



THE SCIENCE OF HAPPINESS



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Why Do We Care About Happiness?



HAPPY PEOPLE
ARE ...



More helpful (and less hostile)



More productive

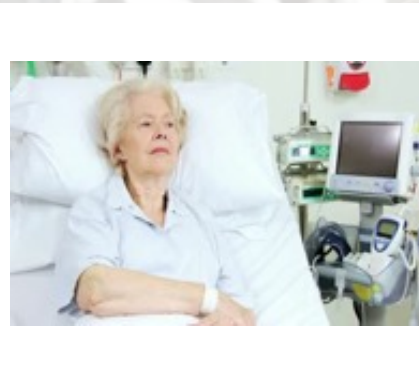




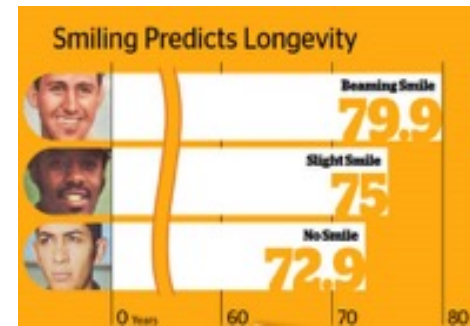
HAPPY PEOPLE
EXPERIENCE
BETTER HEALTH



Fight off colds



Recover from surgery



Live longer

What Do We Think Makes Us Happy (But Really Doesn't)?



Money



“Money has never made man happy, nor will it, there is nothing in its nature to produce happiness. The more of it one has the more one wants.” by Benjamin Franklin



Climate



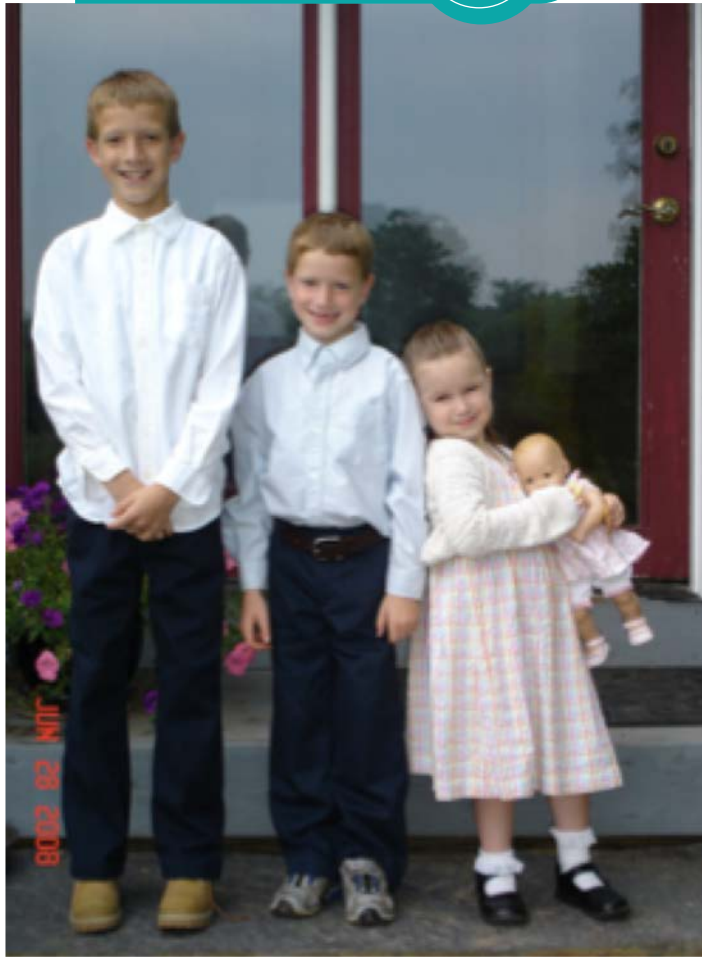
Life Events



Marriage



CHILDREN



“Having a baby is like suddenly getting the world's worst roommate.” by Anne Lamott

What Does Make Us Happy?



