Welcome everybody, thanks for making it here. I know we've had a few room changes and it's sort of a busy time of year. So, I do appreciate that you guys came. The kind of presentations I give, I really like conversation. So, that makes it difficult when there's not a lot of you here. So hopefully, you won't be too shy. Feel free to ask any kind of, any kind of questions that you would really like to ask. My name's Lana McKnight. I work over in counseling and wellness which is on the fourth floor over the Student's Services building if you have never visited us. So, I am a psychologist, a licensed psychologist in California. The reason I got interested in this particular field of psychology which is actually the, sort of, cutting edge, is, I was sitting in a doctor's office in 2005, and I saw this Time Magazine. It was all this stuff about happiness. At the time of my life, I wasn't particularly all that happy. And, I thought well, maybe I can learn something here. And, I just found it fascinating. I didn't know that we had been doing this research. So, I wanted to, once I learned what has been going on and what we've been learning in the last ten years about happiness, I really feel passionate about sharing some of that information because I know knowing some of this information has made a difference in my life. And, I think you might be able to take something away that might be able to help you as well. So, today, we're going to be talking about some different things. We're going to be talking about factors that contribute to happiness both on a global level and on a personal level what the research is showing. Also, which ones, particularly, our society kind of push some things that we say are going to make you happy that the research doesn't really show as being very valid as making you happy. So, we're going to find out which ones don't make you happy. We're going to talk about something called the happiness formula which is a certain percentage of your tendency to be happy seems to be sad. But, there's also a certain percentage that you really do have a lot of control over. Throughout I'm going to kind of weave in practical things that you can do that have been proven to help your happiness in a lot of ways. The Signature Strength survey that you're filling out, you can continue to fill out as I talk, is part of that because part of what they have been finding out is identifying your strengths and figuring out new ways to use them as a good way of becoming a lot more happy.
One of the difficulties is how do you define happiness. I mean if I asked you guys how to define happiness, would that be very easy to do? We kind of know what it is but we, we don't really know how to talk about it. So we'll, we will talk about what some of the definitions are and things like that. But first, I wanted to talk about why even talk about this right now? Why does this become a big thing, positive psychology? Have any of you heard of positive psychology? So, you have. What do, what do you know about it?

Inaudible remark by Student

Lana: That's why, because it's really only been, the movement started probably the last ten years it's really just, exploded. So, what happened was, a few years ago, the head guy of the American Psyche Association met in Mexico with some bigwigs. And they, they said we need to do something and we need a big movement. So, we want to try studying something different. When they started looking at the research that had been done up until that time, it was mostly about how to make people who are feeling pretty bad feel okay. There really wasn't much on how to make people who are already feeling okay do really well. So, they wanted to change that. So, positive psychology is the study of conditions and processes that contribute to the flourishing or optimal functioning of people, groups, and institutions. So, so far they've done a pretty good job looking at what makes people happy. They're starting to do a better job at what makes groups happy. And eventually, we hope to look at what makes institutions, governments, things like that happy.
So, they want to compliment what we already know, so, they want to make sure that they get the idea across and still think traditional psychology's very important. We don't want people to be in pain and people to be suffering. But, we also want to make sure that it's not enough for them to go from minus five to zero. We also want to take people who are at zero or higher and make them even better. And, what do you need to do that? And, that may apply to you guys. You're probably pretty high functioning to be in the setting. So, how do you make your life the best that it can be? They asked what makes life worth living.
Let's talk about happiness, this, this is my little puppy. See, I told you I like puppies. So, does anybody know Charles Schultz's quote that he did? He's the guy who did Peanuts. Happiness is, what he said, happiness is a warm puppy is how he defines it. And the reason I have him up here, this is my little puppy Jack, who's no longer a puppy. He was born with congenital birth defects. He's got spinal fusion in three different places. But, he's like the happiest dog you'll ever want to meet. I've just never known him to have a bad day. And I think he's in pain a lot of the time. But, he's just the sweetest happiest thing. And, it makes me happy to look at him. So, I put him in here.
So, one of the first things we're going to do is see where you guys are. So, this, there's lots of different ways you can measure your satisfaction with life, your happiness, objective wellbeing, it's been called a lot of different things. This is one of the simplest. So, they had ratings scales they do. They have, they've had some experiments where people carried beepers and then they have to enter how happy they're going to be. This is one of the simplest. So, if you're curious where do you rate, read, I'm going to have five statements. There's three on here and two on the next slide. And, if you just kind of write down, you write with one low and seven high how much you agree with these sentences. So, the first sentence, in most ways my life is close to ideal. So, if you think you're life is not in any way close to deal, that would be a one, seven would be high. Number two, the conditions of my life are excellent. Number three, I'm satisfied with my life.
Four, so far, I've gotten the important things I want in life. And, if I could live my life over, I would changes almost nothing. So, again, one is low and seven is high.
So, we're going to go to the scoring scale. And, so you total those up. And, this is a very simple measure that's used by Dr. Diener who is out of the University of Illinois. He's known as Dr. Happiness. Pretty much everybody in his family studies happiness and positive psychology. So, he's really well known. So, I'm just curious if anybody scored between 31 to 35. No? So, there's room to improve. So, maybe you'll get something out of today. And, I'm not going to ask you about all of the other ones. But, that's one of the simple ways is just self rating that they kind of do. So, the next thing I want to talk about is, if you look at a worldwide scale, countries, if you do this and you ask all these different people in all the countries, you know, which countries do you think would be the happiness, happiest? Any guesses or does anybody know?

