

The Science of *Happiness*



**Our minds are constantly telling us
what to do to be happy...**

**But what if our minds are wrong?
What if our minds are lying to us?**

**The good news is that understanding
the science of the mind can point us
all back in the right direction.**



How happy are YOU?



“positive psychology”

the field of study that focuses on well-being, as opposed to psychological dysfunction.

Each week, you will be assigned a set of “rewirement” activities to do each day.

We call them “rewirements” because they’re practices aimed at rewiring your habits.

Research suggests that if you do these rewirements as prescribed, you should get a boost in your mood and overall well-being.

**What controls
your
happiness?**

**Genes and
Circumstance
don't matter as
much as we
think.**



**Good news is that
thoughts and actions are
under our CONTROL!**

**We can work hard to be happier - the
problem is that we are working toward the
WRONG THINGS!!**

Need to put in
WORK for
happiness



HAPPINESS

QUESTIONNAIRE

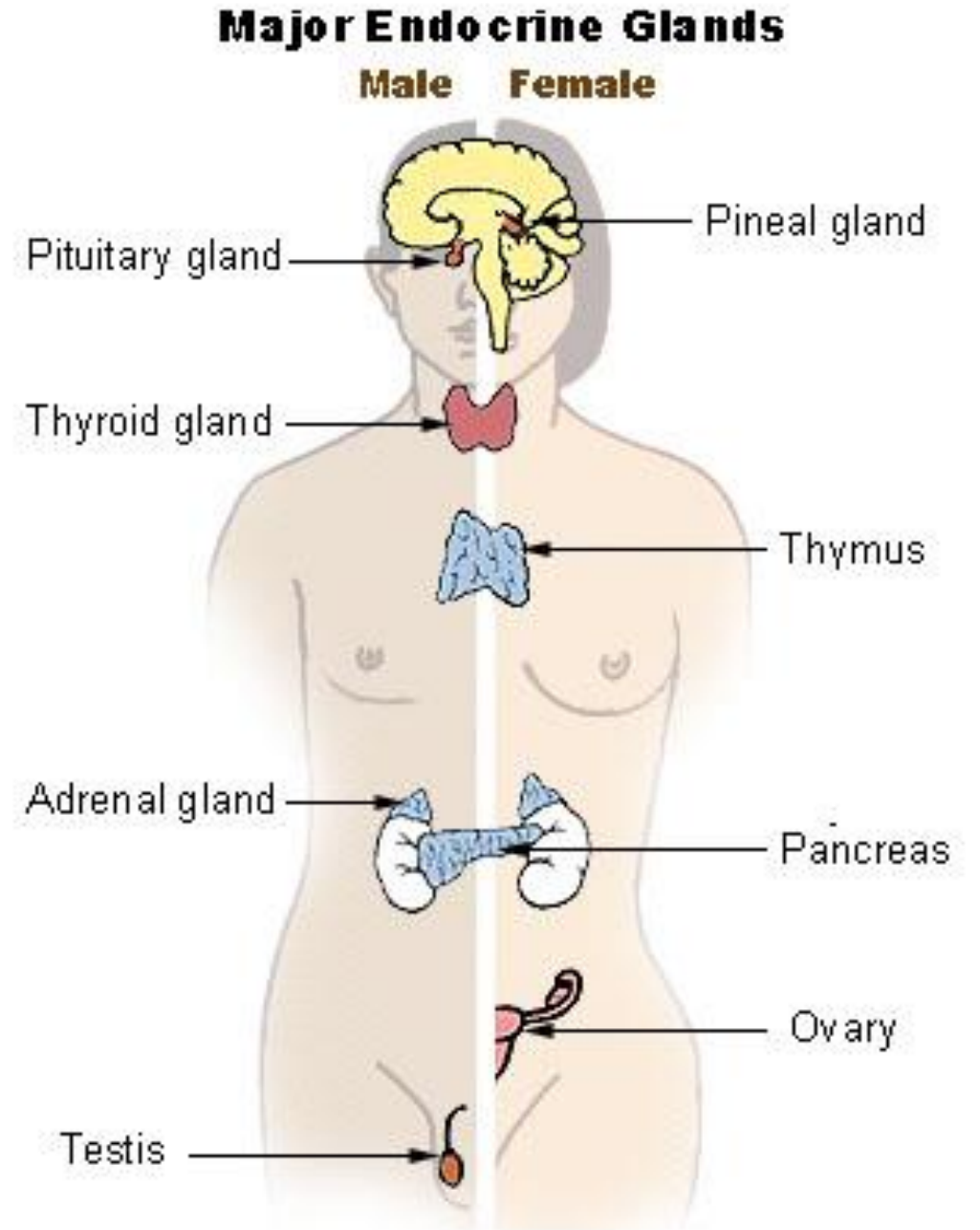
the scientific data

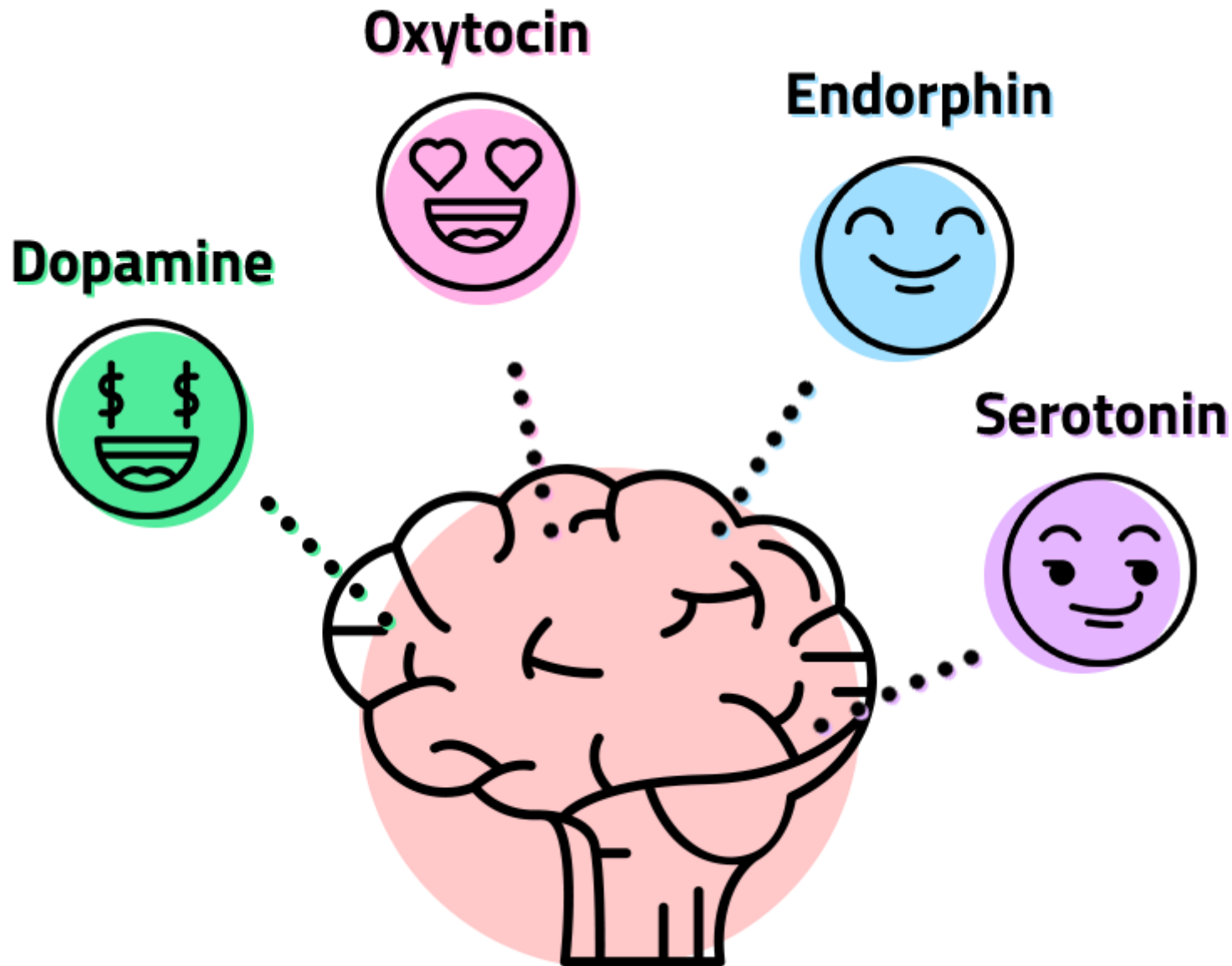
Where does happiness come from?

*What is the biology
of happiness?*



Hormones and neurotransmitters are involved in lots of essential processes, like heart rate and digestion, but also your mood and feelings.



