

The background of the entire image is a repeating pattern of yellow smiley faces (😊) with black outlines, scattered across a white background.

# **ONE MONTH HAPPINESS BOOSTER!**

**STRONGEST EVER NATURAL BOOST!  
PSYCHOLOGIST APPROVED!  
EXPERIMENTALLY TESTED!**

**Social**

**Comparison**

# “Miswanting”

Is an annoying feature of the  
mind.

Our mind tricks us into wanting  
things that do not help us or  
make us happier.

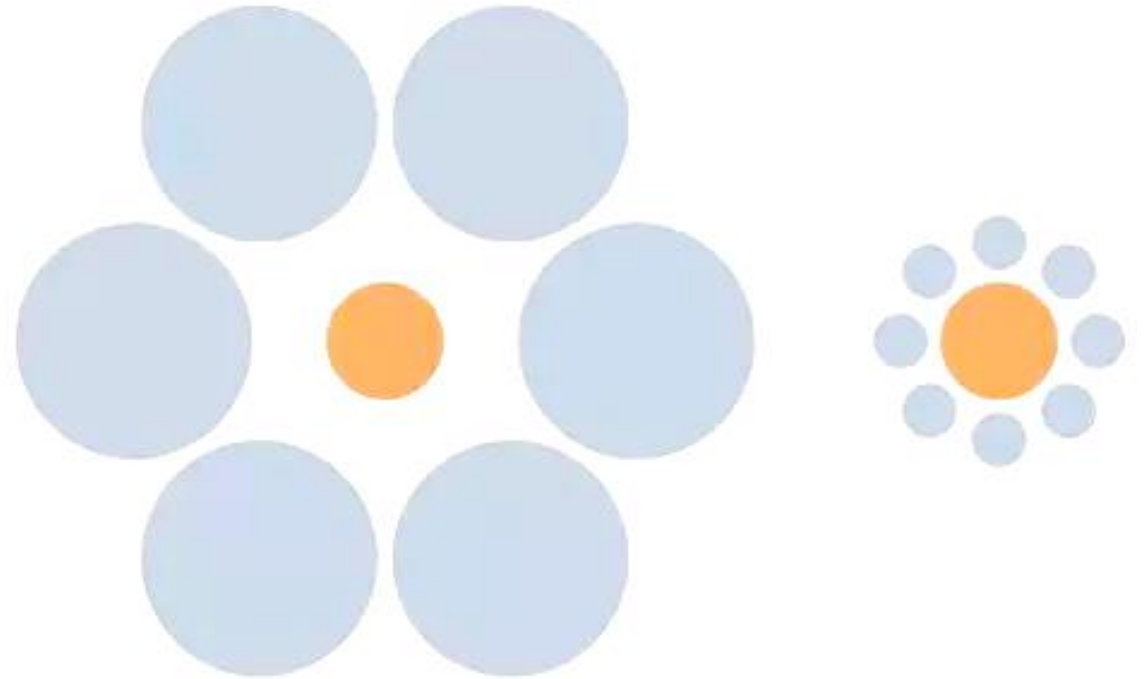
# “Thinking Absolutes”

Is another annoying feature of the mind.

Our mind is never thinking in absolutes, we are constantly using reference points.

Reference Points are the things or people we are comparing ourselves with or judging against.

We compare ourselves, our situations, our capabilities...everything!



