



Increase Your Happiness

Quick Reference Card

The Science of Happiness

What is Happiness?

We all have our own ideas of what happiness is. Everyone thinks about it differently. But here's what happiness really is.

Happiness is a combination of =



Experiencing a moment of Joy.

Feeling a sense of contentment.

Achieving something meaningful.

"Happiness is more than just a feeling. It's about brain chemicals, our inner strength, and choosing it every day."

The Brain and Happiness

Let's begin with the basics:



Dopamine
"Reward Chemical"

- Feelings of accomplishment.
- Triggers the "I did it!" feeling.



Oxytocin
"Love Hormone"

- Linked to Empathy, trust, and relationship
- Released during hugs and social bonding.



Serotonin
"Mood Stabilizer"

- Regulates mood.
- Reduced depression and anxiety.

Definitions of Happiness

While influences and factors shape our understanding of happiness, your personal definition matters most. Reflect on what happiness means to you.



Consider these questions:

1. What activities make you happy and satisfied?
2. When do you feel most content or at peace?
3. What achievements satisfy you?
4. How do your values fulfill you?

Happiness Myths

Learning about happiness means knowing the truth behind common myths. It's important to understand what real happiness is.

Myth 1: Happiness Comes from External Factors.
Truth: Happiness is more about your mindset than external things.

Myth 2: Happiness is a Destination.
Truth: Happiness is found in the journey, not just the outcome.

Myth 3: You Should Be Happy All the Time
Truth: Feeling various emotions is natural.

Myth 4: Everyone Else is Happier than You
Truth: Your happiness is unique; avoid comparisons.

Positive Psychology

One of the founders of positive psychology, Dr. Martin Seligman, outlines five core elements that contribute to human happiness and well-being:

Positive Emotion **E**ngagement **R**elationships **M**eaning **A**ccomplishment

External Happiness Factors

External factors like relationships, environment, and work-life balance significantly influence our happiness. Consider how each aspect plays a role in your overall well-being.

Relationships

Research shows that the quality of our relationships is a strong predictor of long-term happiness and health.



Environmental Impact

Research has shown that people who feel connected to nature tend to be happier and have a more positive outlook.



Work-life Balance

Research shows that having a work-life balance harmonizes personal joy with professional duties.



Happiness Habits

Happiness habits, such as gratitude, positive affirmations, and regular exercise, greatly influence your well-being and happiness.



Gratitude Practice

By consciously appreciating the positive aspects of our lives, we can increase our positive emotions.



Exercise and Happiness

Regular physical activity boosts mood, reduces stress, improves sleep, and contributes to long-term mental health and life satisfaction.



Positive Affirmation

By using positive affirmation, you can transform your mindset, boost self-esteem, and promote mental well-being.

Overcoming Barriers



Stress Management

Below are several strategies to effectively manage and overcome stress:

- ✓ Regular meditation
- ✓ Physical exercise
- ✓ Healthy eating

Construct Resilience

Here's a guide to building and enhancing resilience:

- ✓ React positively to adversity.
- ✓ Utilize a support system.
- ✓ Employ positive strategies.



Managing Negative Thoughts

There are multiple approaches to challenging and managing negative thoughts. These include:

- ✓ Interrupt negative thoughts.
- ✓ Replace thoughts with realistic ones.
- ✓ Stay present-focused.

Your Happiness Plan

With your happiness definition and goals in place, it's time to draft a step-by-step plan of action. This is your roadmap to happiness.



Develop positive habits as part of your happiness plan.

Continually **monitor your progress**.

Celebrate small wins to boost motivation.

Be patient and persistent in pursuing lasting happiness.

*"Remember, your **happiness plan** is the compass that guides you to a life filled with joy and fulfillment."*



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Protected Characteristics	● Fail	● Complete	● Pass	
Unwelcome Conduct	● Fail	● Complete	● Fail	

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