Inaudible Student Comment

**Lana:** You would think the Caribbean countries. Anybody, any other guesses?

Inaudible Student Comment

**Lana:** Denmark? Well, let's look.
The map I'm going to show you was put together in 2007. So, it may have changed slightly since then. That's subjected wellbeing. And so, the dark areas are the people's that are the happiest, the dark red. And, you can see that the yellow is the least amount of subjective wellbeing. So, I don't know if you've noticed and patterns to that. You think that's changed? But, compared to the rest of the world, you know. And it would be interesting to see that, I would love to see a map of the United States and the subdivisions within the United States. I haven't seen that yet. But yes, number one at that time in 2007, which I can't guarantee hasn't changed was Denmark up in the European countries. And right here where the least happy places would be. Russia, I don't think, scored very high, right. Sudan was down there. So, let's look at some of these.
So, Denmark was number one followed by Switzerland, Austria, Iceland, Bahamas, Finland, Sweden, Bhutan, Brunei, and Canada. Globally, if you looked at what were the patterns in order, it seemed to be linked to health. So, the healthiest countries, the best health care. Second, wealth to a point, and I'll explain that one in a little bit, and education. So, if you were a government wanting to make sure that you had the happiest people in your country, you would certainly want to make sure that they were healthy. I think about this when I think about the healthcare stuff that's trying to be passed right now. Wealth, to a point, because one of the things and this may have to do with the Caribbean countries too if you looked relatively speaking to wealth, the South American countries did really well. So, even though some of them didn't have that much wealth, they tend to be pretty happy countries. Any ideas why that might be? The weather's nice. However, they have found that weather doesn't have a whole lot to do with it. Like, they thought Californians would be happier because of weather. And, it didn't really turn out to be that way. The thought and I don't know that we have proof of this, is the close family connections that they have in South America. And, I sort of witnessed this myself when I lived in Costa Rica for a summer. I was sort of amazed, you know, my professor invited me over to dinner. And, they had all these people showing up. I asked this, how do you even know how much to cook because there'd be no forewarning. But, it was just this community, you know, caring. And they loved that. So, that may be one of the reasons why.
Where are People the Unhappiest?

- The bottom ten in the rankings were:
  - Georgia, Belarus, Turkmenistan, Armenia, Sudan, Ukraine, Moldova, Democratic Congo, Zimbabwe, and Burundi

Globally dissatisfaction appears to be correlated to poverty and associated variables

The bottom ten in the rankings were Georgia, Belarus, Turkmenistan, Armenia, Sudan, Ukraine, Moldavia, Congo Democratic, the Democratic Congo, sorry, Zimbabwe, and Burundi which is in central, sort of central Africa. So, globally it's pretty closely related to poverty and the associated variables. For example, if you're poor, you tend not to be able to provide very good healthcare or a very good education. So, globally, that seems to be it.
Where does the U.S. rank?

- We are 23rd on the list.
- As a side note, Latin American countries tend to do well (even if poor) which is thought to be culturally related to the close-knit family ties.

