

PURSUIT OF HAPPINESS



HOW TO STAY
HAPPY IN
DIFFICULT TIMES

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"When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy'. They told me I didn't understand the assignment, and I told them they didn't understand life."

-John Lennon

WHAT IS HAPPINESS?



INTERESTING FACTS ABOUT HAPPINESS

[World Happiness Day](#) is March 20th,

Bhutan measures prosperity by gauging its citizens' happiness levels, not the GDP. They call it gross national happiness (GNH)



A study of 217 identical twins and 114 fraternal twins found that DNA was responsible for 39% to 58% of our happiness.

Happier people tend to wear bright colors; it's not certain which way the relationship works.

Out of all words, the word "Love" is most associated with the word "Happiness".



Following your authenticity leads to greater wellbeing.

The old adage about money not buying happiness is only true if you already have enough of it; for others, financial security is an important contributor to happiness.

People who place a high value on materialistic items have lower levels of life satisfaction.



Implications for the workplace

- Happiness and job performance are related—and the relationship likely works in both directions (e.g., happy people do a better job and people who do a good job are more likely to be happy).
- Unit- or team-level happiness is also linked to positive outcomes, including higher customer satisfaction, profit, productivity, employee turnover, and a safer work environment.
- In general, a happier organization is a more productive and successful organization (Fisher, 2010).
- Happiness makes us better citizens – it is a good predictor of civic engagement in the transition to adulthood (Fang et al., 2018).
- Happiness leads to career success, and it doesn't have to be "natural" happiness – researchers found that "experimentally enhancing" positive emotions also contributed to improved outcomes at work (Walsh et al., 2018).



Benefits of a happy life

It protects against stress and diseases
Those who are happiest tend to live
significantly longer than those who are
not.

Happiness boosts our immune system,
which can help us fight and fend off the
common cold.



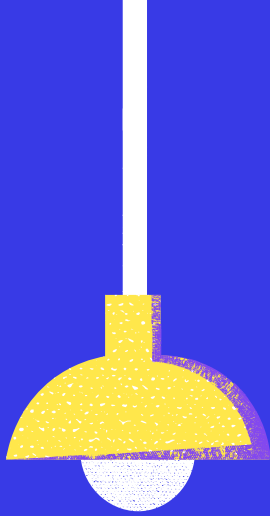


“what thoughts, actions, and behaviors make us more productive at work, happier in our relationships, and more fulfilled at the end of the day?”



joy stealers

- Perfectionism
- Social comparison
- Materialism
- Maximizing



One of the most convincing study on happiness is the [Harvard Study of Adult Development](#) which, for more than 80 years has followed the lives of hundreds of participants and, now, their children.

“The surprising finding is that our relationships and how happy we are in our relationships has a powerful influence on our health. Taking care of your body is important, but tending to your relationships is a form of self-care too. That, I think, is the revelation.”

A blue-tinted photograph of a family (father, mother, and two children) hugging each other. The father is on the left, the mother is on the right, and two children are in the center. They are all smiling and looking at each other.

Foster social
connections

Engage in random acts of kindness

We are more likely to reach greater levels of happiness when we exhibit prosocial behavior and show others kindness through our actions. Nelson et al. (2016)





Express gratitude

- Writing down three things you're grateful for at the end of each day, and why they happened, leads to long-term increases in happiness and decreases in depressive symptoms. Martin Seligman, (2005).

Practise Self- compassion

Be present in the moment rather than dwelling on the past or looking anxiously to the future.

Understand that setbacks are part of being human, and all people experience them.

Cultivate a warm, supportive inner voice rather than a hostile, self-critical one.

