

Happiness (Pt.2)



PSYCH 1101: DAY 32

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Reminder: Two Components/Measures Of Happiness

- How happy are you? (emotional)
- How satisfied with life are you? (cognitive)

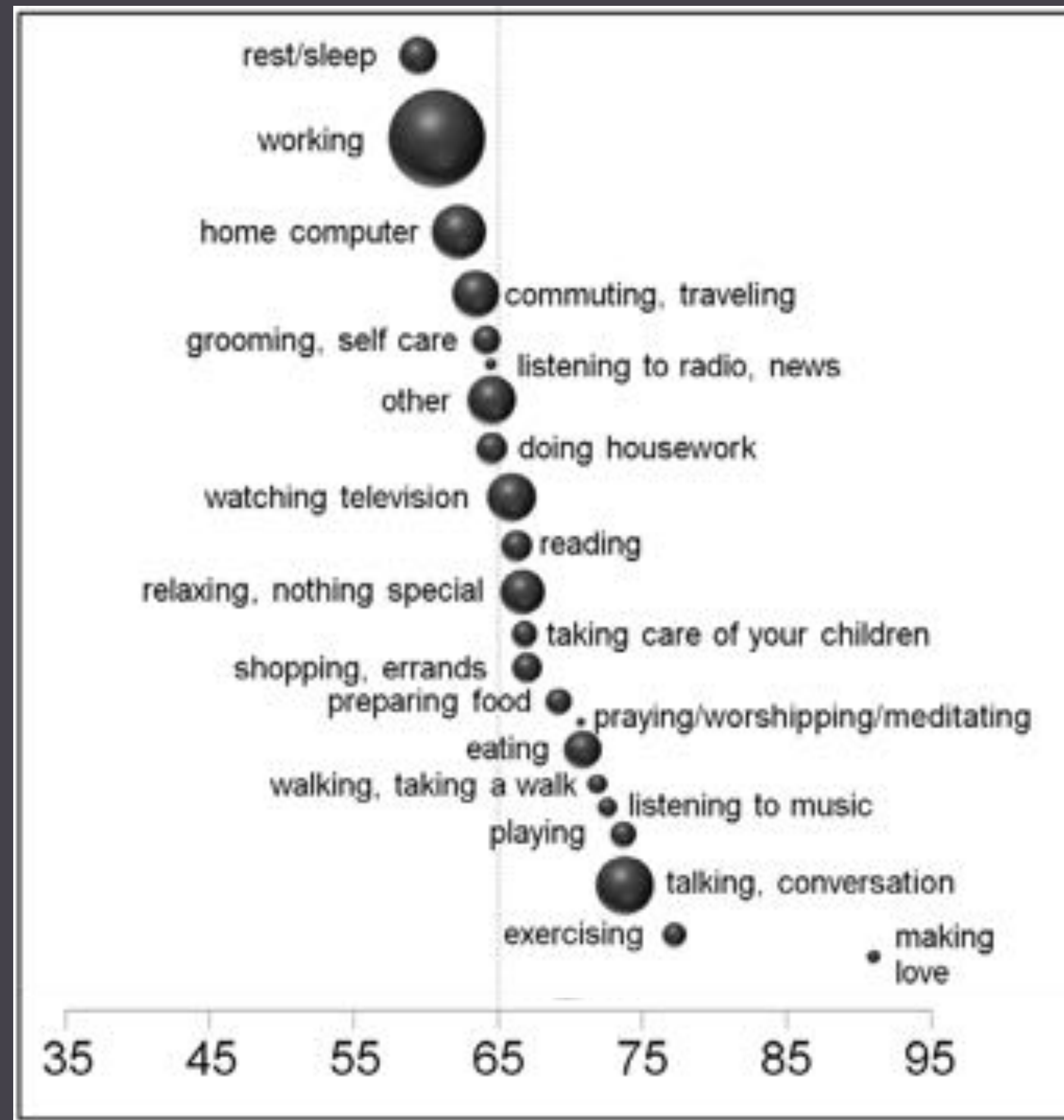
Happiness Across Countries (Sonja Lyubomirsky)



[HTTPS://YOUTU.BE/OPZXT9DCH6Q?T=5M50S](https://youtu.be/OPZXT9DCH6Q?t=5m50s)