The US, 23 on the list. So, there are, I think this was out of about 200. So, we could be better we could be not so good.
Three aspects of happiness that the positive psychologists look at are pleasure, which would be the pleasant life engagement, the good life, and meaning the meaningful life. So, they see these as different things.
The Pleasant Life

- Characterized by fleeting positive moods and immediate experiences of comfort and pleasure
- The least important of the three, according to Seligman
- Can be amplified by savoring good moments and changing thoughts
- Depends mostly on heritability and fortune

Very quickly, I'm going to talk about the pleasant life, positive moods, and meaning experiences of comfort. Seligman, who's sort of the godfather of this positive psychology, he said out of the three that's really not that important. In fact, some of your pleasure can interfere with the quality of life over time. So, for example, if you get a lot of pleasure playing World of War craft, if that's all you're doing and you're not having any meaningful connections with other people, maybe it's not going to be so helpful. Can be amplified by savoring good moments and changing thoughts, depends mostly on inheritability and fortune, so what happens to you and sort of your inherited genes. But if you can see you can amplify this by savoring your good moments and changing your thoughts. So it's called a mental photograph and I don't know how many of you guys do this, I know I have started doing it this weekend for my birthday week and I went to Monterey, went to Point Lobos, I don't know if any of you have been there. It is one of the most beautiful places I have ever seen, so like closing my eyes and just you know taking this, smelling the smells, knowing you know, really appreciating it so that when I am stressed out I can really go back and think about those wonderful moments is important.
About 50% of a person's satisfaction of life comes from genetic programming, you sort of have sort of this set point; it's kind of like weight. Based on your genes you may have some predispositions one way or the other, but that still means you got a big amount that you can still do something with. They discovered this by looking at sets of twins and comparing that information as far as genetic information. What they also found out that even after a major turn of events people have returned to that happiness set point. So, we tend to overestimate what a change good events will have on our happiness and underestimate how bad we'll be affected if something bad happens.

Inaudible Student Question

**Lana:** A predisposition well I'll just simply explain it, with like my own family. I've got a father whose always depressed, my grandmother was institutionalized. My mother on the other hand I never saw her complain a day in her life, always saw the good in people, one of the happiest people I ever meant. I think I got genes from both sides of that family pretty much, I look pretty much like both of them and sometimes I have good days and sometimes I have bad. My brother, who looks a lot like my dad, has suffered with depression his whole life. My other brother who got most of mom's side of the family, he has one of those happy temperaments he like came out at birth just like a happy guy. So, I think it sets you up, to sort of experience things in a different way, depending on what kind of genetics you were given. So, you were asking can you be born happy. You may know this, but there are people who work with babies that say yeah that baby had the best temperament just coming out from the beginning. Then others who are cranky or quite, you do have a bit of a temperament, but still that's only 50%. The guy who discovered this was infamous for telling people well your ability to change happiness, you might as well work on changing your height and that's really incorrect. He was crucified for saying that, because that's only 50%. There's a lot more that you can do. It also explains why it's harder for some people than it is for other people. They're, kind of, maybe, genetically set up to have some difficulties.
So also one of the things they realized is the problem with pleasures and looking at pleasures to make you happy and is we get stuck on what they call a hedonic treadmill. So, any guesses as to what that means? Hedonic treadmill that sounds kind of funny.

Inaudible student remark

**Lana:** And they're temporary pleasures that will make you feel good. You guys have probably all had the experience where you were like lusting after a car or a shirt or a pet or something in your life that you thought oh this is going to make me happy. And then, after you have it about three days, it kind of didn't give you the same thrill anymore. And then you need sometimes more and more to get that same sort of happiness. So, we often get, we easily adapt and that can be difficult. But, the good news is that we are also pretty good at adapting to negative events.
So there was a very interesting study that showed just how much. So, most of us would assume if you win a lottery you're going to be a lot happier than everybody else, but when they looked at the people living in the same neighborhood, 22 lottery winners, I don't know where they buy their lottery tickets, I'd like to live in that neighborhood. Winners rated present and future happiness; winners actually have less pleasure in everyday activities than non-winners. They were, had slightly higher present and future happiness, but really it wasn't that big a difference, because you adapt.
They also looked at 29 individuals who had suffered an accident which left limbs permanently paralyzed. So, most people would probably predict wow that is such a devastating event. How difficult would it be to be happy? But, even though their present life satisfaction was rated lower than lottery winners, their expected future happiness and their pleasure in everyday activities were slightly HIGHER than the lottery winners. So, it's not necessary the events that happen to you in your life either.
Two exceptions as far as adapting to the because we tend to adapt pretty well to both positive and negative things and go back to our set point, are if you lose a spouse. That's been shown to be pretty devastating for a long time. And, you guys may know, even if you've had a long term relationship with a partner and you've lost that here in college how long that can affect you. Also prolong periods of unemployment can be very difficult as well as a death of someone close to you.
The engaged life. So, exercises are signature strengths. So, it's been proven if you can identify what your signature strengths are and I don't think you got one of these, and you find new ways to, first of all, it generally makes you feel good to realize what your signature strengths are. And then, if you find new ways to use those signature strengths, because we all like to do things we do well, but that has definitely been linked to being happy. And I know if I do things that I tend to do well I, that's helpful for me. Did anybody I know it's been a, it's a long inventory, did anybody finish? Did, what did you find out was your strength, your highest strength?

