

Happiness

Happiness is an emotional state characterised by feelings of joy, satisfaction, contentment, and fulfilment. While happiness has many different definitions, it is often described as involving positive emotions and life satisfaction.

When most people talk about happiness, they might be talking about how they feel in the present moment, or they might be referring to a more general sense of how they feel about life overall.

Because happiness tends to be such a broadly defined term, psychologists and other social scientists typically use the term 'subjective well-being' when they talk about this emotional state. Just as it sounds, subjective well-being tends to focus on an individual's overall personal feelings about their life in the present.

Two key components of happiness (or subjective well-being) are:

- **The balance of emotions:** Everyone experiences both positive and negative emotions, feelings, and moods. Happiness is generally linked to experiencing more positive feelings than negative.
- **Life satisfaction:** This relates to how satisfied you feel with different areas of your life including your relationships, work, achievements, and other things that you consider important.

How to Know If You're Happy

While perceptions of happiness may be different from one person to the next, there are some key signs that psychologists look for when measuring and assessing happiness.

Some key signs of happiness include:

- Feeling like you are living the life you wanted
- Feeling that the conditions of your life are good
- Feeling that you have accomplished (or will accomplish) what you want in life
- Feeling satisfied with your life
- Feeling positive more than negative

One important thing to remember is that happiness isn't a state of constant euphoria. Instead, happiness is an overall sense of experiencing more positive emotions than negative ones.

Happy people still feel the whole range of human emotions—anger, frustration, boredom, loneliness, and even sadness—from time to time. However, even when faced with discomfort, they have an underlying sense of optimism that things will get better, that they can deal with what is happening, and that they will be able to feel happy again.

Happiness takes work. Changes in life circumstances like a promotion or a new relationship might result in a temporary happiness boost, but before long the excitement levels off.

The **Building Happiness (Exercises)** worksheet includes a list of activities that have been found to help build sustained happiness, when practiced regularly. The exercises that are described include gratitude's, acts of kindness, physical exercise, meditation, positive journaling, and fostering relationships. These can be used to help create a plan to practice a little bit every day.

Resources:

Building Happiness Exercises

Things that make me happy

What is Happiness?

<https://www.verywellmind.com/what-is-happiness-4869755>

How to Be Happy: 25 Habits to Add to Your Routine

<https://www.healthline.com/health/how-to-be-happy>