# What happened to happiness?

- Pioneers of happiness
  - Aristotle: Happiness is a major goal of human existence
- The depression epidemic
  - UN declares depression no. 1 cause of disability worldwide
  - Steep climb among teenagers after 2010
  - The elephant in the room: our modern lifestyle
- Birth of a new science:
  - New scientific discoveries on wellbeing and happiness pick up speed in 1980`s

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# Two Pioneers of Happiness
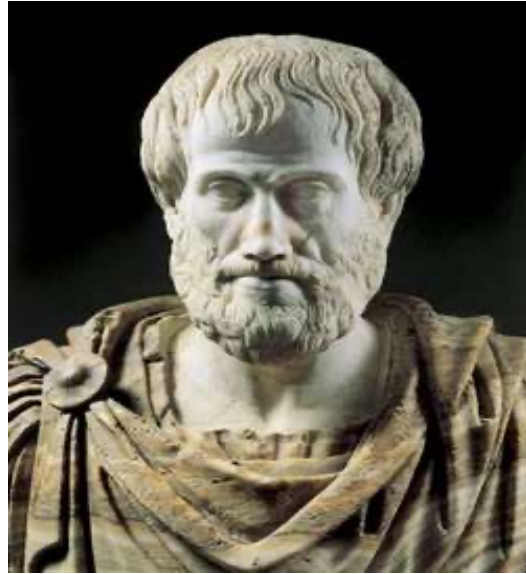
- Aristotle
  - Happiness is an ultimate goal of human existence
  - Wellbeing and the cultivation of virtuous habits should be the central goal of education

- Zhuangzi (and Aristotle)
  - Two kinds of happiness exist:
    - Sensual pleasure
    - Long term wellbeing

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Depression by age group and year (US)
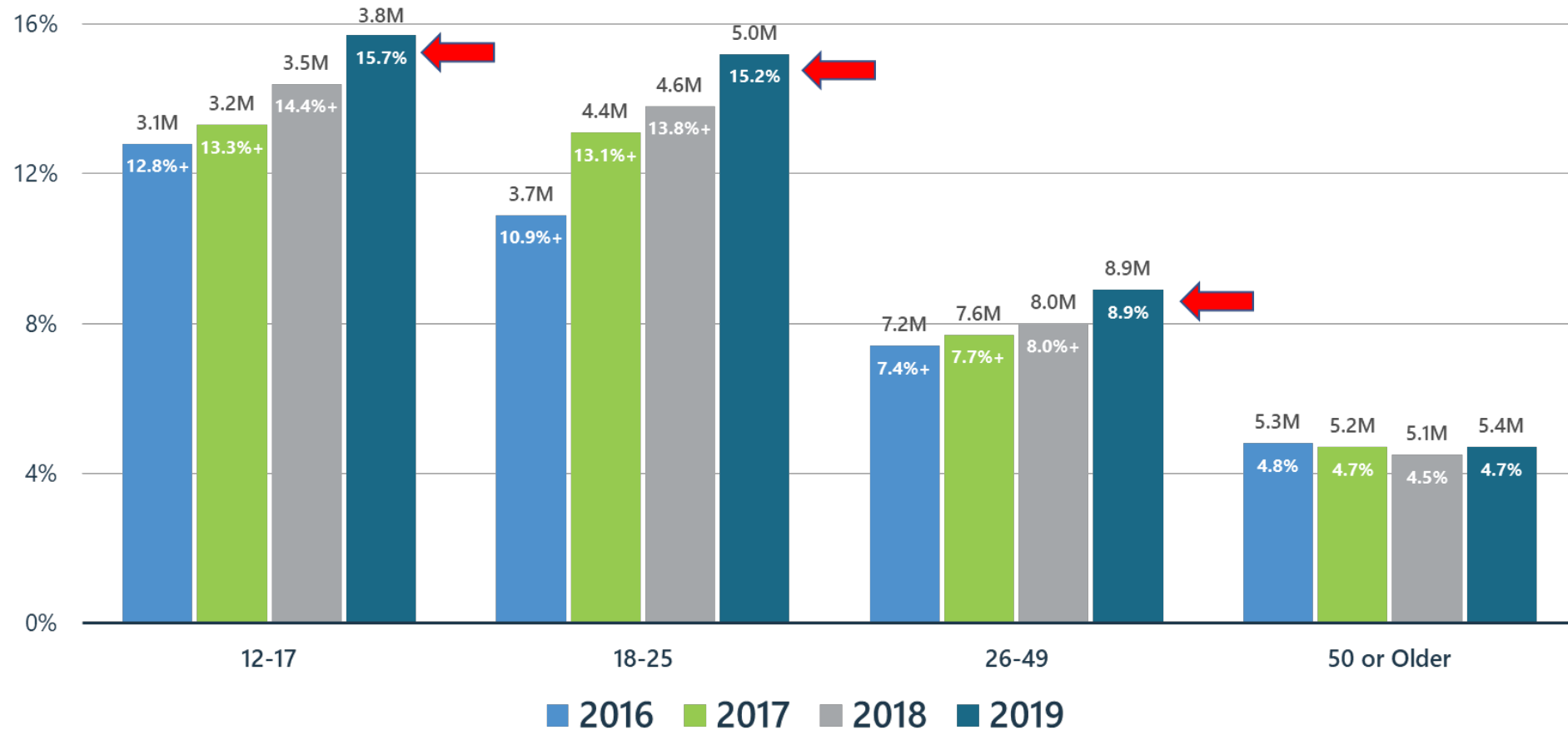
Note: The adult and youth MDE estimates are not directly comparable.