**2nd Place**

**Sadness**





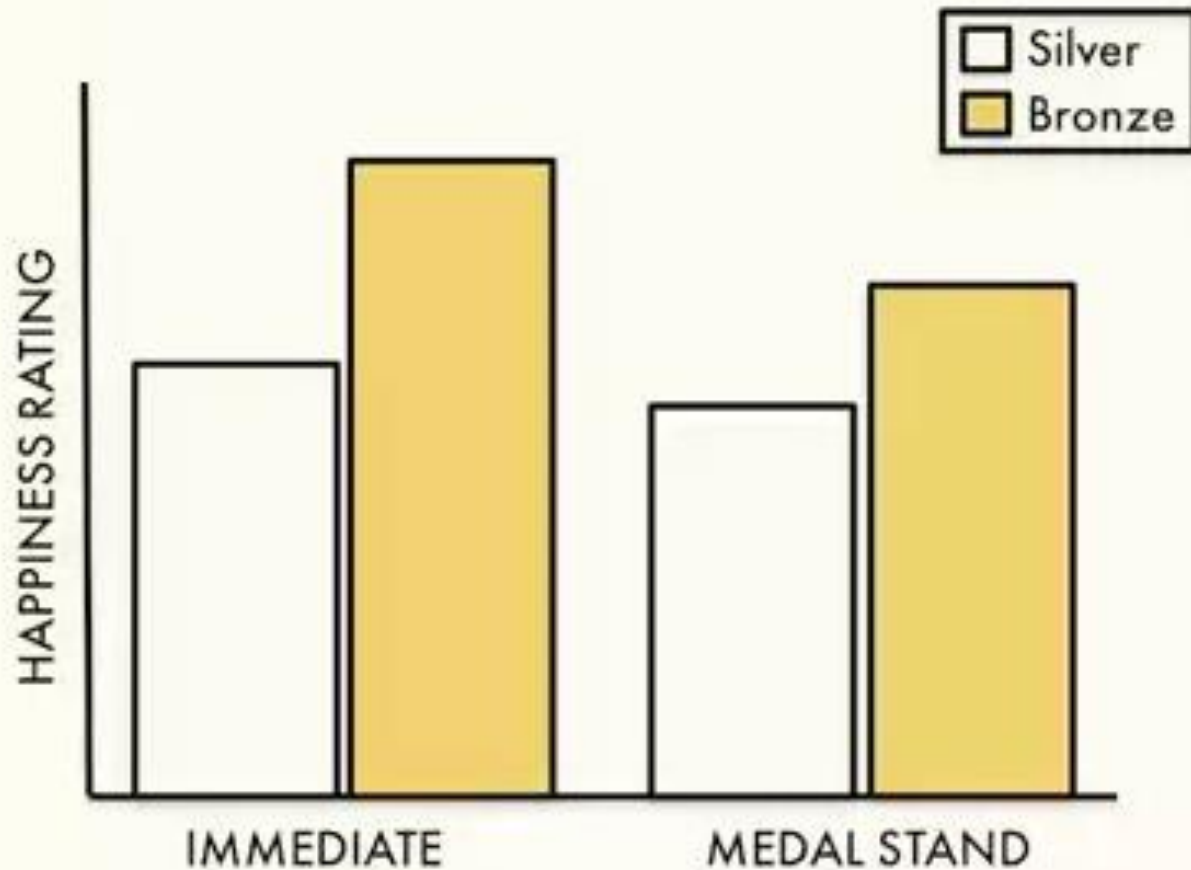




*Congrats!  
You're almost  
good enough!*



# MEDVEC ET AL. (1995)



**SOCIAL COMPARISON** = A SALIENT  
(BUT OFTEN IRRELEVANT)  
STANDARD AGAINST WHICH ALL  
SUBSEQUENT INFORMATION IS  
COMPARED





## O'GUINN & SCHRUM (1997)



- **↑ TV WATCHING = ↑ ESTIMATE OF OTHER PEOPLE'S WEALTH**
- **↑ TV WATCHING = ↓ ESTIMATE OF ONE'S OWN WEALTH**



## SCHOR (1999)



FOR EACH EXTRA HOUR/WEEK OF TV WATCHING  
PEOPLE SPENDING AN **EXTRA \$4/WEEK**  
IN HOUSEHOLD SPENDING





Upward: comparison to someone who appears to have things better

Downward: comparison to someone who appears to have things worse

**S O C I A L**

**M E D I A**

**R E F E R E N C E**

**P O I N T S**



**What is your  
relationship with  
social comparison?**



Savoring

and

Gratitude

# S★A★V★O★R★I★N★G★

intentionally experiencing activities. Focus on enjoyment of something that brings you happiness.



Savoring is the act of stepping outside of an experience to review and appreciate it.

Often we fail to stay in the moment and really enjoy what we're experiencing.

Savoring intensifies and lengthens the positive emotions that come with doing something you love.



For the next seven days, you will practice the art of savoring by picking one experience to truly savor each day. It could be a nice shower, a delicious meal, a great walk outside, or any experience that you really enjoy.

When you take part in this savored experience, be sure to practice some common techniques that enhance savoring.

These techniques include: sharing the experience with another person, thinking about how lucky you are to enjoy such an amazing moment, keeping a souvenir or photo of that activity, and making sure you stay in the present moment the entire time.



# G R A T I T U D E

increase mood , feel stronger social connection,  
improve digestion, control heart rate.



**Gratitude is a positive emotional state in which one recognizes and appreciates what one has received in life.**

**Research shows that taking time to experience gratitude can make you happier and even healthier.**





For the next seven days, you will take 5-10 minutes each night to write down five things for which you are grateful.

They can be little things or big things.

But you really have to focus on them and actually write them down (Again, try to develop a tracking method works for you and utilize a note on your phone, a daily calendar, a special notebook, etc).

You can **just write a word or short phrase**, but as you write these things down, take a moment to be mindful of the things you're writing about (e.g., imagine the person or thing you're writing about, etc.).

This exercise should take at least five minutes. Do this each night for the whole week.

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