



SNS COLLEGE OF TECHNOLOGY

(An Autonomous Institution)

COIMBATORE-35.



Accredited by NBA – AICTE and Accredited by NAAC – UGC with
'A+' Grade

Approved by AICTE, New Delhi & Affiliated to Anna University,
Chennai.

DEPARTMENT OF AGRICULTURAL ENGINEERING

19GET201 Professional Ethics and Human Values

UNIT IV

Harmony in Myself



- "Harmony in Myself" suggests a quest for inner peace and balance. It involves understanding and accepting your thoughts, emotions, and experiences.



some ways to cultivate that harmony



- 1. Self-Reflection:** Spend time in contemplation to understand your feelings and motivations. Journaling can be a great tool for this.
- 2. Mindfulness and Meditation:** Practice being present in the moment. Mindfulness exercises can help you connect with your inner self and reduce stress.
- 3. Healthy Lifestyle:** Pay attention to your physical health. Regular exercise, balanced nutrition, and adequate sleep contribute to emotional well-being.
- 4. Creative Expression:** Engage in activities like art, music, or writing to express your inner thoughts and emotions.
- 5. Gratitude:** Focus on what you appreciate in life. Keeping a gratitude journal can shift your mindset towards positivity.
- 6. Setting Boundaries:** Learn to say no and protect your energy. This helps maintain your peace and focus on what truly matters to you.
- 7. Connection:** Build relationships with supportive people. Sharing your thoughts and feelings can foster a sense of belonging and understanding.