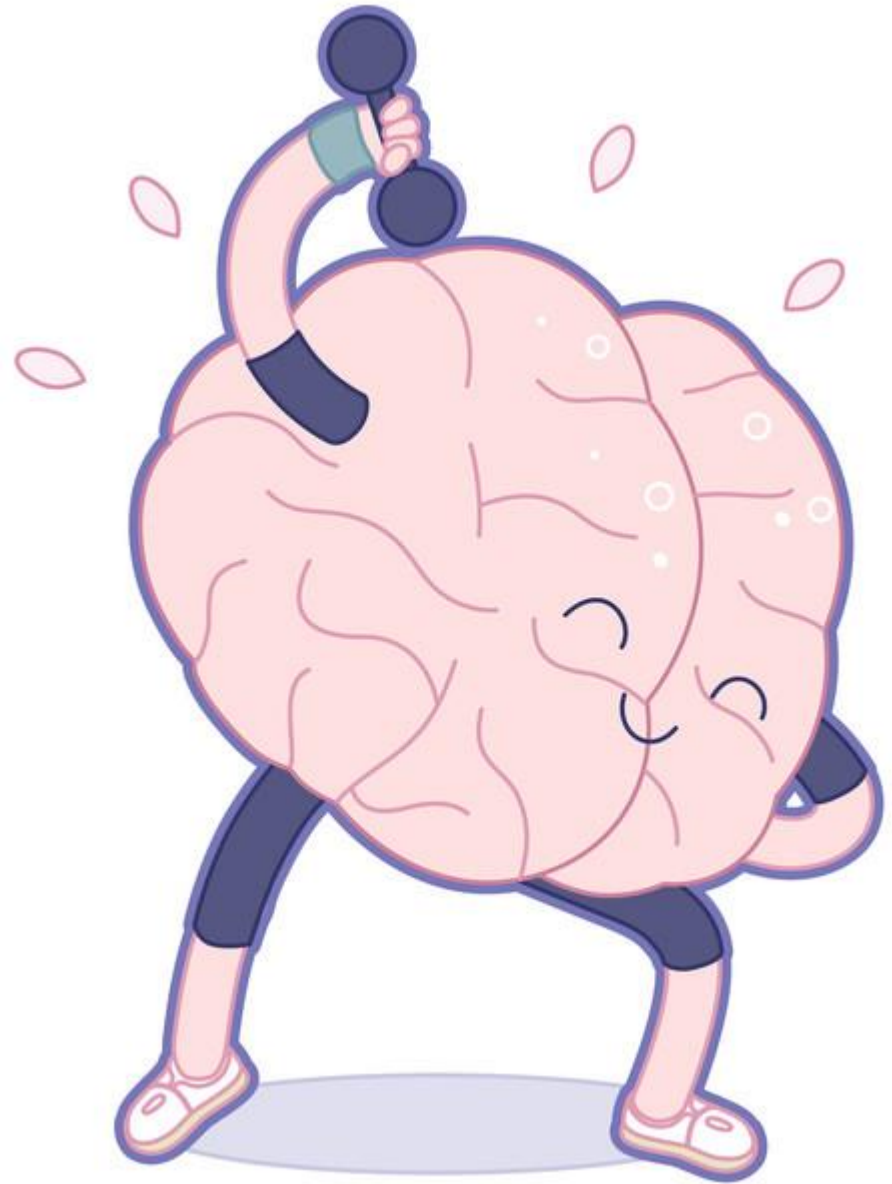


These hormones are famously happy hormones that promote positive feelings like pleasure, happiness, and even love.

Endorphins

**Works as a pain
killer.**

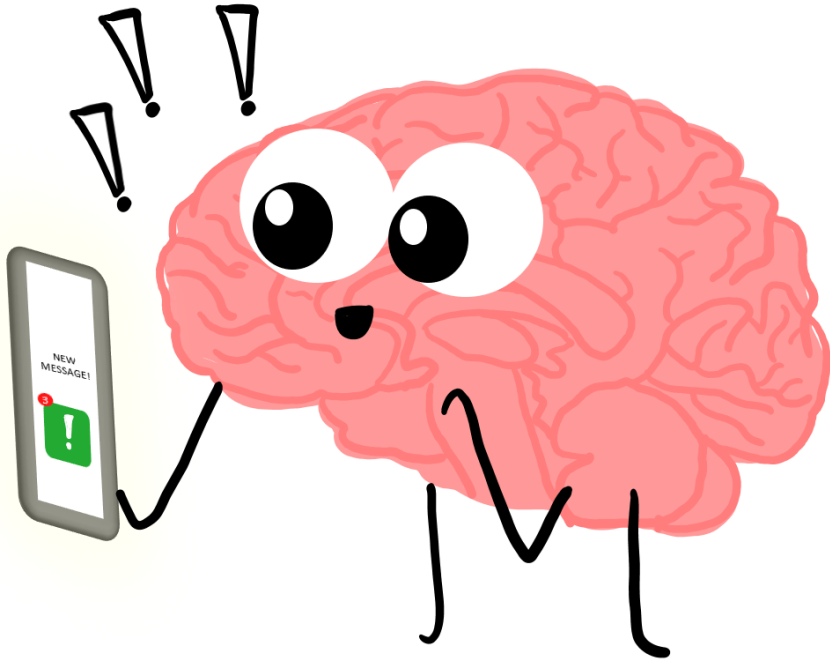
**Released after
exercise.**



Dopamine

The natural reward system hormone.