**Student:** Inaudible

**Lana:** Yeah.

**Student:** It was like [inaudible], kindness, loving, and integrity [inaudible].

**Lana:** Do any of those surprise you?

**Student:** Not really.

**Lana:** So most of them aren't going to be big surprises. Hopefully you know what your strengths are to some degree. But thinking of new ways to maybe put those in place is very helpful. And then this is been a big word in the field of positive psychology, flow. Has anybody heard about it, what flow is and what? Can anybody pronounce the guys name? It's Csikszentimihalyi, so he's the guy from Croatia. He developed and he has written some of the books on flow. And if you're wondering what flow is if you've ever had a time in your life when you're doing things and you lose track of time, you're so absorbed in what you are doing, and that could look very different for a lot of people.
For me it might be when I was learning guitar. And I'm the world's worst guitar player. It doesn't necessarily mean I'm good at it. But I can do it and play it and I don't even realize how much time has gone by, or sometimes cooking. What about for you guys? I'll give you a minute to think about what gives you a sense of flow or when was the last time you kind of lost track of what you were doing; you're so absorbed in it.

**Student:** Playing soccer.

**Lana:** Playing soccer that's a good one. Anybody else have anything that they just kind of get lost in like that?

**Student:** Inaudible

**Lana:** What gives you a sense of flow? Something you do where you like lose track of time and you're like oh man two hours have gone by. I'm having so much fun I'm so absorbed in it that I'm into it. Actually I can, Mafia words, I'm guilty. What were you going to say?

**Student:** Partying

**Lana:** Partying can be. That's one of those things though like is it a healthy thing for you overall. Like, probably in moderation partying gets you out of your head, you know you need relaxation that kind of thing. But something somebody's doing all the time and starts interfering with your other quality of life things then it can be problematic. But finding things that give you flow will make you happy in your life.
The Meaningful Life

- Dedication to something larger than yourself.
- Encouraged by “positive institutions” such as schools, churches, community groups, and democracies.

The meaningful life dedication to something larger than yourself and which is encouraged by positive institutions such as schools, churches, community groups and democracies. So, you know I tend to find that at least the students I know who are somehow really engaged in clubs here whether its wellness or, you know, really get involved with AS or recreational sports or whatever it is, just being part of something bigger than yourself is really important for the meaningful life.
So, let's look at what are the correlations. And, it doesn't necessarily mean these are the causes. But, some of these might be surprising. So, when they looked at, okay, let's look at some of these things we're taught might contribute to happiness. Age, gender, education, social class, income, having children, ethnicity, intelligence, and physical attractiveness, didn't really have much to do with an individual basis. So, the education level and country seem to, but not necessarily on an individual basis. Any of those surprise you? I know I had one that does, but, you know. Which one?

Student: Having children.

Lana: Having children. That surprised a lot of people.