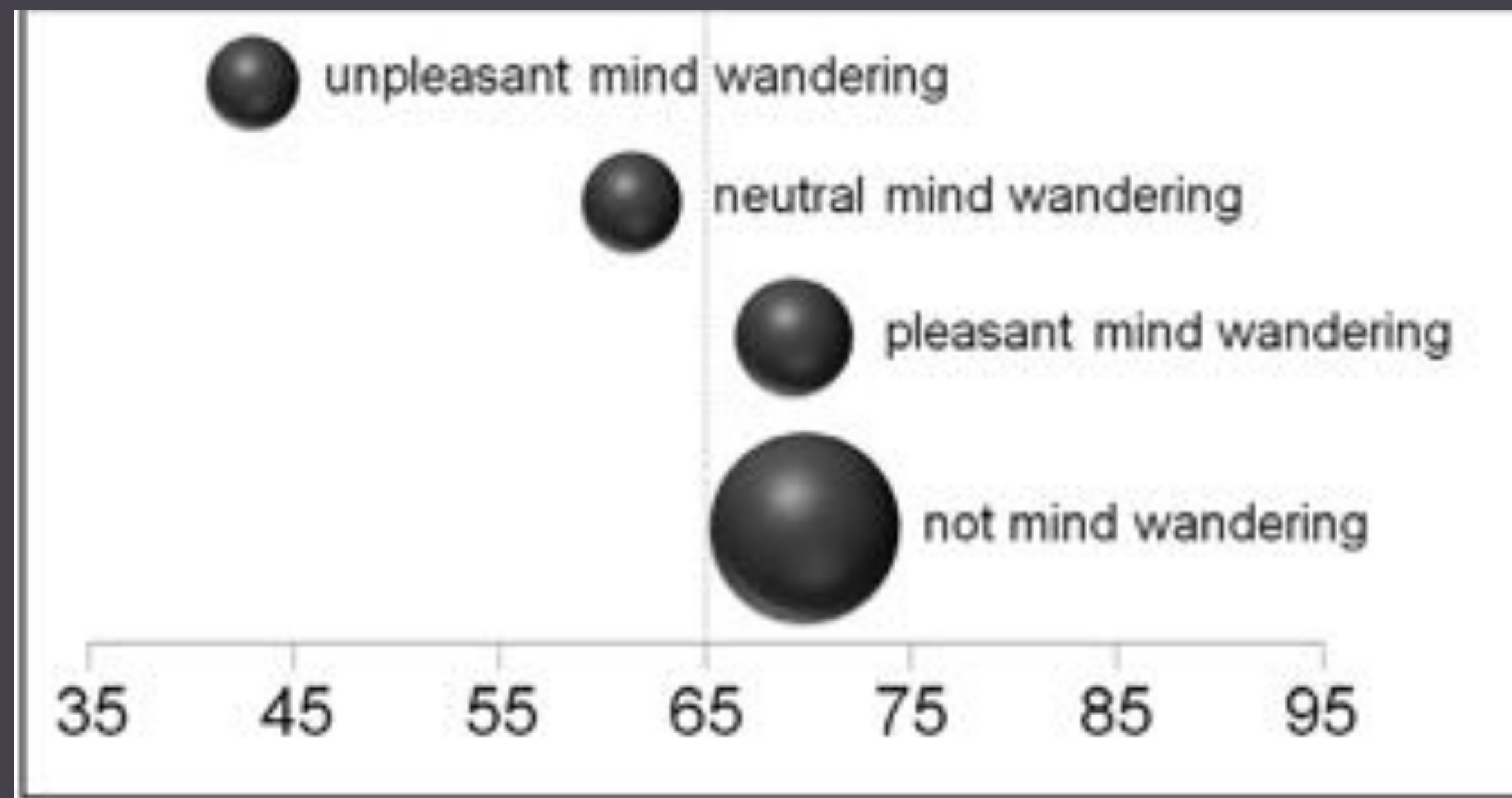
A Research-Based 'Recipe' For Happiness

1. Be With People



2. Be In The Moment

- What we're doing only accounts for a small percent of our happiness
- Being present with what we're doing actually seems to account for more than the thing itself. (Wandering minds = less happiness)



Mind-Wandering Leads To Unhappiness (Matt Killingsworth Tedx Cambridge)



[HTTPS://YOUTU.BE/QY5A8DVYU3K?T=1M55S](https://youtu.be/QY5A8DVYU3K?t=1m55s)

3. Favor Relative Over Absolute

- which do you prefer?
 - \$70,000, if everyone else in your office is making \$65,000
 - \$75,000, if everyone else in your office is making \$80,000
- “A wealthy man is one who earns \$100 more than his wife’s sister’s husband.”
- remember this when negotiating...