+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

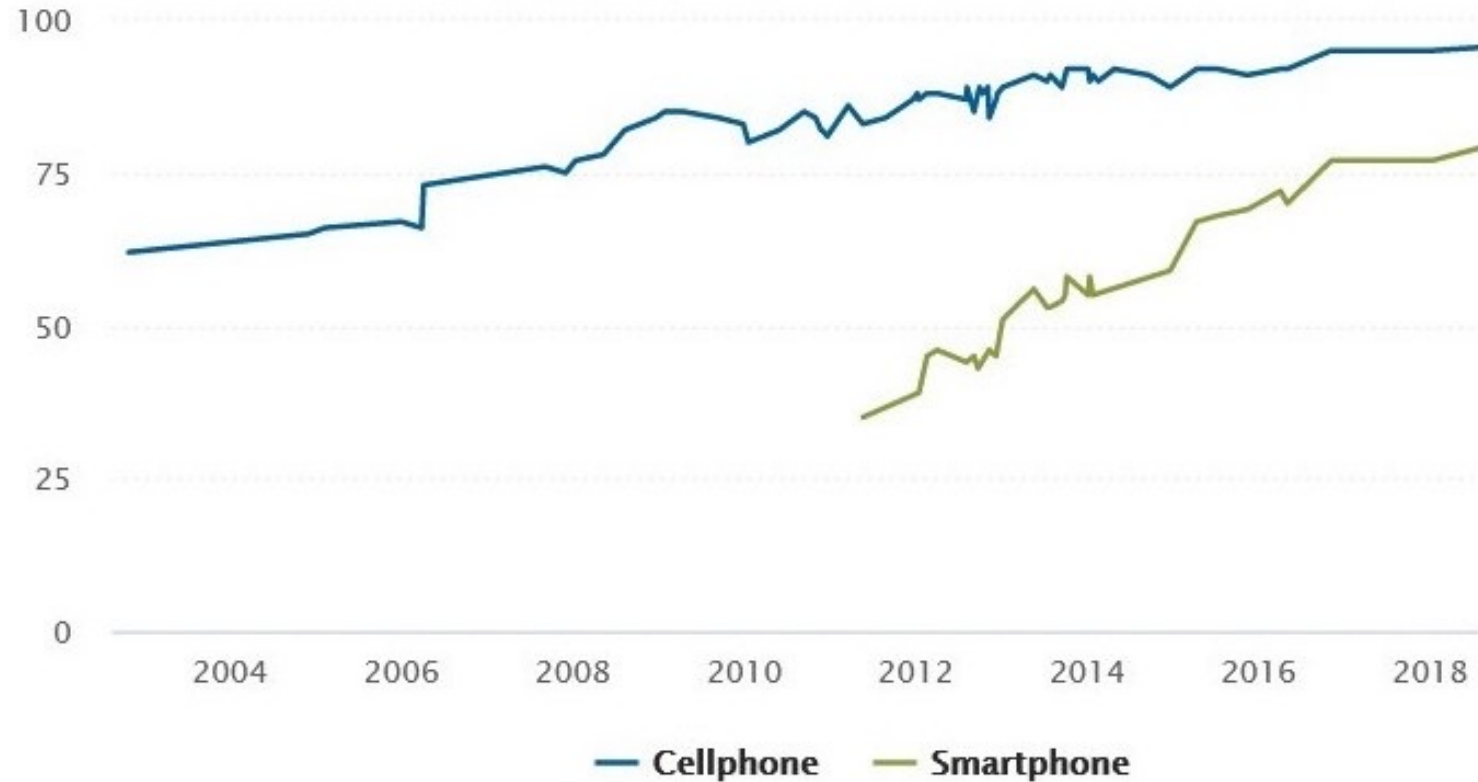© Pursuit-of-Happiness.org Mental Health Toolkit