Student: Inaudible

Lana: Well, yeah, and I don't think they, I think they're still, the research is so new, I think they're going to look into more why is that the case. Right now we're just establishing these are correlations. But, and that's been my experience in the counseling center. I have very physically, and otherwise attractive people who don't realize that they are. So, I don't know if that's part of it. But, that's surprised me. Income really surprised me a lot. I think, in the United States, we're often taught the higher your income the happier you're going to be. So, one of the things that they looked at was, once you, in the United States, once you got to about 50,000 a year household income, not just per person, after that it was really negligible. So, once you got past poverty and didn't have to worry too much about bills, it didn't really make much an impact on your happiness level.
So, moderate correlation's number of friends, being married, religiousness, level of leisure activity, physical health, conscientiousness, extraversion, neuroticism (negative correlation), internal locus of control. There was a negative correlation with neuroticism, so the less neurotic you were the more happy you were. And internal locus of control, which is our fancy way of saying, you know, your sensitive control your world or moderate correlation. So, any of those surprising? Any questions about any of those? Do you see that a lot of these have, correlations, like number of friends, religiousness, with connections with other people, being married, so the more you're able to have connections with other people? I think that's dedication, conscientiousness, as like a citizen to other people that you're, just in caring, sort of the opposite of sort of irresponsibility and recklessness.
As far as with friends and family, they did a study that showed, with students in particular, that 10% of students with the highest levels of happiness had strong ties to friends and family and were committed to spending time with them. So, one of the, you can't just have one. You need to have both. So, I used this in my own life. I was like, oh I need to reprioritize. Maybe, you know, making money's not so important and maybe widening my friendship scope is more important and maybe like at lunch finding new people to go to lunch with and widening my support networks.
Forty percent of married people all themselves very happy while only 23% of never married adults do. Seligman says marriage isn't more potent. Happiness factor's in satisfaction with job, finances or community.
However, there's an interesting relationship here because what they found was happier people are more likely to marry in the first place. So, it would seem to me like, if people are worried about, oh, I need to get married to be happy, that the idea would well we'll get happy first and then we'd be more likely to find a marriage. I didn't know this, but, after the first two years of marriage, happiness levels tend to return to the previous set point. And then, it tends to decrease dramatically after the birth of the first child and increases only after the last child leaves home, particularly for women. What do you think? Our women still, even in this day and age, get a lot of the child care responsibilities. So, I think, that had a lot to do with it, not as much time to spend together, very busy, so that makes it difficult.
So, this is sort of the most important part. What are we finding have large correlations with happiness? Probably one of the very most is having a sense of gratitude. Has ever, anybody ever heard of Oprah's like gratitude journal stuff that she talks about? She was on the right path there. So, having gratitude for what you do have is very important. Optimism has been linked to living longer, living a happier life. And, you can teach yourself to be more optimistic, Seligman wrote a book called Optimism that's very helpful. Certainly being employed is very correlated. Frequency of sexual intercourse, so you know, have fun. Percentage of time, experiencing positive affect that makes sense. Test-retest reliability of happiness measures, many that people who, at one point in time, are asked how happy are you, if you measure it next year, it's likely to be pretty close. Happiness of identical twins and self-esteem totally correlated. So, if you are a person where you know somebody who really struggles with self-esteem, good to work on that now. We have a group at the counseling center called Self Esteem and Assertiveness that Pat Patterson runs every semester. I think 95% of people probably benefit from that.
So, I actually have two exercises here. I put exercise two, but I think you can do either one. And you don't have to write it down if you don't want to. But, one of the things that's been proven to be very helpful is to do some of these little mini exercises. So, this particular exercise is to write down or just think about three things you're grateful for today. Also, think of someone you owe a debt of gratitude to for something they did that affected you in the past. If you were to write a letter to this person, what would it say? I'll give you a minute to do that. [silence]

So, if you're not familiar with Oprah's gratitude journal, she has suggest for a long time that people write down maybe three things they're grateful for every day in their gratitude journal. But, that has had proven success as far as keeping your happiness going. Or back when I used to walk into work, I had this bush that I would pass by. And that was my signal every day to think about something I was grateful for. And, that did improve mine, I think. Anybody, I know this is a small group, but, anybody willing to share something you're grateful for or someone you're grateful to, parents? If you were to write a letter to one of your parents, are there things that you would want to say?

**Student:** Thanks for the support.
Lana: Thanks for the support, definitely. Any other things people are grateful for today? It can be very minor. It can be small. One of the beautiful things is, when you start doing that and you know you have a gratitude journal to write in, you start noticing things more that you're grateful for. And then, the other thing that's been really proven to be affective is, not only writing a letter to this person, actually sending it to them. And then, even more effective than that has been what they called the gratitude visit which is to go actually talk to the person, have them read the letter, and just talk about how they affected you in your life. And, people who go to positive psychology classes, and I don't think we have one here, but, in other schools, say that's sometimes a life changing experience to go express gratitude to someone who has meant a lot to them. Another exercise you'll see, it says exercise two.

