The Science of Happiness: Theory and Practice Happiness Soup



Happiness Soup: What is *your* recipe?





Happiness Soup Review: 7 Habits of Happy People

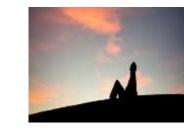
- 1. Close Relationships
- 2. Kindness
- 3. Physical Well-being
- 4. Flow
- 5. Strengths
- 6. Positive Mindset
- 7. Meaning













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Close Relationships: Key Points



- People who have one or more close relationships with friends and family are happier
- Quantity doesn't seem to matter
- What matters is:
 - Frequency of cooperation in activities
 - Active-constructive listening
 - Self-disclosure



Kindness: Key Points



- Confucius: kindness is about walking in someone else's shoes
- Planned acts of kindness
 - Successive waves of volunteering are most effective
 - Intrinsic motivation correlated with greater happiness: If you don't want to do it, it won't make you happier
 - Participation of recipients impacts their happiness
- Unplanned acts of kindness
 - o RAKtivism
 - o Frequency is key, not scale



Physical Well-being: Key Points



• Exercise Regularly

- Work out at least 3 times per week (20-30 mins)
- Mixed exercise and resistance exercise are most effective

• Restore your Circadian Rhythms

- Get out and about for 20 mins as early as you can
- o Reduce screen time
- o Use night shift

• Eat your way to Happiness

- o Feed your friendly bacteria
- o Fill up with flavonoids
- Fresh vegetables and fruits, as well as tea and raw cocoa, are great for your microbiome and packed with flavonoids



Flow: Key Points



• Flow is about being in the zone

- Find something creative that you like doing
- Set clear goals
- Stay in the flow channel
 - Slowly raise the bar
 - Skills should match challenges

Benefits of Flow

- Impact on positive thinking / mood
- Enhanced performance
- Enhanced self-confidence through commitment to meaningful goals



Strengths: Key Points



- The two pillars of Positive Psychology
 - o Strengths
 - o Positive Emotions
- Strengths play a leading role in 2 out of 3 dimensions of happiness
 - o The Pleasant Life
 - o The Engaged Life
 - o The Meaningful Life
- Signature Strengths are central to identity and self-image
 - Humility, humor, prudence, zest, creativity, etc.



Positive Mindset: Key Points



- The cultivation of positive emotions is a key to wellbeing
- Positive Psychology focuses on three kinds of positive emotions:
 - Gratitude about the past
 - Savoring the present (related to mindfulness)
 - Hope and optimism about the future
- Gratitude
 - Two effective exercises
 - Daily reflection on three things
 - Messages of gratitude
- Savoring / mindfulness
 - Enjoy / appreciate the present moment (the tigers and the strawberry)
- Optimism
 - Set Meaningful Goals



Meaning: Key Points



 Goal setting promotes personal freedom and happiness

 We are "pulled" by the goals that we set instead of getting "pushed" by instincts

- By setting and pursuing goals that we value, we discover meaning
- A meaningful life is the happiest life

 Use signature strengths not only to enrich one's own life, but to discover meaning in the service of a greater purpose