Behaviors



Eating

Exercising



Shopping



Giving





NATURE

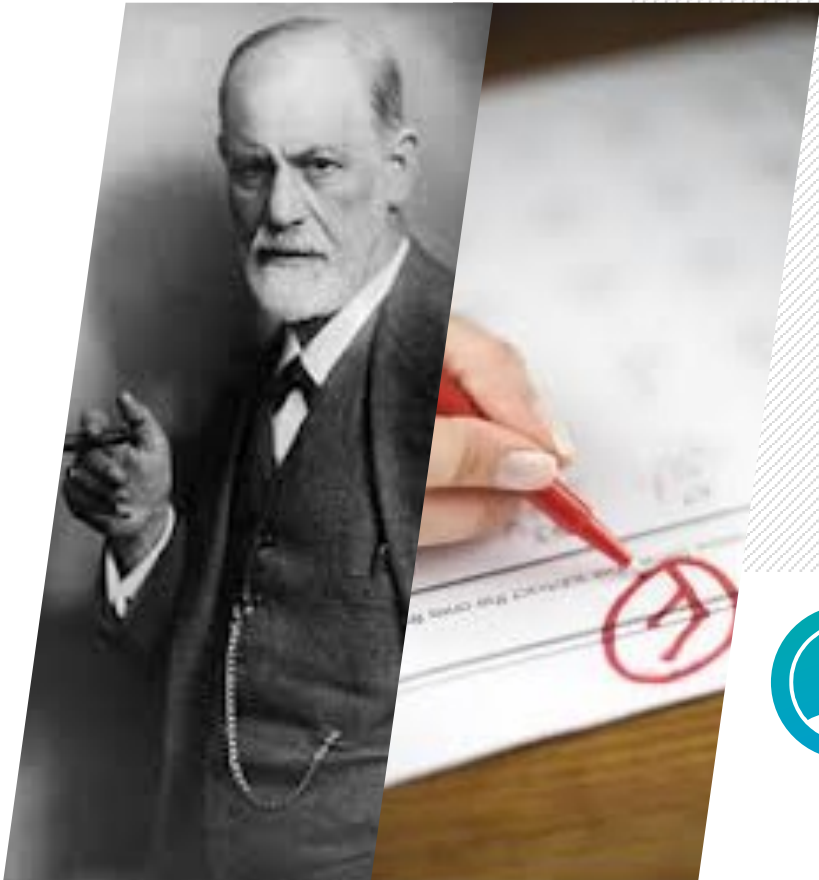


PERSONALITY

Extraversion
High self-esteem

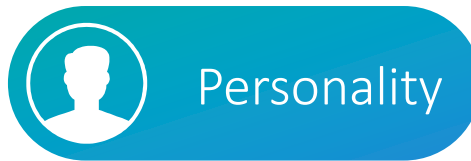
"I am still determined to be cheerful and happy, in whatever situation I may be; for I have also learned from experience that the greater part of our happiness or misery depends upon our dispositions, and not upon our circumstances."

by Martha Washington



“I am fundamentally an optimist. Whether that comes from nature or nurture, I cannot say. Part of being optimistic is keeping one's head pointed toward the sun, one's feet moving forward. There were many dark moments when my faith in humanity was sorely tested, but I would not and could not give myself up to despair. That way lays defeat and death.”