The teenage depression epidemic (US)

FIGURE HEALTH4.A: PERCENTAGE OF YOUTH AGES 12–17 WHO EXPERIENCED A MAJOR DEPRESSIVE EPISODE (MDE) IN THE PAST YEAR BY AGE AND GENDER, 2004–2018

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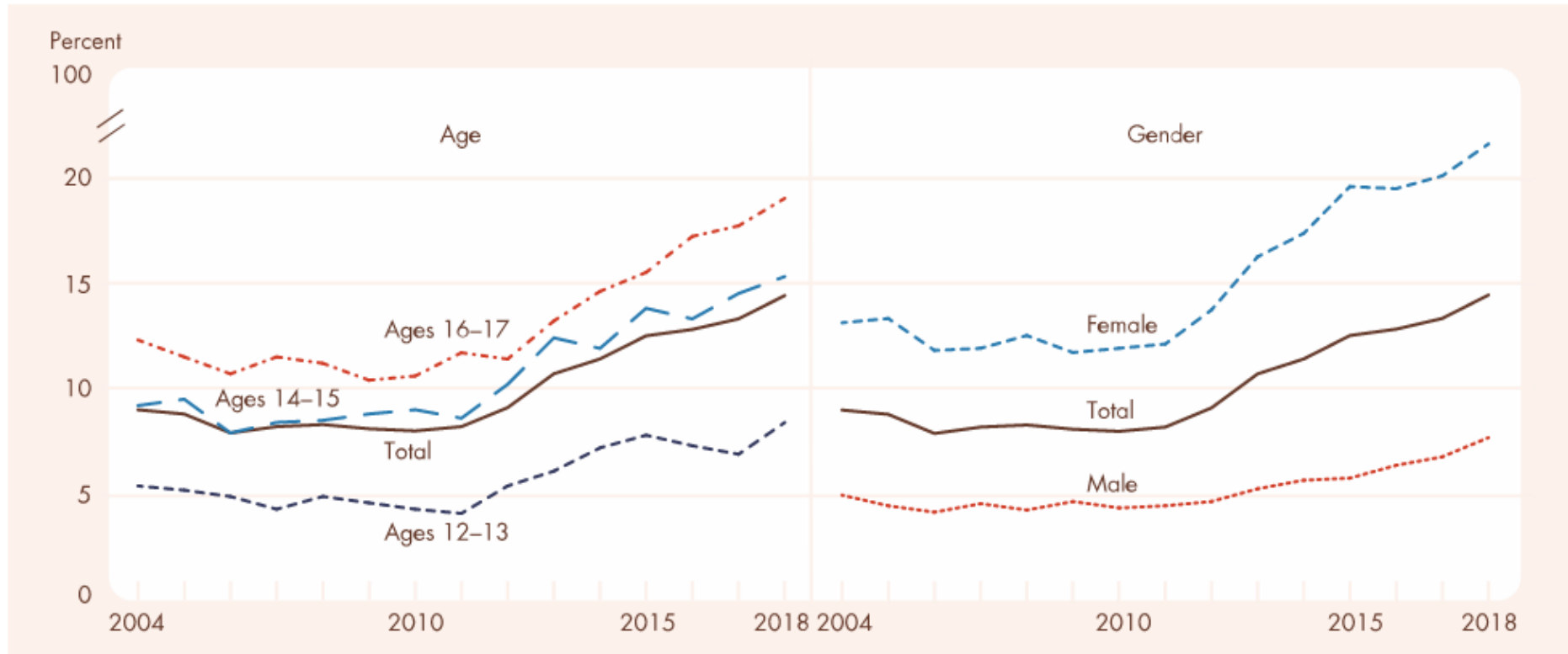
Mobile phone ownership

