

THE SCIENCE OF HAPPINESS: Living Your Best Life

Positive Psychology,
Happiness and the
benefits for you

Jessica Dang
learn awesomely™



Living Happier
Ever After™

What is Positive Psychology?



- a.** Founded by [Martin Seligman](#) in 2000
- b.** New scientific approach to exploring and studying human behaviour, emotions, thoughts, and feelings with a focus on positive experience and personal strengths.
- c.** Represents a commitment to addressing the imbalance within psychological approaches, with a renewed focus on psychological well being, positive emotions, experiences, and environments.
- d.** Practiced and researched by thousands of psychologists across the globe.

Why Positive Psychology and Happiness?



- a.** Happiness can be hard to define, as it is very subjective.
- b.** **Positive Psychology** wanted to change this. Its approach seeks to understand and provide resources to support positive feelings and emotions.
- c.** Referred to as Subjective Well Being (SWB) within **Positive Psychology**, allowing researchers to understand, evaluate and measure happiness for the purpose of scientific studies.
- d.** Happiness has now been linked to multiple emotional, mental and physical health benefits.

7 Benefits of Happiness According to Positive Psychology

1. **Reduced Feelings of Stress** (Steptoe, Wardle, & Marmot, 2005)
2. **A Healthier Heart** (Bhattacharyya, Whitehead, Rakhit & Steptoe, 2008)
3. **A More Resilient Immune System** (Marsland et al, 2006)
4. **Higher Levels of Productivity** (Oswald, Proto and Sgroi, 2009)
5. **Increased Relationship Satisfaction** (Fredrickson, 2009)
6. **A Better Nights Sleep** (Ong et al, 2017)
7. **Increased Life Span** (Carstensen et al 2011)



What has an Impact on Happiness?



- a.** Positive Psychology research has explored the different areas of life and identified 7 key factors that influence our feelings of happiness.
- b.** They are: Personal Values, Personal Freedom, Health, Work, Relationships, Community, & Financial Situation
- c.** When we seek to feel happier, we might first work to understand what each of these areas looks like for us, and identify which areas need the most work.
- d.** We can focus on one area at a time and build positive actions to make changes that help us lead a more purposeful and meaningful life.

How to Increase Personal Happiness

- a.** Increases your personal happiness will depend entirely on what factors you feel you need to work on that are causing you unhappiness.
- b.** If you are seeking to increase more general feelings of happiness, you could try some happiness building practices such as:
 - i.** Practicing Gratitude (see ebook for Gratitude Worksheet)
 - ii.** A daily walk in nature without any technology. Engage in your environment.
 - iii.** A regular Mindfulness practice (can link to poster)