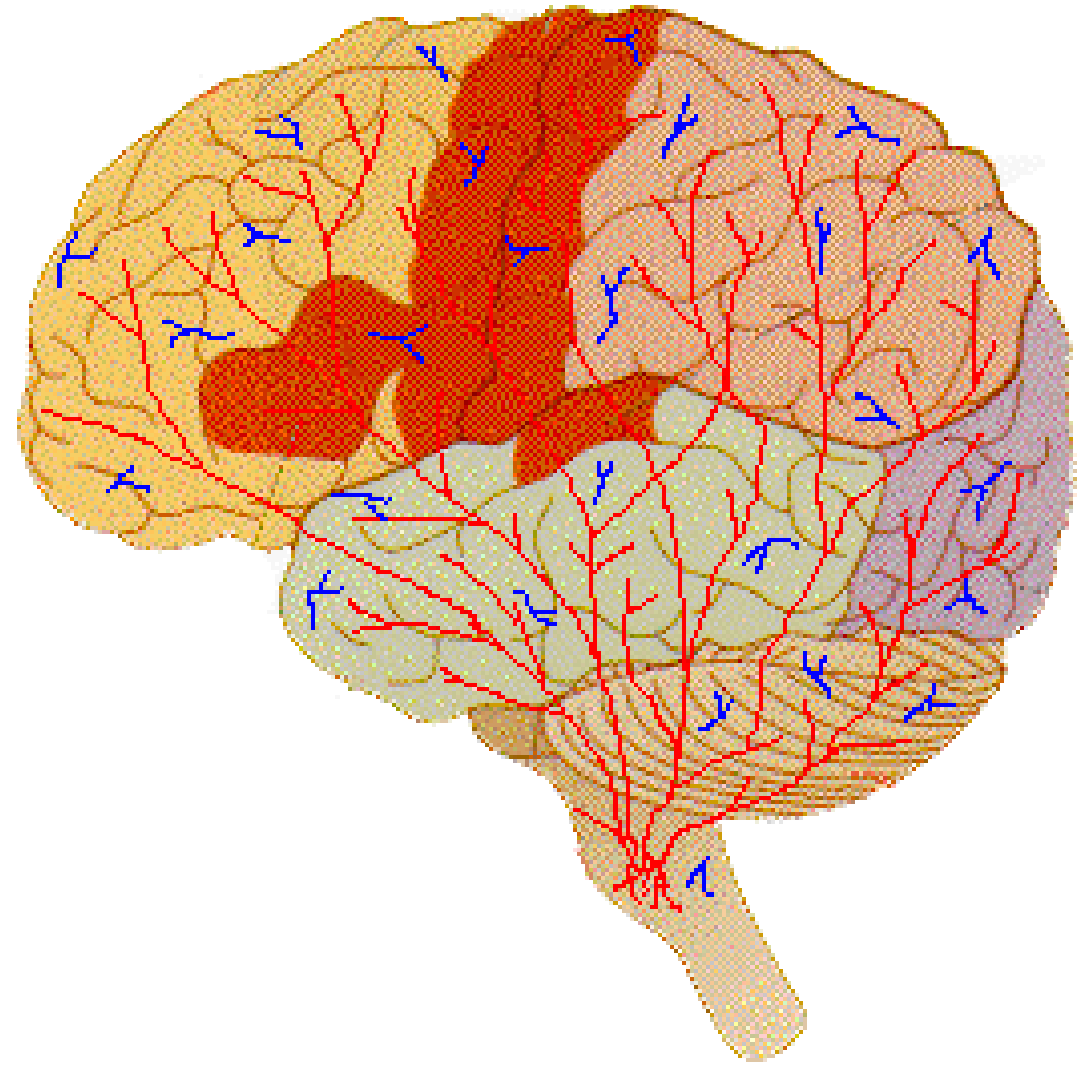
Boosts confidence and sense of achievement.



