

# Spring THE HISPIAN

## Spring Edition

It's Spring, and you should be happy !! And guess what? You're already a happiness expert. Seriously, you are! But you're just a bit inconsistent. You already do a lot of things that researchers recommend for increased happiness. You just don't realize it. And that's the problem. If you did them more consistently those joyful times would be so much better and you'd be happier all around. They're small, they're silly, and you can do them without really trying.

**What the heck am I talking about?** Well, one of the key happiness principles is *savouring*. That's a fancy term for simply taking a second to appreciate those happy moments in your life.

Research has found about 9 zillion things you can do to increase happiness. Of course, you're probably not doing any of them. To be fair, most people don't really do much to deliberately make their lives happier. Researchers found that the majority of the subjects they studied were not able to identify anything they had done recently to try to increase their happiness or life satisfaction.

So you want to start? You want something insanely easy to do that research has demonstrated over and over again works? Something that the happiest people in the world all do? Here you go:

Next time something good happens, stop whatever you are doing, give it just a moment and appreciate that moment. Old clichés like “stopping to smell the roses” and “it's the little things in life”? They're true. The happiness researchers call it “Savouring.” Here's how it works.

We're busy. We're multitasking. *And we think this makes things better because we get more done.* But the problem is that means you're paying less attention to any one thing and therefore you enjoy all of those things less.



Do you watch TV while you eat? That means you'll enjoy your food less. Savouring is all about focus and attention. Focus on the bad, you'll feel bad. Focus on the good and... guess what happens?

The key component to effective savouring is focused attention. By taking the time and spending the effort to appreciate the positive, people are able to experience more well-being. “Stopping to smell the roses”? It's true. People who take time to appreciate beauty around them really are happier.

Research shows that the happiest people take the time to appreciate the little things in life. I know what you're thinking: correlation isn't causation. Maybe they're just wired that way. Nope. Wrong answer. Research shows it can work for anybody. Focusing on the positive and appreciating those things more leads to happiness increases in less than a week.

Okay, so what's the best way to start savouring? Stop!! Just for a second. Stop checking texts when your friends are right in front of you. Stop watching TV while you eat. Don't surf the web while you're on the phone. Just do one thing at a time that you like, and don't hurry through it. Slow down and appreciate it. Just doing that and that alone caused significant decreases in depression and increases in happiness. In one set of studies, depressed participants were invited to take a few minutes once a day to relish something that they usually hurry through (eating a meal, taking a shower, finishing the workday, or walking to the taxi rank). When it was over, they were instructed to write down in what ways they had experienced the moment differently as well as how that felt compared with the times when they rushed through it. In another study, healthy students and community members were instructed to savour two pleasurable experiences per day, by

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reflecting on each for two or three minutes and trying to make the pleasure last as long and as intensely as possible. In all these studies those participants prompted to practice savouring regularly showed significant increases in happiness and reductions in depression. In many ways time is key when it comes to savouring. When things will soon come to an end we don't take them for granted. We're grateful, we savour them and we're happier.

**And Savouring Can Improve Your Relationships.** Sharing good news with your partner is a happiness double whammy. It helps you savour and improves your relationship. Sharing successes and accomplishments with others has been shown to be associated with elevated pleasant emotions and well-being. Passing on and rejoicing in good news leads you to relish and soak up the present moment, as well as to foster connections with others. But good news doesn't come along every day. Is there something you can do more regularly as a couple to savour? Create rituals the two of you can engage in.

Do a toast before drinking and look into each other's eyes. Or any little thing that slows the moment down for appreciation. Because of that, we end up savouring the food or whatever we are drinking a lot more...

Gretchen Rubin, author of *"The Happiness Project"*, has a four point system that I absolutely love:

1. Anticipate with pleasure,
2. Savour the moment as I experience it,
3. Express my happiness to myself or others, and
4. Reflect on a happy memory.

How much simpler can being happier get?

Finally, to sum up, the clichés tell us to *"stop and smell the roses"*. The science agrees. Here's what researchers said:..."you should savour small, daily experiences and make the most of every day".

We all want to be happy and sometimes it seems so hard to get there. But the answer is simpler than we think and right in front of us. Seriously: stop and smell the roses today. Enjoy the little things in life. Science shows us it really does make a difference.

