

HOW TO CREATE HAPPINESS HABITS

WHAT IS HAPPINESS?

Happiness is more than just a positive emotion. It is an emotional state that involves finding satisfaction and contentment. It is a continual process that incorporates curiosity, tolerance, and a balance between momentary pleasure and longer-term striving toward goals. It requires the ability to acknowledge and embrace all emotions including the uncomfortable ones.



DEFINITIONS OF KEY TERMS:

- Happiness: "the degree to which an individual judges the overall quality of his/her own life-as-a-whole favorably" (Veenhoven, 2020).
- Flourish: "finding fulfillment in our lives, accomplishing meaning and worthwhile tasks, and connecting with others at a deeper level- in essence, living the 'good life'" (Seligman, 2011).
- Subjective well-being: "the scientific term for happiness and life satisfaction- thinking and feeling that your life is going well, not badly" (Diener, 2020).



TYPES OF HAPPINESS:

Hedonic happiness is happiness that is often achieved through experiences of pleasure and enjoyment (Viney, 2020).

Eudaimonic happiness is happiness that is often achieved through experiences of meaning and purpose (Viney, 2020).

THE ROLE OF POSITIVE EMOTION

Positive emotions are vehicles for personal development and connection. Positive emotions promote us to engage in our environment and participate in activities, serving an adaptive function. Around the world, happiness is rated as more important than other desirable personal outcomes such as finances and attainment of personal belongings. Increased happiness is associated with better relationships, social connection, contribution to the lives of others, and healthier physical wellbeing. Health is a key component of happiness, and it is evident that health and happiness impact one another. Making changes to diet, exercise, sleep, and more can help us all feel more content.



WHAT IS POSITIVE PSYCHOLOGY?

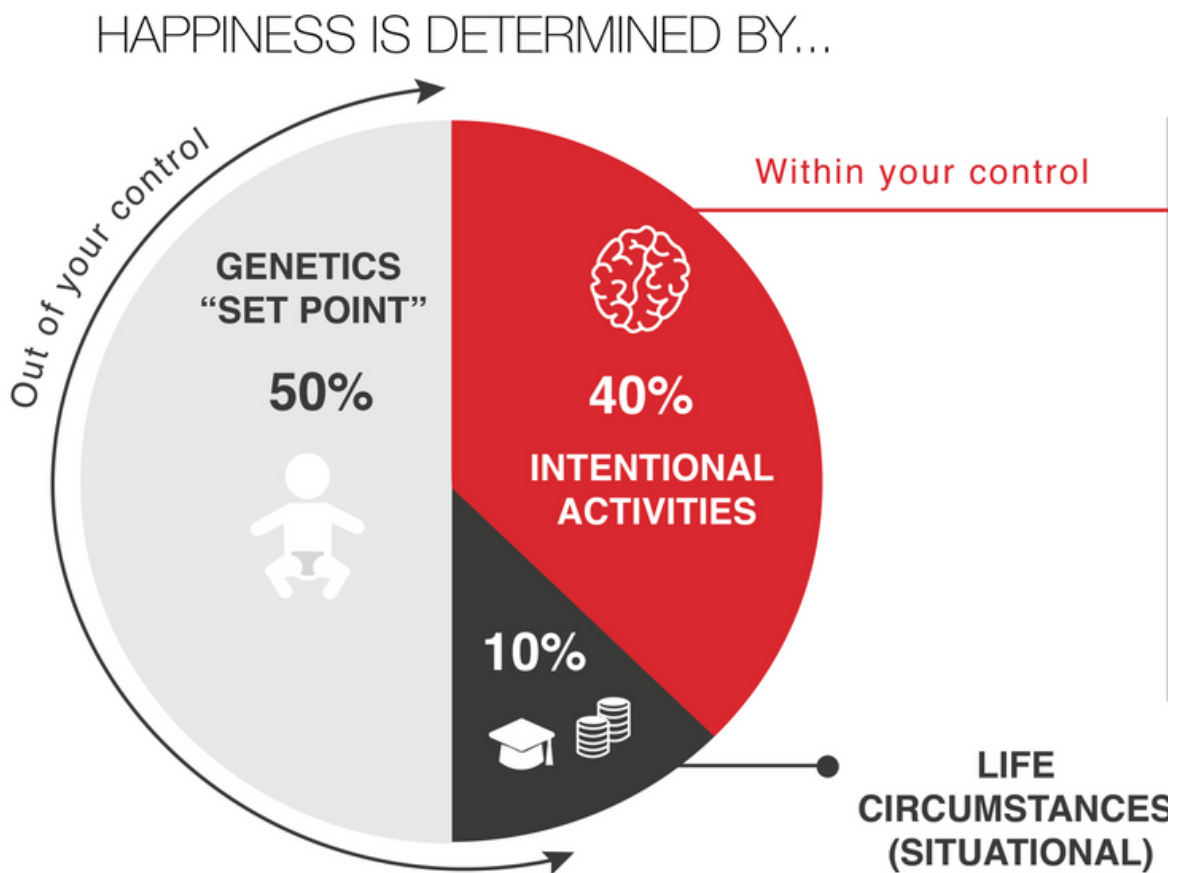
Positive psychology is a branch of psychology that was founded by Martin Seligman that focusses on the promotion of wellbeing, personal strengths, and the positive influences in a person's life, to complement the traditional emphasis on treating what clinically wrong. It involves the scientific study of human strengths and explores human flourishing. Positive psychology uses evidence-based interventions to help individuals create a satisfying life filled with meaning, pleasure, engagement, positive relationships, and accomplishment.