By Nelson Mandela



The U-bend

Self-reported well-being, on a scale of 1-10

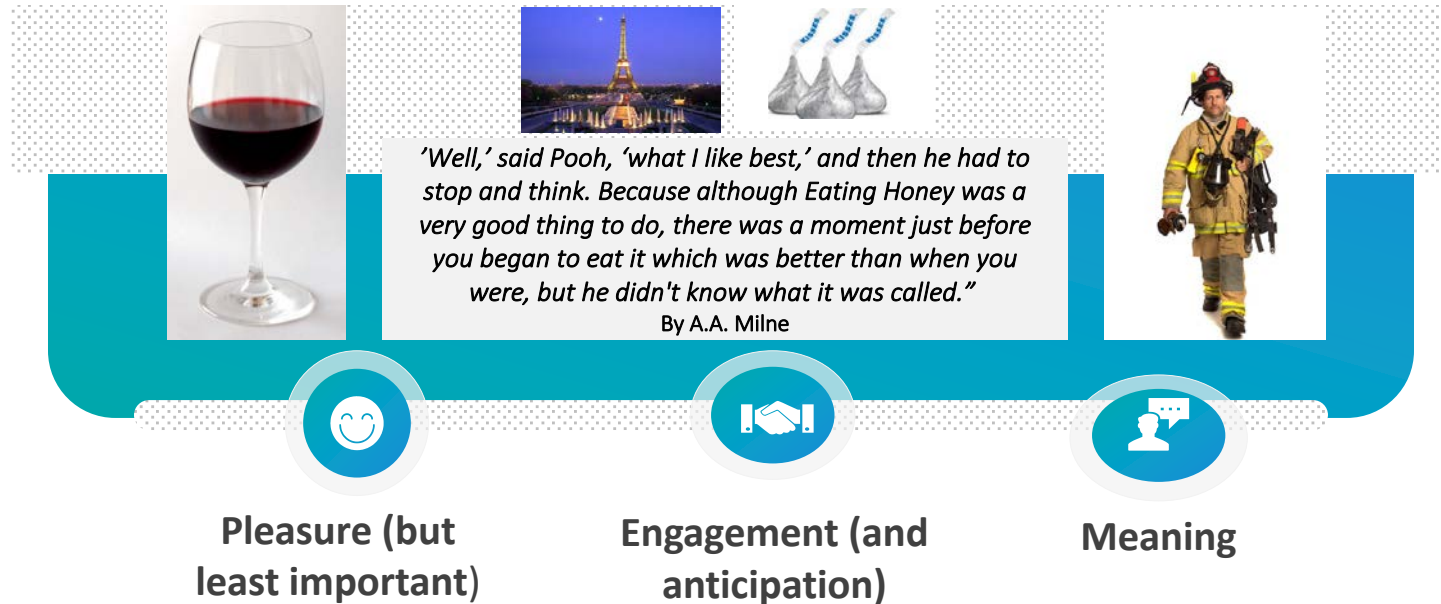


Age



Relationships

Conclusions: The 3 Components of Happiness



Conclusions: What We Know Impacts Happiness

THE POWER OF GENETICS (EXPLAINS ABOUT 50% OF HAPPINESS)

THE POWER OF OUR CAPACITY TO ADAPT



"I could cry when I think of the years I wasted accumulating money, only to learn that my cheerful disposition is genetic."



To good events



To bad events

THE POWER OF EFFORT



“

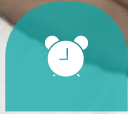
“Happiness is the consequence of personal effort. You fight for it, strive for it, insist upon it, and sometimes even travel around the world looking for it. You have to participate relentlessly in the manifestations of your own blessings. And once you have achieved a state of happiness, you must never become lax about maintaining it. You must make a mighty effort to keep swimming upward into that happiness forever, to stay afloat on top of it.”

by Elizabeth Gilbert

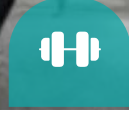
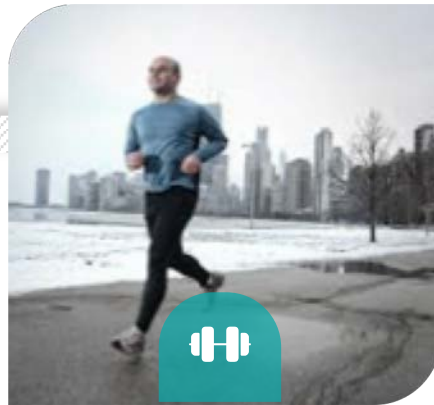
Top Ten Strategies for Increasing Happiness