(Hey, stop skimming. Slow down. Appreciate the words. - Ed)

## Ed's LOLs of the week

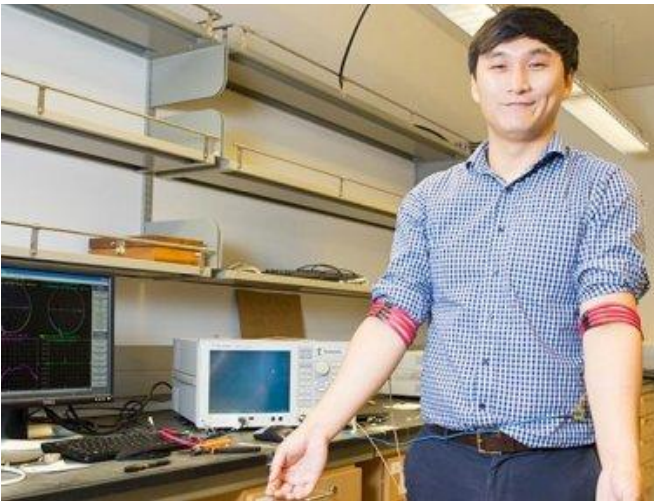
Since its *Spring*, I just couldn't help including these two – Enjoy! - Ed.



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### Healthy - Magnetic You



**E**lectrical engineers at the University of California, San Diego have demonstrated a new wireless communication technique that works by sending magnetic signals through the human body. The new technology could offer a low-power and secure way to communicate information between wearable electronic devices, providing an improved alternative to existing wireless communication systems, said the researchers. While this work is still a proof-of-concept demonstration, researchers envision developing it into a wireless system that can transmit information around the human body. *An application of this technology would be a wireless sensor network for full-body health monitoring.*

“We’re trying to find new ways to communicate information around the human body that use much less power,” said the university.

### Google’s new logo

**G**oogle has announced it is changing its logo, and has already launched it on its main search page.

Google said it is making the change to reflect the reality that it is available on various devices and

screen sizes – from tiny displays to big-screen TVs. “Once upon a time, Google was one destination that you reached from one device: a desktop PC,” the company said. “These days, people interact with Google products across many different platforms, apps and devices – sometimes all in a single day.”



Google said it has taken the Google logo and branding and updated them for computing across a number of devices and different kinds of inputs, such as tap, type, and talk.

### Telkom’s data wallet

**T**elkom has launched its “integrated data wallet” – an enhancement to the Telkom Internet SoftCap product which enables a subscriber to use SoftCap data on mobile, ADSL, VDSL, and FTTH connections. “If you have a Telkom Internet 3G/LTE SIM card, you can use your XDSL/FTTH data for both mobility and failover,” said Telkom.

“The mobility data usage will be deducted from your SoftCap/Integrated Data Wallet Quota – for every 1 byte of mobile data used, 1 byte will be deducted from your wallet,” said Telkom.

Details about the service remain sketchy, and

Telkom’s helpdesk could not provide The HISPIAN with further information. However, Telkom said it will provide details about the service as soon as possible.



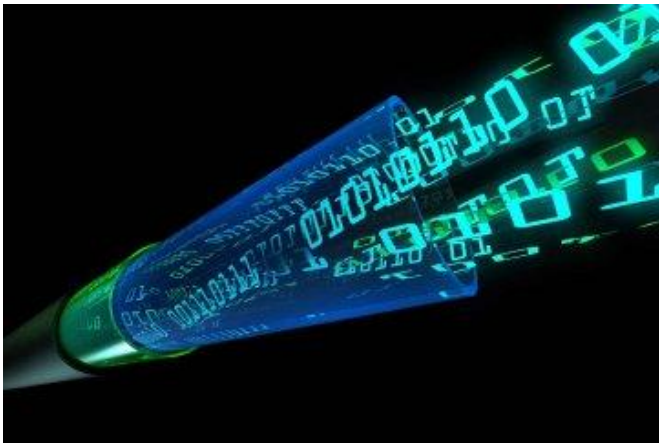
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### For the speed freaks

US telecommunications company Verizon has successfully completed tests on its new super-fast fibre optic network which involved a 10Gbps trial by one of its customers.

The new system uses an optical line terminal capable of generating four wavelengths of light, each able to transmit at 10Gbps down and 2.5Gbps up, according to *Engadget*.



