



The Quest for Happiness

Dr. Maria Sanders
Haverhill Public Library
September 12, 2023
7:00pm – 8:00pm



Discovering
your
pathway to
happiness



How do researchers measure happiness?



Worlddatabaseofhappiness.eur.nl

What is happiness?





Happiness as Pleasure

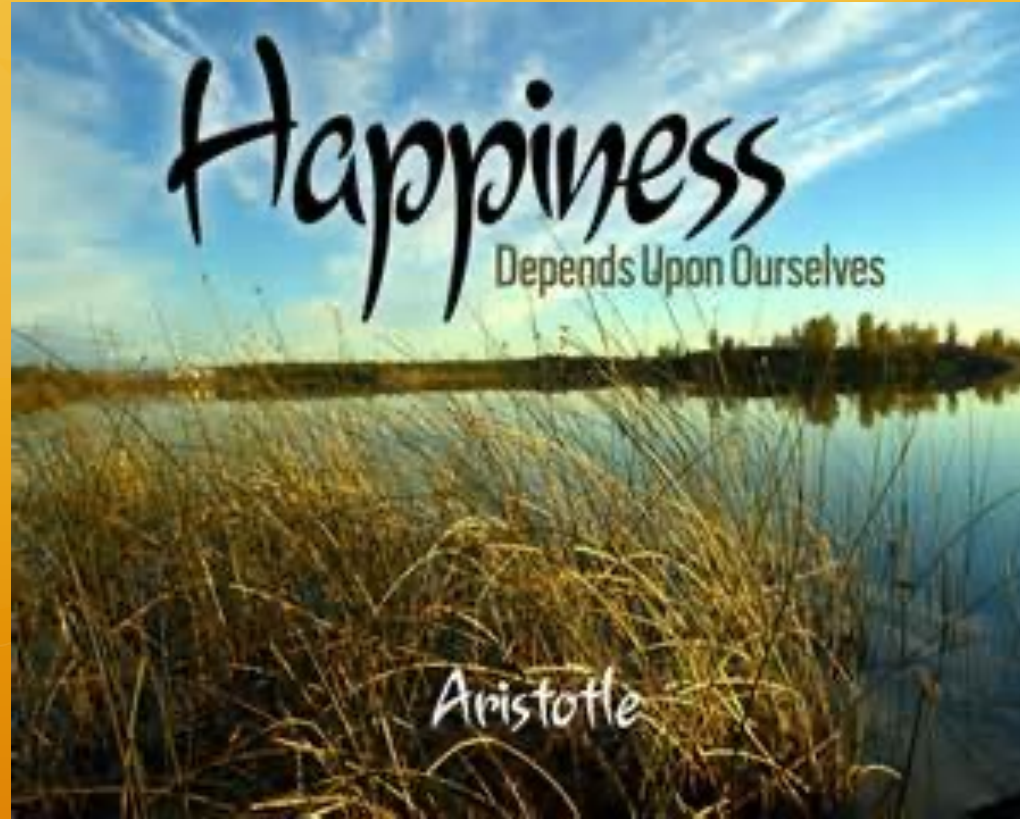


Happiness as Contentment



Life satisfaction.