% of U.S. adults who say they own a ...

— Cellphone   — Smartphone

The Elephant in the Room: Lifestyle

The Science of Happiness: Theory and Practice
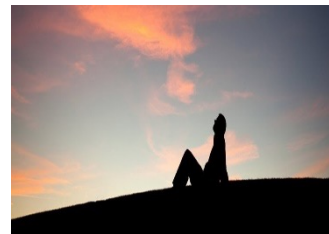## Habits of Happy People

1. Close Relationships

2. Kindness
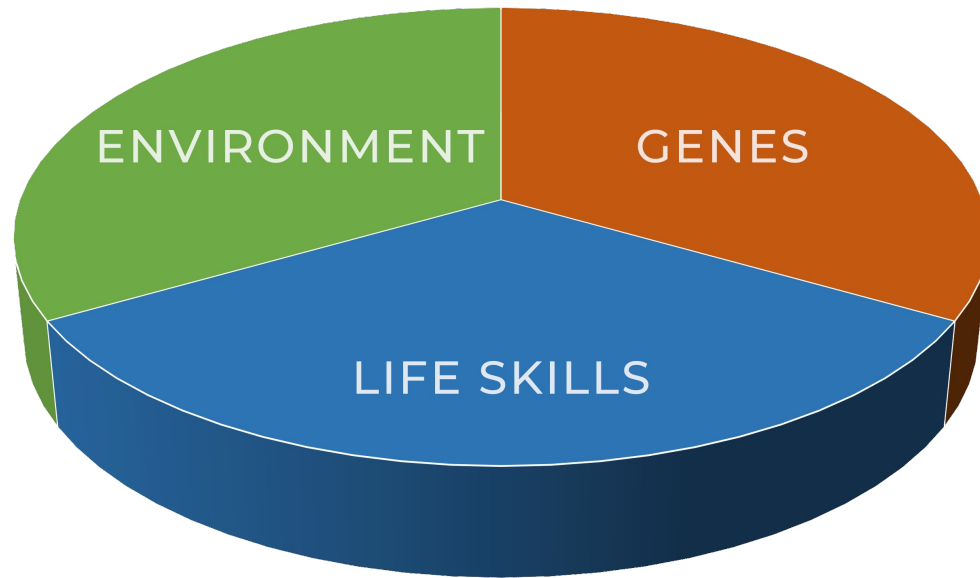
3. Physiological factors

4. Flow

5. Positive Mindset

6. Strengths

7. Meaning

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Happiness Pie

- **Genes**
  - Probably quite large, but not under our control
- **Environment**
  - Not easy to change
- **Life Skills**
  - AKA "habits of happy people."
  - This slice is under our control

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Happiness Soup

DIY Gazpacho

- Many ingredients
- Focus on what you like, and slowly work on the rest
- Discover your recipe
- Which habits do you want to focus on?

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