Following the trial, Verizon said the technology will allow it to deliver speeds of *between 10Gbps to 80Gbps to its users in the future*.

The new system also includes built-in redundancy, which allows for the four wavelengths to work independently should equipment failure occur.

No pricing has been set as yet.

### Good news on oil prices

Oil prices have surged about 25% in recent days, but that's of little consolation to the oil drillers, investors, and petro-autocrats who have suffered a 14-month-long price plunge. Though they may think otherwise, they are almost certain to endure another plummet and at least another year of relatively low prices, say key analysts. Last week, prices came off their 2015 lows in dramatic fashion. On Aug. 27, Brent crude

rose 10.2%, its largest one-day advance in nearly seven years. The next day, Brent rose another 5.2%, taking the price back above the symbolic \$50-a-barrel threshold. On Aug. 31, Brent soared by yet another 8.2%. But on 1<sup>st</sup> Sept. we saw signs that the oil market understands that the rally was "another false start." As of this writing, traders had bid down Brent by 7%, back below \$50 a barrel. Last week's rally belied the fact that an oil surplus continues to slosh around the market. The reason for the stubborn surplus is that, despite the relatively low prices, drillers around the world continue to produce at breakneck speed with an eye on retaining market share once prices, as they eventually must, go back up.



Before they do turn around, prices are likely to drop very, very low and stay there for a few years. Look for more of this downward trend, with some oscillation. It could go on for a long time:

Nick Butler, a former BP executive who blogs at the *Financial Times*, thinks no one should hold their breath. Low prices, he says, could last five years or more.



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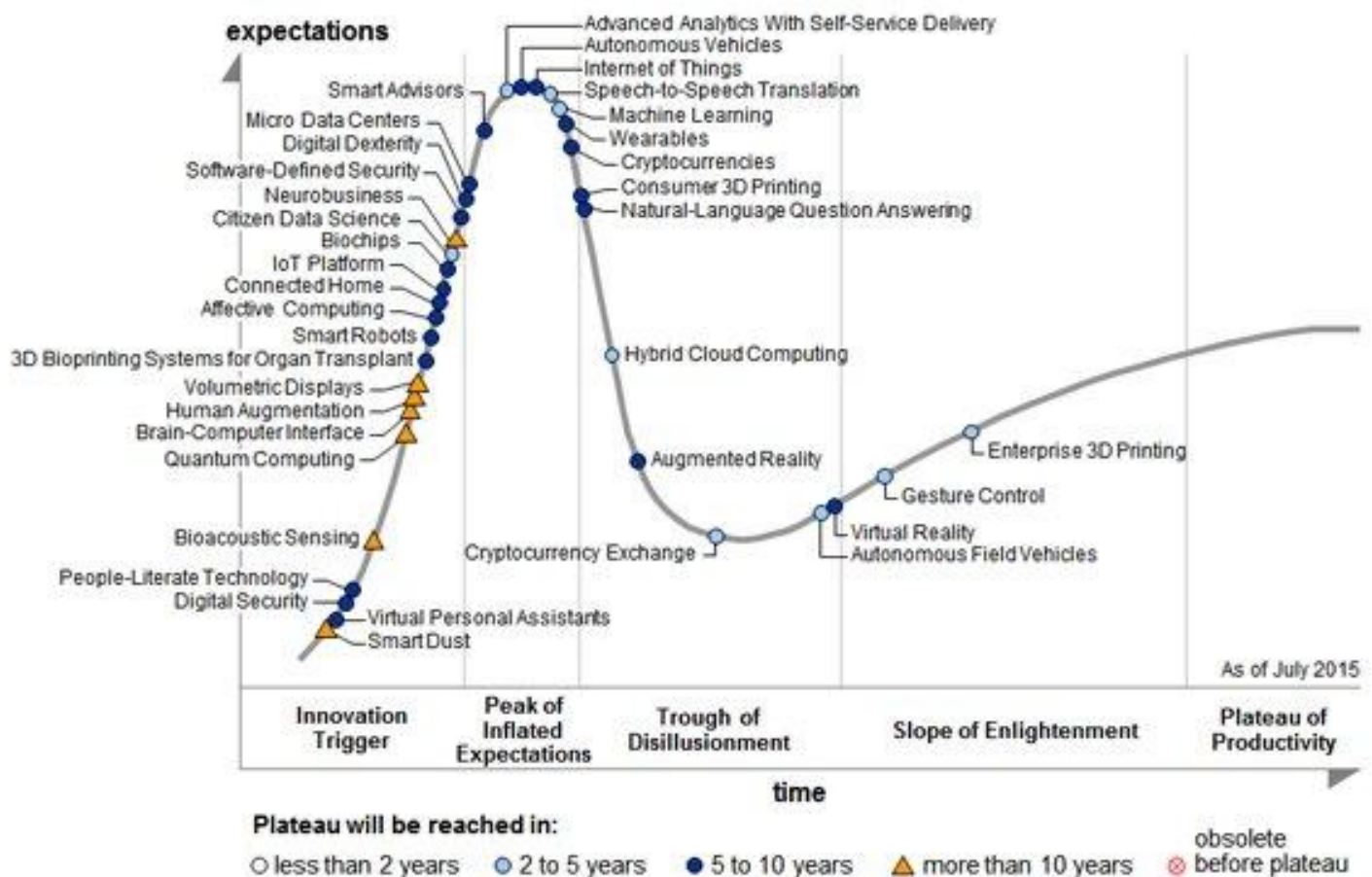
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Now that we are implementing HR Career Broadbanding, you may be wondering what skill sets to put on your future growth maps. Well here's a little bit of help for you.