Serotonin

**Supports cognition,
sleep and memory.**

**Sources: fish, eggs,
poultry, seeds, etc.**





“Faking It” + Talking to Strangers

**Happiness
mask boosts
energy and
dopamine**



*Happiness is a vacation
destination*





What is the
HEDONIC
TREADMILL?
And How Hedonic
Adaptation
Prevents Lasting
Happiness

Happiness

Good things happen

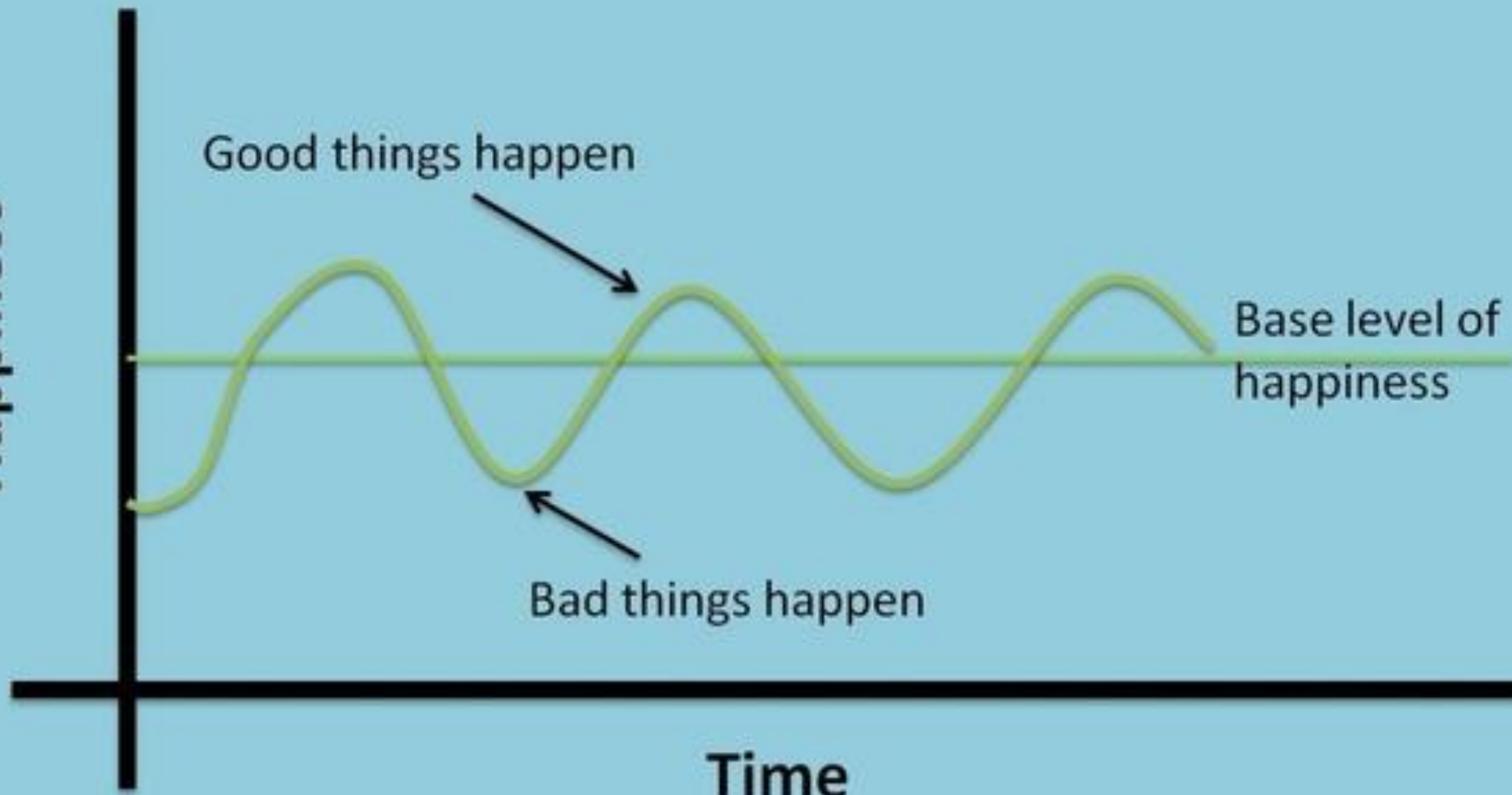


Bad things happen



Base level of happiness

Time





PSYCHOLOGICAL IMMUNE SYSTEM

...number of biases
and cognitive
mechanisms that
protect the
subject from
experiencing
extreme negative
emotions



PSYCHOLOGICAL IMMUNE SYSTEM

What are the tools I have?

What strategies protect me?

What supports do I rely on?

How do I deal with pain, suffering or trauma?

Who do I know who has a SUPER STRONG psychological immune system? What makes them strong?

What can I do to improve my psychological immune system?

What am I curious about? What further questions do I have about this?