

## **RELATING HAPPINESS AND POSITIVE PSYCHOLOGY!**

*What is it that makes people happy? The answer is progress. It doesn't matter how great your life is, if you are not growing, expanding, you are not gonna feel fulfilled. It doesn't matter at which stage in your life you are right now. Progress is happiness...Tal Ben Shahar*

### **WHAT TO KNOW!**

- ❖ Happiness is a state of enjoyment described by positive emotions ranging from contentment to intense joy and positive psychology tries to identify what happiness is, what makes a person happy, and how it can be achieved
- ❖ Positive psychology is a discipline built on identifying strengths and using them to sustain and increase levels of well being and happiness
- ❖ Positive psychologists look to find and nurture “what goes right” to make normal life more fulfilling and not just to treat mental illness
- ❖ Positive psychologists seek to identify states of pleasure, happiness, values, strengths, virtues, talents and teachings that can be promoted by social systems
- ❖ The focus is on promoting mental health and happiness not just treating mental illness
- ❖ The Character Strengths and Virtues (CSV) handbook identifies the following 6 virtues as psychological traits that lead to happiness:
  - ❖ **Wisdom and Knowledge:** such as creativity and love of learning
  - ❖ **Courage:** such as bravery and integrity
  - ❖ **Humanity:** such as love and kindness
  - ❖ **Justice:** such as fairness and leadership
  - ❖ **Temperance:** such as forgiveness and humility
  - ❖ **Transcendence:** such as gratitude, hope, and humor
- ❖ In the workplace, happy people get more job interviews, are seen by their supervisors more positively, show greater performance and productivity, and manage others better
- ❖ The founder of positive psychology, Martin Seligman, uses the acronym PERMA to describe people as the happiest when they have: **Pleasure**, **Engagement** (in an activity), **Relationships**, **Meaning** (in their lives), and **Accomplishments**
- ❖ Positive psychology research findings indicate:
  - ❖ Money doesn't buy happiness; spending money on others makes people happier
  - ❖ Work is important to happiness especially when it is purposeful and meaningful
  - ❖ People can learn to be happier by developing gratitude, forgiveness, and optimism

### **WHAT TO DO!**

- ❖ Develop close and meaningful relationships and practice love and intimacy
- ❖ Exercise regularly and get enough sleep
- ❖ Select goals and strive to achieve them
- ❖ Appreciate and communicate regularly with family
- ❖ Do work that you can engage in and find meaningful
- ❖ Focus on the future and let go of the past
- ❖ Join groups and make new friends
- ❖ Do some activity in some way to make the world a better place
- ❖ Be grateful for what you have and help others; be philanthropic
- ❖ Practice moderation and not addictions and compulsions
- ❖ Do not compare yourself to others and what they possess; enjoy what you have
- ❖ Seek professional help if you are unable to increase happiness in your life

### **WE CAN HELP!**

Call us at **954 755-2885** or email us at [DrKimmel@KimmelPsychology.com](mailto:DrKimmel@KimmelPsychology.com)

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