01

CHANGE YOUR BEHAVIOR



*Get enough
sleep*



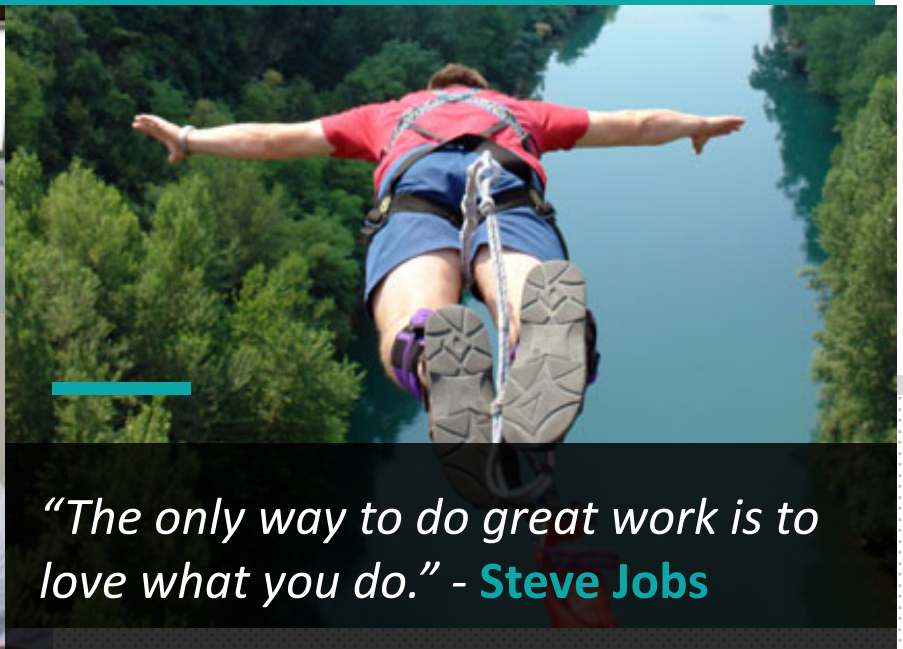
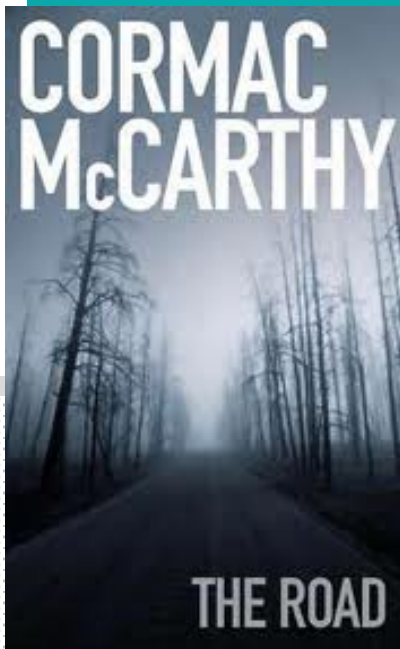
Exercise



*Spend time
outside*



Meditate



“The only way to do great work is to love what you do.” - Steve Jobs



2. Find your match
(professionally, personally)



3. Read a book you love



4 Keep a “gratitude journal”

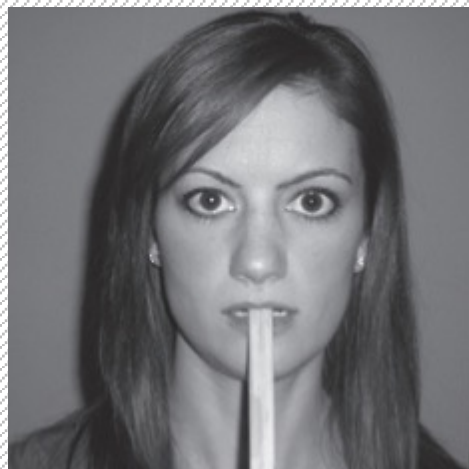


5 Make a “gratitude visit”

“One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon instead of enjoying the roses that are blooming outside our windows today. - Dale Carnegie



6. Smile (even when you aren't happy)



“

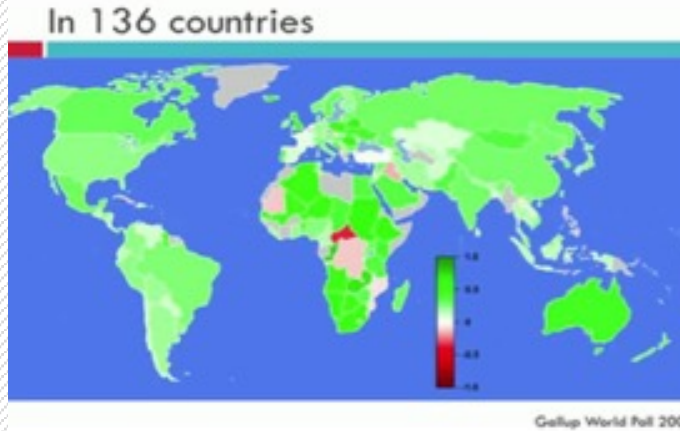
Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy. - Thích Nhất Hạnh

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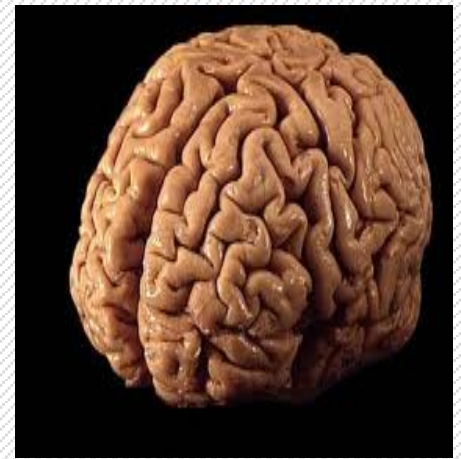
7. Perform random acts of kindness



Volunteer



Donate to charity



Give a gift (to anyone)

8. Spend money on the right things



Yes on
experiences



"I should have bought more crap."