Gartner's "Hype Cycle for Emerging Technologies 2015" reveals that autonomous vehicles and the Internet of things are two of the most hyped technologies in the world. Gartner Hype Cycles provide a graphic representation of the maturity and adoption of technologies and applications. It also sheds light on how these technologies are potentially relevant to solving real business problems and exploiting new opportunities. The Gartner Hype Cycle gives you a view of how a technology or applications will evolve over time, providing a source of insight to manage their deployment.

Major changes in the 2015 Hype Cycle for Emerging Technologies includes the placement of autonomous vehicles, which have shifted from pre-peak to peak of the Hype Cycle. Similarly, the growing momentum in *connected-home solutions* has introduced new platforms – enabled by new technology providers and existing manufacturers.

This Hype Cycle for Emerging Technologies 2015 chart shows where technologies are in the hype cycle.



Make sure that your Broadbanding skills map includes some of these technologies, because some of them are bound to make an impact in the Health Environment in the not too distant future (we already have 3D printing for bone and prosthetic surgery) and you want to be riding the wave. Check out the chart above and then do some "crystal ball gazing" for your future growth opportunities.

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### Hot Smartphone under R1200



Google is expanding its Android One programme with the launch of the Infinix Hot 2. Android One is a line of mobile devices that run the Android operating system, aimed at first-time smartphone users and people in the developing world.

Google is responsible for the design, development, marketing, and support of the Android One devices, while manufacturing is done by partner equipment manufacturers. (Read China – Ed.)

The Infinix Hot 2 is the latest Android One smartphone, and will launch in Nigeria at a recommended retail price of around R 1150. The Infinix Hot 2 sports a quad-core MediaTek processor with 1GB memory, dual-SIM support, and Lollipop 5.1.1.

Looks good, I can't wait to test this one.. Ed.

### Unhackable Windows 10



Israeli security firm MorphiSec is developing a version of Windows which it says will be *virtually impossible to hack*. MorphiSec uses a patented technology to provide an unbreakable security layer around core, mission-critical systems. The company protects Windows against zero-day attacks, where an attacker exploits a security vulnerability which is still unknown to the vendor and has therefore not been fixed. Mimran told us that they have created a version of Windows that “randomises all the memory” for specific Windows applications. “By making computer memory a moving target, a hacker can't mess with it, and therefore can't cause damage to the rest of the computer or the data,” he said.

### ADSL @ R79.00 per month



MWEB has launched a new 1Mbps *uncapped* ADSL data-only account, which it will sell for R79 per month. The package is available on a 12-month contract, or month-to-month basis.

MWEB's new uncapped account pricing is among the cheapest ever seen in South Africa, with similar data-only offerings from Afrihost and Axxess selling for R197 and R195 per month respectively. The ISP is also offering “3 months free ADSL” when you sign up for a 12-month contract, including the new 1Mbps uncapped account. The deal is available from 1 September to 30 November 2015.