Exercise one is design a good day. So, if you could just think for a second about what a good day would look like for you, because another little tip and trick that people can use is to design a good day and what it would look like from the beginning to the end, and then, to try to do more of that. Any ideas, any elements of the day? You try to put as many elements as you can, you can imagine. You know, there's lots of different things you can do. You can try to incorporate elements. You can do visualizations of those things. Like, like a good day for me might be a day spent with my aunt that I grew up with. But, she passed away a long time ago. But, I can still visualize what it would be like to have some of the discussions or what I would tell her if I could talk to her now. Sometimes you don't have the monetary ability to do some of the things, but, actually, a lot of times, when people start coming up with this, they're not all that difficult, you know, it's spending time with certain types of people. But, it's amazing that we don't do it. How many times, how many days are you doing what you really want to do? Probably, not a lot, but if you just put one day in that you're just going to have a fabulous day and make it a good day that could be helpful.
The basic formula for happiness is, that research is showing, is that happiness would be your set point is your genetic predisposition, which is about 50%. Life circumstances is about 10%. And then, the volitional activity which means all the stuff that you do. So, you basically, if you look at the pie chart, you've got 40% that you're in charge of. And you probably know people that have had all kinds of crap happen to them and they still manage to be happy. Maybe they're working on that 40%.
So, also proven to help your happiness, writing in a gratitude journal once a week, doing altruistic or kind acts five times a week especially on a single day. The gratitude journal was interesting because they looked at it once a week and they also looked at it like doing it constantly. And it seemed to be better to do it just once a week because, like everything else, we acclimate. The three blessings is very similar as far as what your gratitude is about. Like I said, the gratitude visit has been life changing for a lot of people.
Describing a good day and then integrating aspects of the day into your life more often. So, you may not be able to do all of it but you may be able to do elements of it. And then, using your signature strengths in new ways, very important, like you said yours was hope. Can you think of any ways you might be able to? See, you're an optimistic person. You tend to have the ability to hope and probably help other people feel more hopeful I would wonder. I guess I'm just wondering if you could think about any ways that you might use any of those top five strengths in a new way. You may need time to think about it. For example, when I did this, I was surprised to find, I think there's one on beauty and appreciation of beauty. And, I really did not expect that to be up there as one of my strengths. But, since I've learned that, I have taken a lot more time making my office something that makes me happy, making sure my surroundings are happy, going to museums, having more color in my life, things like that. And it does make me happier. Learning to be more optimistic, which can be learned, remembering to savor pleasurable experiences, so, mental snapshots.
So, exercise three was to take the signature strengths survey which takes some time which I'll had you guys work on a little bit earlier. And, try to think of some new ways to use these strengths in your daily life. It's going to be very helpful.

**Student:** [Inaudible].

**Lana:** Street smarts, so can you think of, was that a high one for you?

**Student:** [Inaudible].

**Lana:** Originality, so maybe doing some creative things. Sounds like you're pretty practical. So, just thinking about new ways you may be able to use some of that stuff and share that with other people or maybe even young people. I have a lot of respect for people who are really high in street smarts because I have a lot of academic smarts, but I, you know, I wouldn't want to be lost in the woods with me. I don't think I have a lot of street smarts or those types of things. If you also think about self esteem being a big correlation with happiness, obviously if you can identify that you do have some of these strengths, because I do have people that come in my office and I'm like what are your strengths. And they cannot identify them. They don't think there's anything they like about themselves.
So, everybody has certain amount of strengths.

- Pleasure may be a part of true happiness but is not the same thing.
- An optimistic mindset creates a happier and longer life.
- At least 40% of your happiness is determined by you, not your genes or events in your life.
So, to summarize what happy people know is, once you reach a certain point, money is not an effective means to find happiness. It's all about gratitude. Life is not about getting what you want but wanting what you get. And it's very important to find something that you have a passion for. And if you, you're pretty young and maybe you haven't found that yet. But, it's a great time to take some different classes, try to learn some new instruments, try to do some new things and see what it is that makes you excited. Happy people also tend to value connectedness with others and work with those connections for the most part. So, that's really all I have today is this quick summary. There's a lot more on positive psychology. If you have any questions or you would like to learn more or like a copy of this, you can always contact me at the counseling center.
gratitudedance.htm