According to Seligman, we can experience three kinds of happiness:

- 1) Pleasure and Gratification.
- 2) Embodiment of Strengths and Virtues.
- 3) Meaning and Purpose.

HOW IS HAPPINESS MEASURED?

Research shows us that there are different factors that contribute to happiness and that these factors grouped in to three primary factors influencing the chronic happiness level. This is known as the happiness pie. It is believed that genetics (set-point) influence our happiness the most and approximately 50% of happiness is attributed to genetics, 40% is attributed to personal choices, and life circumstances or circumstantial factors were found to play only a 10% role in a person's wellbeing.



STRATEGIES FOR CREATING HAPPINESS

Appreciate the Joys in Life

Seek activities and experiences that provide a sense of pleasure in life and give deliberate conscious attention to these moments. Focus on what you can sense in these moments and make mental notes what is happening in the moment. Take photos, journal about it, and share your experiences with others.

Practice Gratitude

Practicing gratitude allows us to better appreciate and enjoy life. Take time each day and reflect on what you are grateful for daily by keeping a gratitude journal or filling out gratitude worksheets. Reflect on three things that you are grateful for and practice reframing negative experiences by finding something positive within them for which you're grateful.



Cultivate Optimism

Optimism leads to increased happiness, more success and better health. It protects against stress and overwhelm. Reframing how we think about negative events and challenging underlying assumptions can help in developing a more positive mindset. Visualise the positive and look for the good in situations. Other ways to cultivate optimism include focussing on the present moment, embracing your successes, and incorporating positive affirmations into daily life.

STRATEGIES FOR CREATING HAPPINESS

Focus on personal strengths

Be your authentic self! We each have a profile of strengths that can be used to bring a better sense of fulfilment and progress.

Practice acts of kindness

Being compassionate and kind to others produces happiness in us too. Any action designed to offer kindness to the outside world, whether big or small, planned, or spontaneous facilitates happy feelings. Give a compliment, volunteer, buy someone a coffee, write a nice note, or hold the door open for someone.

Focus on your best self

Avoid overthinking and social comparison. Ruminating or engaging in repetitive negative thought patterns leads to feelings of vulnerability and insecurity. Develop and commit to meaningful personal goals and develop coping strategies to mitigate your stress then put these into action and focus on your own growth and learning.