Happiness as Flourishing Life

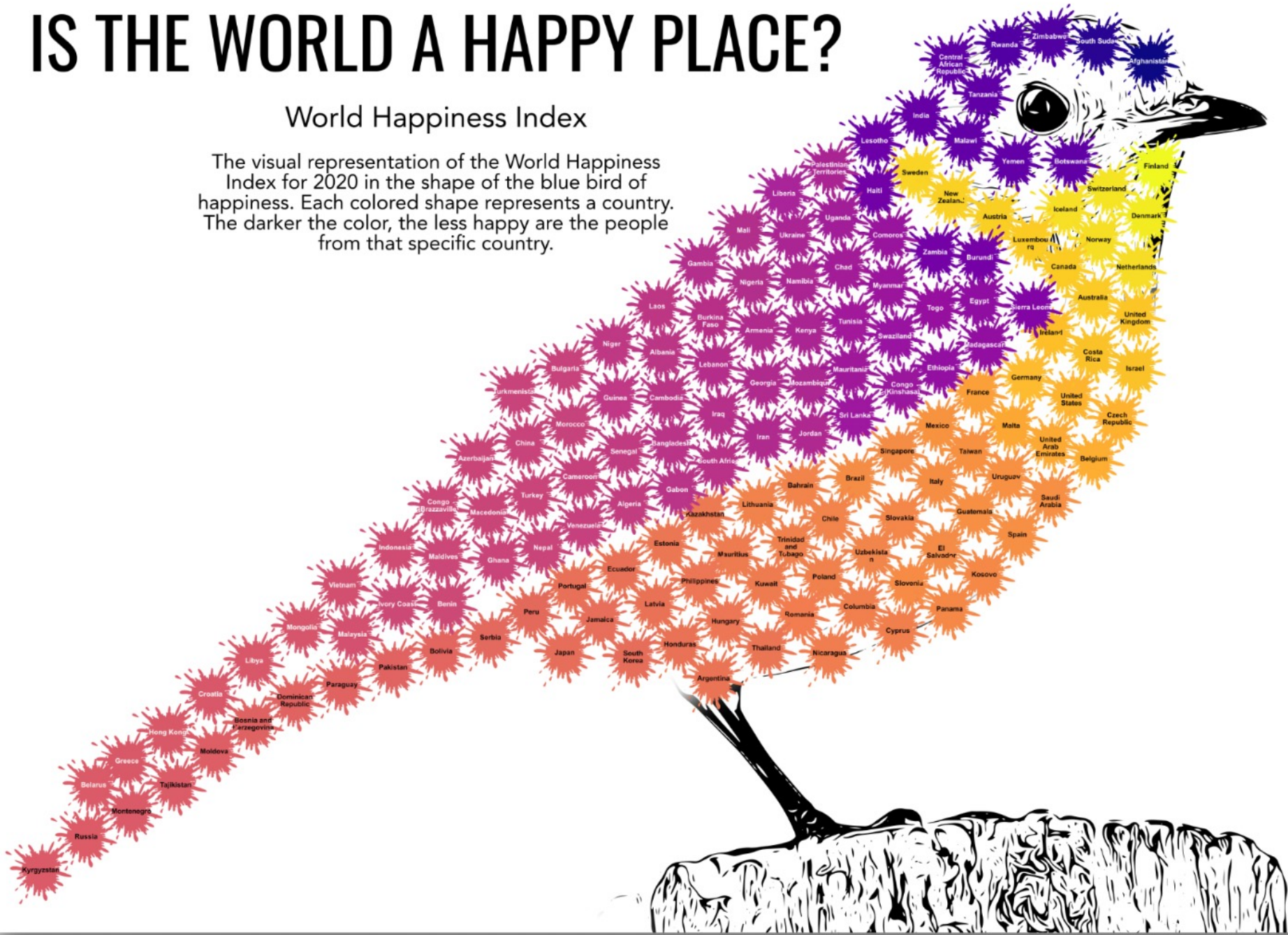


Conscious choices guided by proper principles. (*Eudaimonia*)

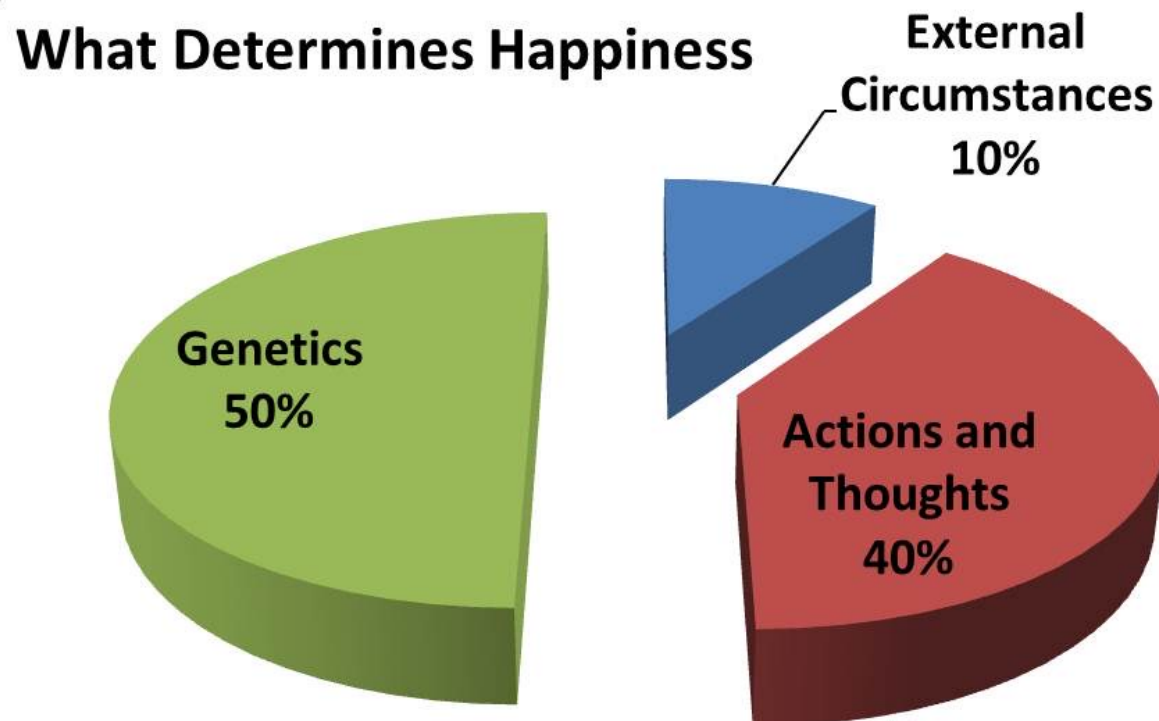
IS THE WORLD A HAPPY PLACE?