No on
belongings



"Trying to be happy by accumulating possessions is like trying to satisfy hunger by taping sandwiches all over your body." – Roger Corless

9. Avoid comparisons



fakebook.

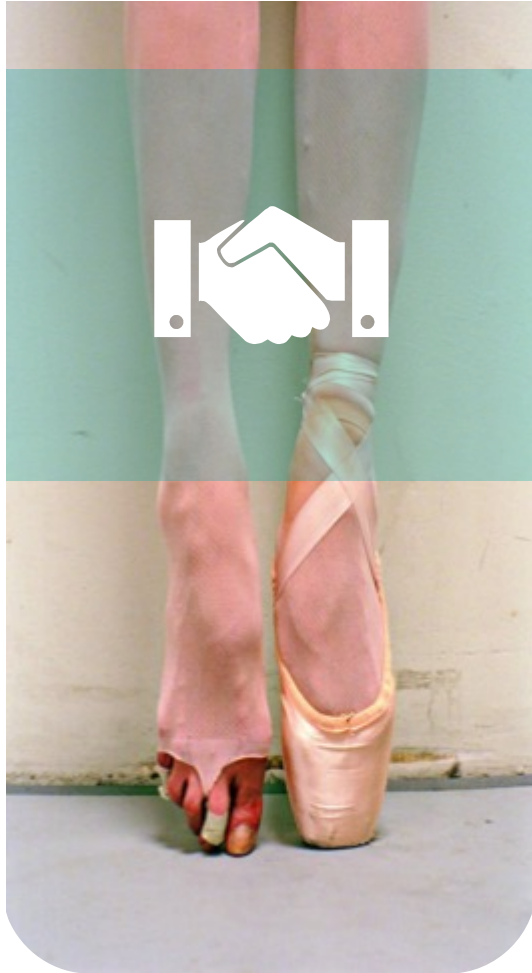


"I do count my blessings, but then I end up counting those of others who have more and better blessings, and that pisses me off."



*"Comparison is the thief of joy."
by Teddy Roosevelt*

10. Build & maintain close relationships



“But on entering upon family life he saw at every step that it was utterly different from what he had imagined. At every step he experienced what a man would experience who, after admiring the smooth, happy course of a little boat on a lake, should get himself into that little boat. He saw that it was not all sitting still, floating smoothly; that one had to think too, not for an instant to Forget where one was floating; and that there was water under one, and that one must row; and that his unaccustomed hands would be sore; and that it was only to look at it that was easy; but that doing it, though very delightful, was very difficult.”

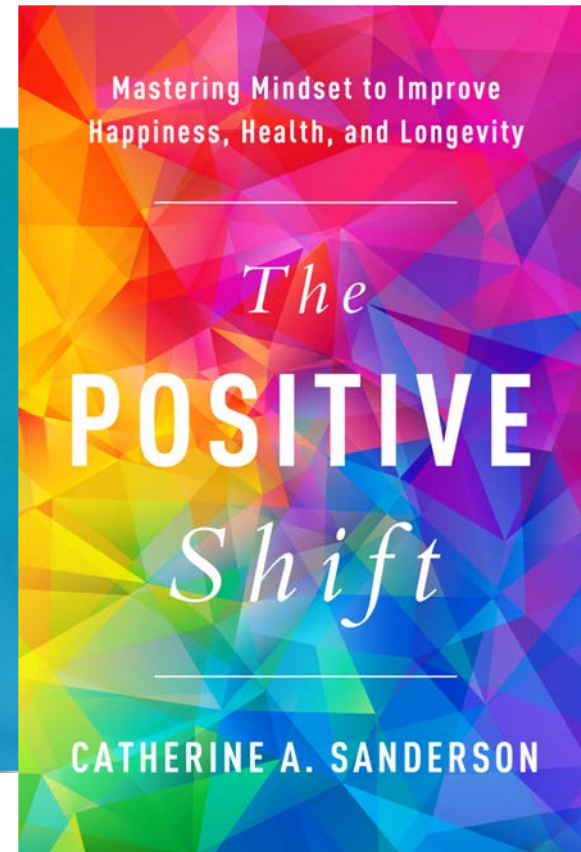
By Leo Tolstoy



THANKS FOR LISTENING!

Thoughts/questions?

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Watch a video:

SandersonSpeaking.com