Morning Everyone, ☼😁

"Happy Well-being Wednesday" I hear you all echo!
So, I'd like to ask the question, what does it actually mean to be "happy"?

In general, happiness is understood as the positive emotions we have in regard to the pleasurable activities we take part in throughout our daily lives.
 Pleasure, comfort, gratitude, hope, and inspiration are examples of positive emotions that increase our happiness and move us to flourish.
 In scientific literature, happiness is referred to as hedonia, the presence of positive emotions and the absence of negative emotions. In a broader understanding, human wellbeing is made up of both Hedonic and Eudaimonic (good-spirited) principles. The literature on the subject is vast and describes our personal meaning and purpose in life.

Research on happiness over the years has found that there are some contributing correlational factors that affect our happiness. These can include:
Time and place
Personality Type
Goals and self-efficacy (confidence in your abilities)
Social class and wealth
Attachment and relatedness -
Attitude towards physical health
Positive emotions versus negative emotions

How often do you consider your own "contentment?"
Happiness and satisfaction are subjective concepts and society mostly focuses on our work related roles.
For some, monetary benefits can be equated with job satisfaction. Some might strive for recognition of their hard work and lose motivation on failing to achieve so. For some people, having a friendly environment at work is an essential requisite for deriving pleasure. No matter what the standards are, being content with our careers is crucial for maintaining the 'work-life' balance. The University of Warwick, UK, in one of their studies revealed that happy workers are up to 12% more productive than unhappy professionals. They are more likely to be the proud owner of good health and have smooth flowing professional and personal relationships.

Happiness at work is an important factor that contributes to good careers, happy lives and business success.
Another is our relationships with others and just as importantly, the relationship you have with yourself!

 There's an interesting TED Talks video: The surprising science of happiness https://lnkd.in/dwuEp4J
 Dan Gilbert, author of "Stumbling on Happiness," challenges the idea that we'll be miserable if we don't get what we want.
 Our "psychological immune system" lets us feel truly happy even when things don't go as planned.

So when we look at "happiness" it is not about having a warm, fuzzy feeling all the time and everything going right, but finding a sense of peace, of being satisfied and choosing to find the positive in each day because that is a far more realistic goal.
Happiness is a direction, not a place! (Sydney J Harris)

So on that note, I hope you all have a positive, realistic, capable, productive, satisfying day.
Choose happy! 😊👍

HAPPINESS: INTERESTING FACTS & FINDINGS

Happiness is linked to lower heart rate and blood pressure, as well as healthier heart rate variability.

Happiness can act as a barrier between you and germs, resulting in people less likely to get sick.

People who are happier enjoy greater protection against stress and release less cortisol.

Happy people tend to make others happier as well, and vice versa – those who do good, feel good!

Those who are happiest tend to live significantly longer than those who are not.

Relationships have been proven to be much more conducive to a happy life than money.

Being outdoors – especially near the water – can make us happier.

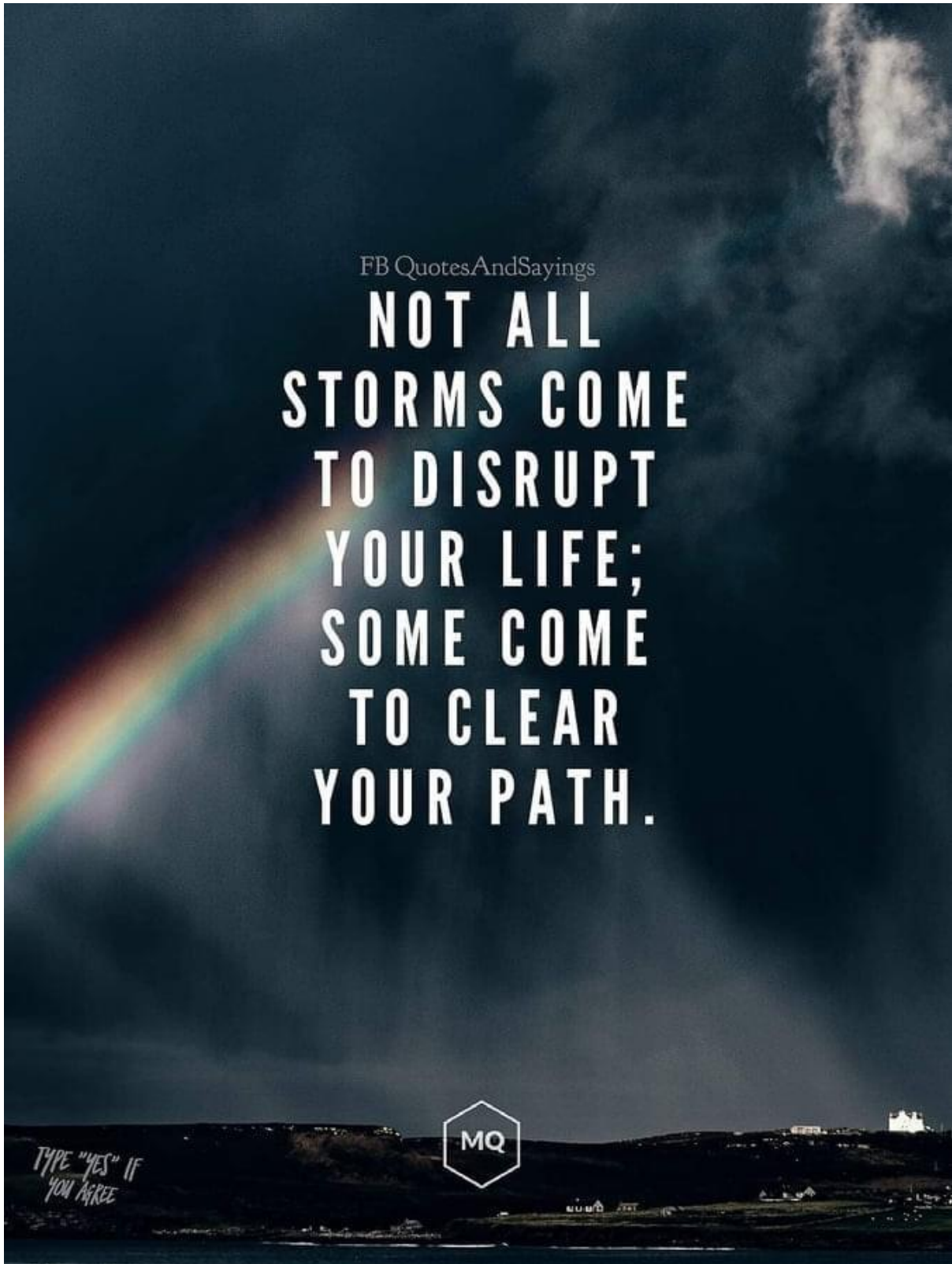Smelling different floral scents like roses and candles can make us happier.

CAMHS

The key to
being happy
is knowing that you have the power
to choose what to accept
and what to let go.

Dodinsky

"Happiness is not
something you postpone
for the future; it is
something you design for
the present."

– Jim Rohn

FB QuotesAndSayings

NOT ALL
STORMS COME
TO DISRUPT
YOUR LIFE;
SOME COME
TO CLEAR
YOUR PATH.

MQ

TYPE "YES" IF
YOU AGREE

#mentalhealthmatters #happinessispowerful
#selfefficacy #positivemindset #thinkhappybehappy #peace #contentment
#lifegoalsthatmatter