How to Increase Relationship Happiness



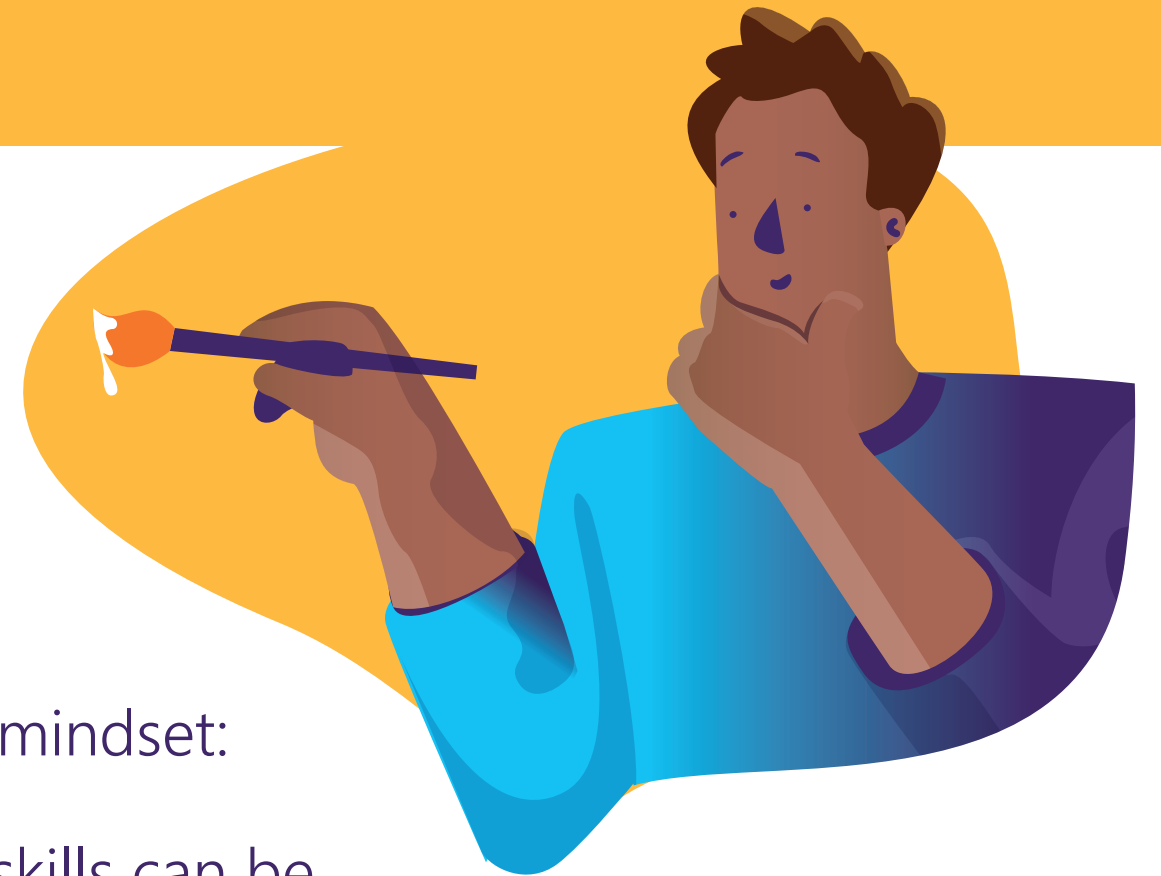
- a.** Relationship happiness does not just mean your spouse or romantic partners - relationships of all types can create or impact our levels of happiness including with children, friends, relatives, work colleagues and even clients/customers.
- b.** Building more happiness in relationships depends on the relationship but some practices to try include:
 - i.** Developing your Active Constructive Responding ([link to ebook](#))
 - ii.** Learn their Love Language to aid communication and appreciation
 - iii.** Act with Kindness

How to Increase Happiness at Work

- a.** Happiness at work is important for individuals and for the organisation.
- b.** Employee happiness at work has been linked to higher productivity, better relationships, higher sales, and a stronger reputation externally.
- c.** To develop your own happiness at work you can consider the PERK method:
 - i. P** = Purpose
 - ii. E** = Engagement
 - iii. R** = Resilience
 - iv. K** = Kindness



A Growth Mindset for Happiness



- a.** Professor Carol Dweck discovered there are two core types of mindset:
 - i.** A Growth Mindset: You believe your personal traits and skills can be worked on and developed through consistent practice and learning.
 - ii.** A Fixed Mindset: You believe your personal traits are fixed and cannot change.
- b.** A Growth Mindness helps happiness as you feel more in control of your life and every challenge or setback is an opportunity to learn and grow.

Conclusion Slide:



a. Positive Psychology has taught us a lot about happiness and its benefits but it's important to remember:

- i.** Happiness is different for everybody.
- ii.** Cultivating more happiness should be a positive journey not something that causes stress.
- iii.** Happiness cannot be forced. Enjoy the process and learn about yourself.

b. While the research can show us connections between happiness and various benefits, it is far more complex than this. The only real thing the research can tell us is that pursuing happiness is definitely worth a try.



Living Happier
Ever After™

Jessica Dang
learn awesomely™