World Happiness Index

The visual representation of the World Happiness Index for 2020 in the shape of the blue bird of happiness. Each colored shape represents a country. The darker the color, the less happy are the people from that specific country.



What do we know about happiness?



Source: Sonja Lyubomirsky, Ph.D.
University of California, Riverside

**What can I do to
increase my
happiness?**



Can money buy happiness?

Will more money increase happiness?

Does it matter what I buy with my money?



Build a positive environment



The world of those who are happy is different from the world of those who are not. **Ludwig Wittgenstein**

A positive environment begins with me

- ❁ Adopt a positive attitude
(Life happens)
- ❁ Gratitude
- ❁ Smile often and LOL
(Read the comics; Watch comical movies; Listen to comedy shows)
- ❁ Exercise regularly



Misery loves company, but happiness is contagious too!

What is your “ideal” life?

- ✿ Reduce stress.
 - ✿ Stay busy, but not too busy.
- ✿ Intentionally reflect upon what makes you happy.
- ✿ Recognize individual power over self and one's impact on their surroundings.
- ✿ The slow movement.
 - ✿ Learn from the past, plan for the future, but live in the moment.

You can
never get
enough of
what you
don't need
to make
you happy.
-Epicurus

Carve out place and time to create meaningful relationships

- Try new things
- Balance caring for others and caring for yourself
- Have deep conversations



What role does community connection play?



- ❁ Individuals who feel a sense of connection with their communities report a higher level of life satisfaction than those that do not.
- ❁ People who volunteer on a regular basis report higher levels of happiness and physical/mental health.

Can a community-focused effort on happiness impact individual's self reported levels of happiness?

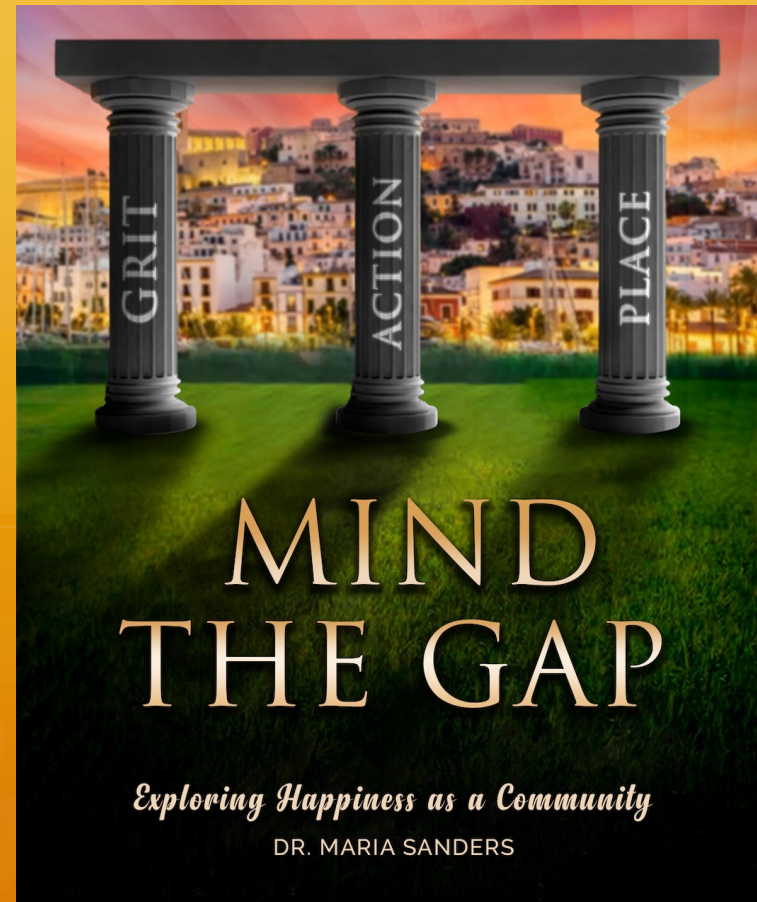
HAPPINESS QUEST



EVERY **P**ERSON **S**HOULD **C**OME **B**ACK **H**APPY

Exploring Happiness as a Community

- **G**rit
- **A**ction
- **P**lace



www.philosophy4life.com

References

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- ❁ <http://www.marin.edu/~npsomas/Projects/OxfordHappinessQuestionnaire.pdf>
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