

Positivity & Social Connection



Five Essential Skills of Happiness

While we each have our own personal definition of happiness, research suggests happiness is some sort of combination of how satisfied we are with our life and how good we feel on a day-to-day basis. Scientists estimate only 10 percent of our happiness is determined by our circumstances, while 50 percent is biologically determined and 40 percent is controlled by our own thoughts, actions, and behaviors.

With 40 percent of our happiness within our direct control, we each have the ability to improve our own happiness through consistent mental training and by adopting positive life habits! Following the S.T.A.G.E. framework can help you build five essential happiness skills:

Savor – Savor the moment! This is a quick and easy way to boost optimism and reduce stress and negativity. Practice being mindful and noticing all the good around you. Take time to prolong and intensify your enjoyment of the moment, and make a pleasurable experience last for as long as possible. Studies show those who regularly and frequently savor are happier, more optimistic, and more satisfied with life.

Thank – Thank those who matter! The simple act of identifying and then appreciating the things people do for us fills us with optimism and self-confidence. It also dampens our desires for “more” of everything, deepens our relationships with loved ones, and when we express our gratitude to someone, we receive kindness and gratitude in return.

Aspire – Aspire to meaningful goals! A person's level of hope is shown to correlate with how well he/she perform tasks. Studies show using one's strengths in daily life curbs stress and increases self-esteem and vitality. Believing your goals are within reach promotes a sense of optimism, meaning, and purpose in life.

Give – Give of yourself! When you give someone something, you not only make the receiver happier but reap even more benefits as the giver. Research shows being kind not only makes us feel less stressed, isolated, and angry, but it makes us feel considerably happier, more connected with the world, and more open to new experiences.

Empathize – Empathize with others! Empathy is both the ability to care about others and to imagine and understand thoughts, behaviors, and ideas of others, including those different from ourselves. When we empathize with others, we become less judgmental, less frustrated, and less angry or disappointed, and we develop patience. We also solidify the bonds with those closest to us.

Source: Happify (www.happify.com)