, a white, irregular polygon contains the word "METHODOLOGY" in a bold, black, sans-serif font.

**METHODOLOGY**



For *What does happiness look like in the land of anxiety?*  
we developed a 2-step process:



### **Desk research**

Analysis of secondary materials available in text and video.

### **Expert interviews**

Conversations with 04 Brazilian specialists focusing on:  
neuroscience and positive psychology, food and integrative  
nutrition, work and psychiatry.



THANKS TO

The study *What does happiness look like in the land of anxiety?* would not have been possible without the participation of:



**Andrezza Botelho**

Specialist, food and integrative nutrition

**Pedro Beria**

Specialist, psychiatry

**Pedro Salomão**

Specialist, work

**Simone Fuso**

Specialist, neuroscience and positive psychology

We'd also thank the designer, Luisa Prat, for her dedication and partnership in creating the visual identity of this project.

THANKS TO



WHO WE ARE

**We live in a world that is constantly on, with rare interludes, pauses and intermezzos.**



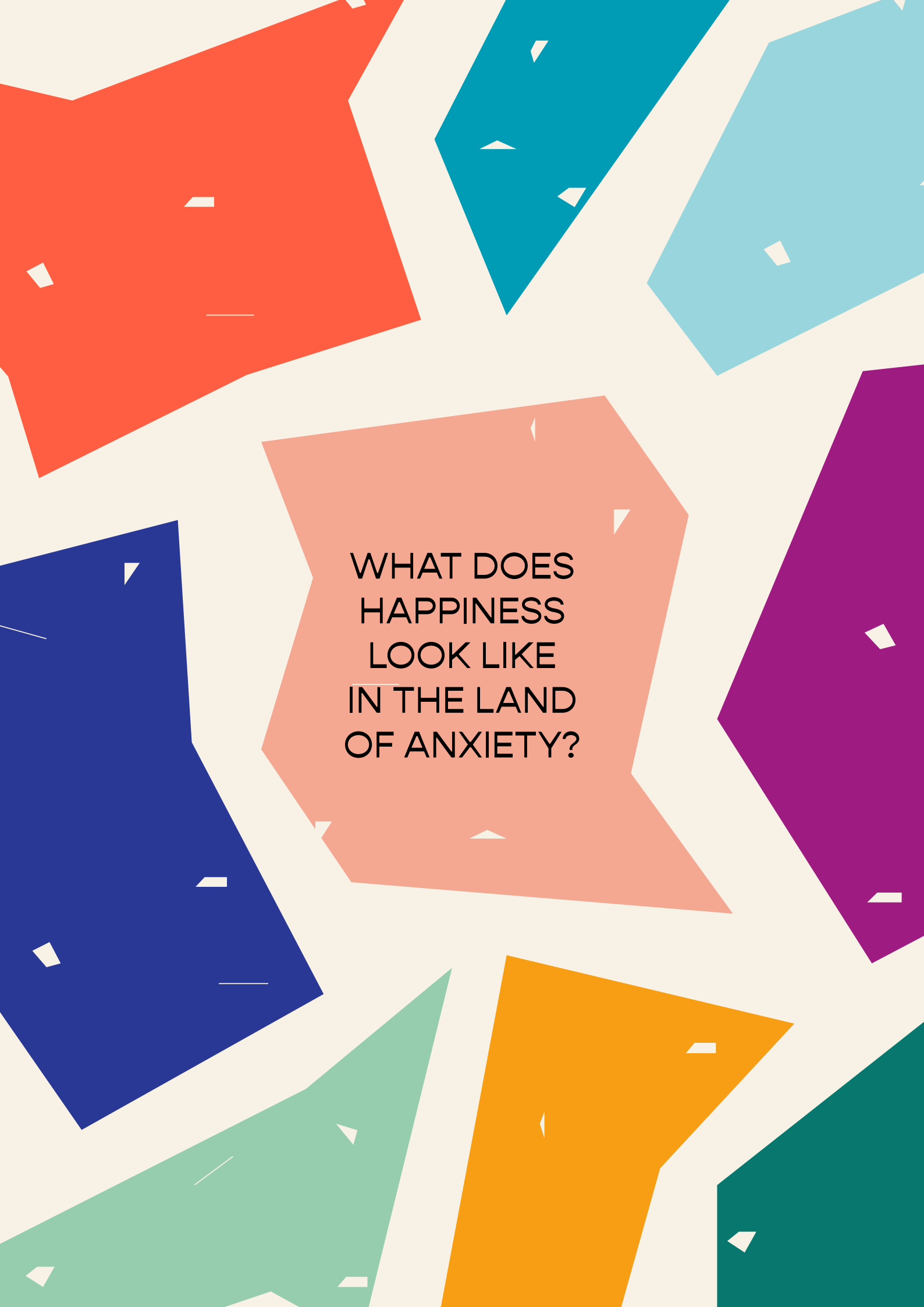
The greater aim of TEMPO2 is to create moments of reflection so we can better understand the world around us and act when we see opportunities that come up in the contemporary context we live in.

We dedicate time to sociocultural observations to identify and contextualize behaviors. These observations are key elements in the processes of innovation and development of in-depth studies, concept and product tests.

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WHAT DOES  
HAPPINESS  
LOOK LIKE  
IN THE LAND  
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