

UofGH Students Invite Post-Secondary Students Across Canada To Discover The Science Of Happiness

Student-led virtual event offers real-world tools that post-secondary students can use to create happiness habits.

TORONTO, ONTARIO, CANADA, March 11, 2021 /EINPresswire.com/ -- On Thursday, March 25, 5:00pm-7:00pm EST, University of Guelph-Humber (UofGH) business students will present Finding Nirvana (www.findingnirvana.ca), a free online virtual event that will inspire post-secondary students across Canada to immerse themselves in a journey of self-discovery as they learn about the science of happiness.

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Aida Memisevic

As the country battles COVID-19, post-secondary students continue to struggle to find happiness in adversity brought about by the pandemic. As a result, UofGH instructor and

wellness advocate Aida Memisevic issued a challenge to her Event Management II students: take positive action.

“We aren't born with a playbook or manual on how to guide our brains around happiness,” says Memisevic. “Happiness can be a skill and a set of habits that can be learned. The science of happiness gives us research-based, actionable tools that we can incorporate today. I wanted students to have access to that information, and what better way to do that than to have a virtual event, created by students for students.”

Over the past year, numerous responsibilities have been placed on post-secondary students who are trying to adjust to remote learning, cope with economic consequences, and deal with the removal of their support networks. Through positive, interactive experiences, Finding Nirvana will provide students with resources that they can use progressively.

“Finding Nirvana is an event that teaches students to focus on the positive in life, which is something we tend to forget,” says UofGH student and event organizer Marya Alam. “It's important to me to show other students the habits they can add to their daily routines, so that

they can reward themselves with happiness.”

Finding Nirvana is free to attend, and features interactive workshops, virtual contests, and live entertainment. Post-secondary students will uncover the habits of finding happiness through a greater understanding of how their brain works; discover the tools around the science of happiness; learn about mental self-care; and build positive emotions, character strengths, and resilience.

Through interactive experiences and by utilizing real-world tools, engaged thought leaders will introduce resources in neuroscience, positive psychology, and advanced communication strategies.

Finding Nirvana will allow post-secondary students to expand their knowledge and adopt techniques to create happiness habits that they can use for a lifetime.

Registration for Finding Nirvana is online at www.findingnirvana.ca.

What: Finding Nirvana

A free, virtual event that will teach post-secondary students how to create happiness habits.

When: Thursday, March 25, 2021, 5:00pm-7:00pm EST

Where: Post-secondary students can register at: www.findingnirvana.ca and follow the event on Instagram at [@findingnirvanaevent](https://www.instagram.com/findingnirvanaevent)

Gillian Downes

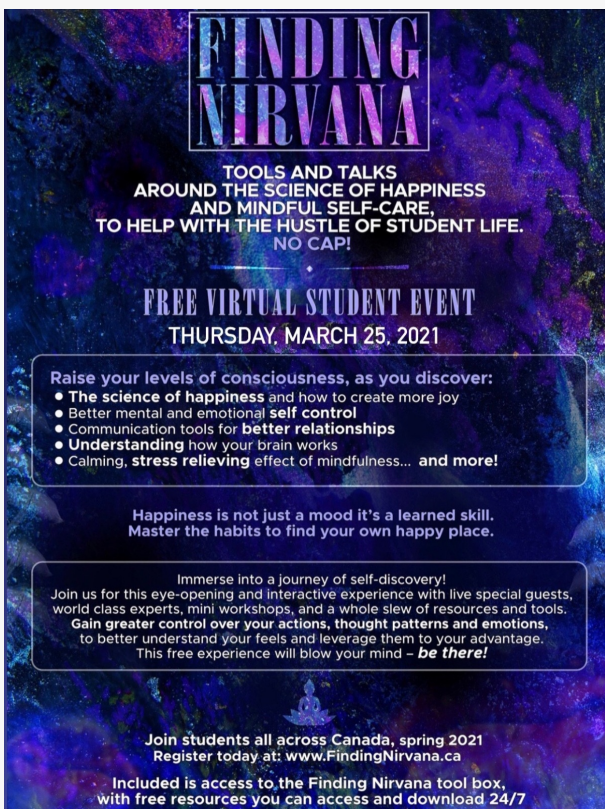
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The poster for the Finding Nirvana event features a dark, abstract background with purple and blue hues. At the top, the title "FINDING NIRVANA" is written in a stylized, blocky font. Below it, the subtitle "TOOLS AND TALKS AROUND THE SCIENCE OF HAPPINESS AND MINDFUL SELF-CARE, TO HELP WITH THE HUSTLE OF STUDENT LIFE. NO CAP!" is displayed. The event is announced as a "FREE VIRTUAL STUDENT EVENT" on "THURSDAY, MARCH 25, 2021". A list of topics to be covered includes the science of happiness, self-control, better relationships, understanding the brain, and the effects of mindfulness. A quote states, "Happiness is not just a mood it's a learned skill. Master the habits to find your own happy place." Another section encourages immersion into a journey of self-discovery with live special guests, mini workshops, and resources. Registration information is provided at the bottom, including the website and a note about access to a tool box with free resources available 24/7.

FINDING NIRVANA

TOOLS AND TALKS
AROUND THE SCIENCE OF HAPPINESS
AND MINDFUL SELF-CARE,
TO HELP WITH THE HUSTLE OF STUDENT LIFE.
NO CAP!

FREE VIRTUAL STUDENT EVENT
THURSDAY, MARCH 25, 2021

Raise your levels of consciousness, as you discover:

- The science of happiness and how to create more joy
- Better mental and emotional self control
- Communication tools for better relationships
- Understanding how your brain works
- Calming, stress relieving effect of mindfulness... and more!

Happiness is not just a mood it's a learned skill.
Master the habits to find your own happy place.

Immerse into a journey of self-discovery!
Join us for this eye-opening and interactive experience with live special guests,
world class experts, mini workshops, and a whole slew of resources and tools.
Gain greater control over your actions, thought patterns and emotions,
to better understand your feels and leverage them to your advantage.
This free experience will blow your mind – **be there!**

Join students all across Canada, spring 2021
Register today at: www.FindingNirvana.ca

Included is access to the Finding Nirvana tool box,
with free resources you can access and download 24/7

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