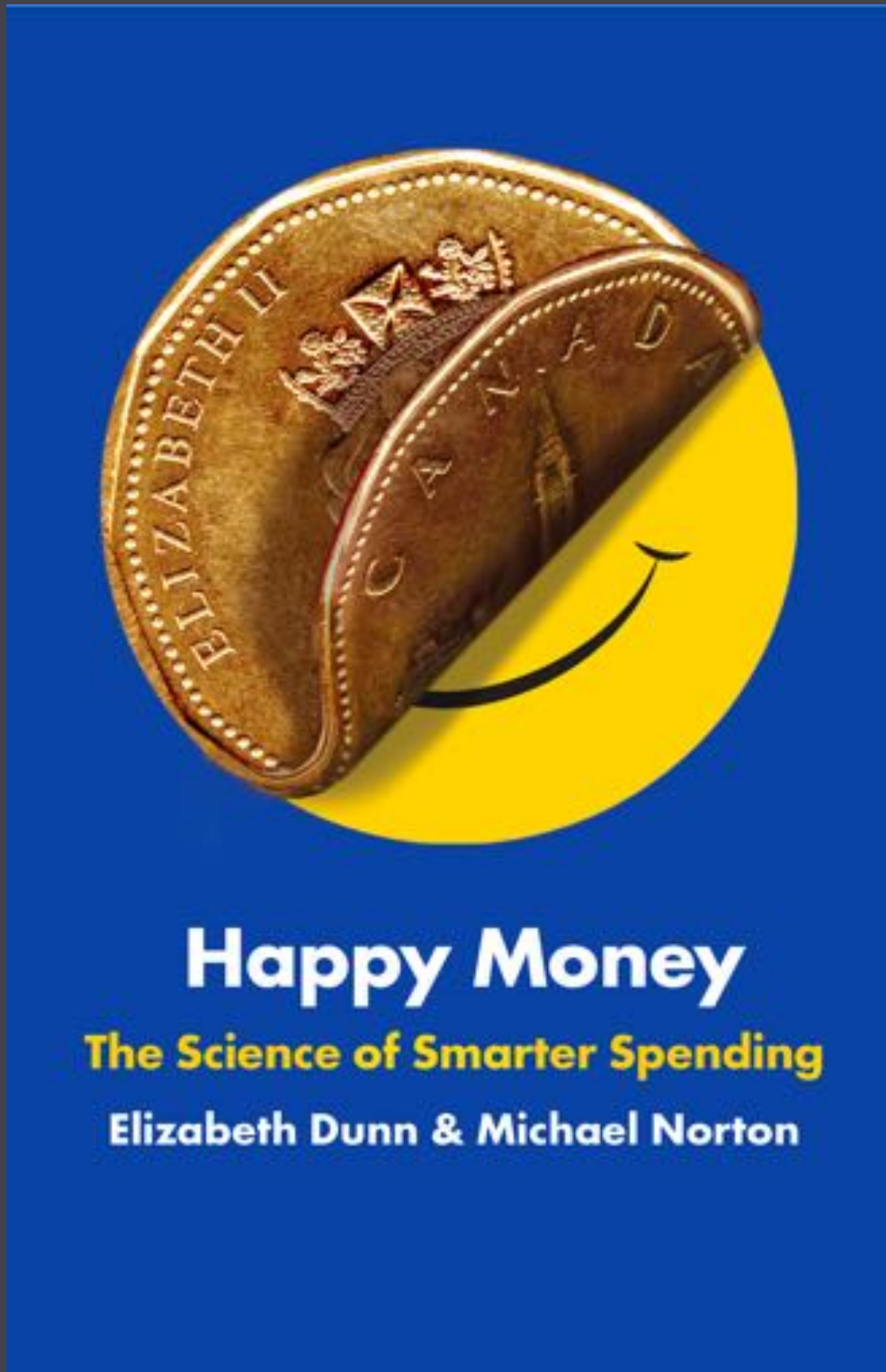
H.L. Mencken

4. Buy Experiences Instead Of Stuff

- using your money to purchase experiences rather than material goods leads to greater happiness and satisfaction
 - material goods lend themselves to easy comparison with other material goods
 - easier to think of what you *could have* bought
 - experiences usually involve other people
 - we share experiences verbally, relive the pleasure



5. Spend \$ On Others



TED^x Cambridge
x = independently organized TED event

[HTTP://WWW.YOUTUBE.COM/WATCH?V=ZWGEQCF09RE](http://www.youtube.com/watch?v=ZWGEQCF09RE)

6. Mind Your “Peaks” And “Ends”

- Which is better?
 - a. A medical procedure that is very painful for an hour. Then it stops.
 - b. A medical procedure that is very painful for an hour... then continues with 5 more minutes of milder pain. *Then* it stops.
- When judging our experience we focus on the most extreme emotional point (the “peak”) and the last thing we experienced (the “end”)

7. Find Religion (Or Something Similar)

- Religious people, on average, are happier.
 - Social support
 - Healthy living
 - Finding meaning in life
- May not cause anyone to convert, but non-religious can mimic the “active ingredients” we know about



8. Be Grateful

- Students were randomly assigned to keep a “gratitude journal” for 6 weeks— to once a week to write down up to 5 things they were grateful for.
- What were they most grateful for?
 - Mom
 - Money from parents
- Compared to control group, gratitude group showed significant changes in overall happiness at the end of 6 weeks

