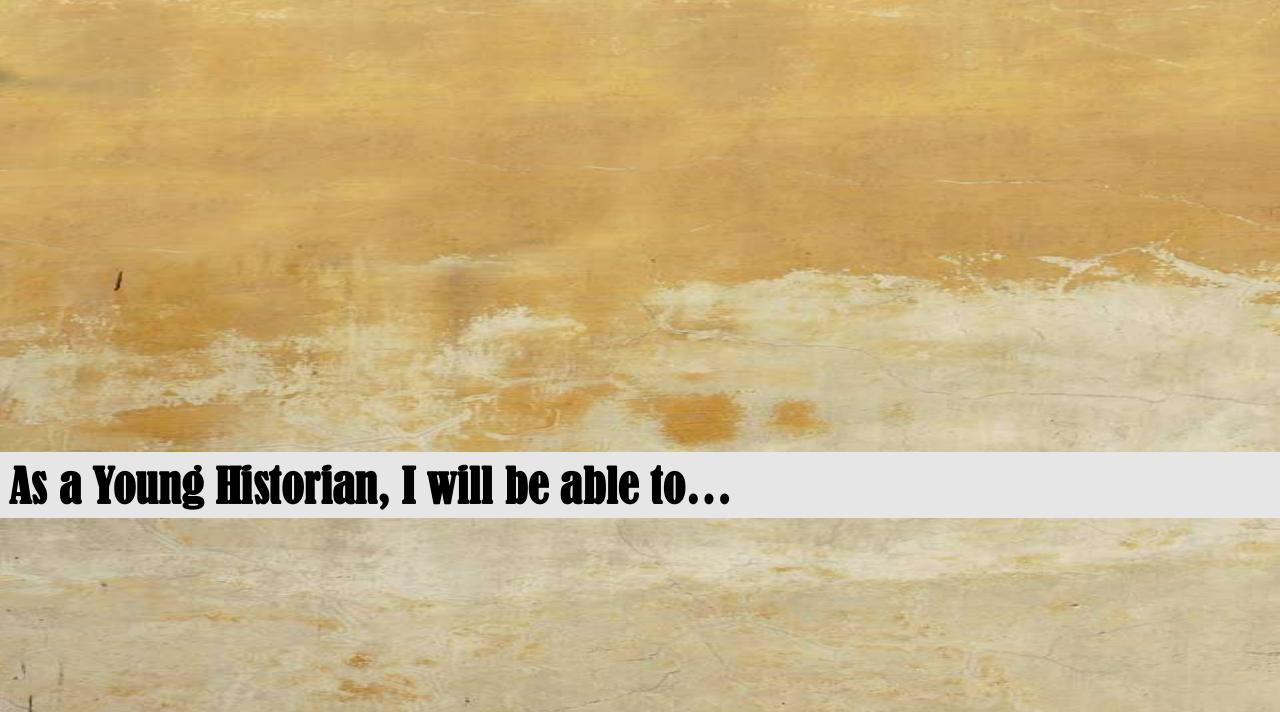
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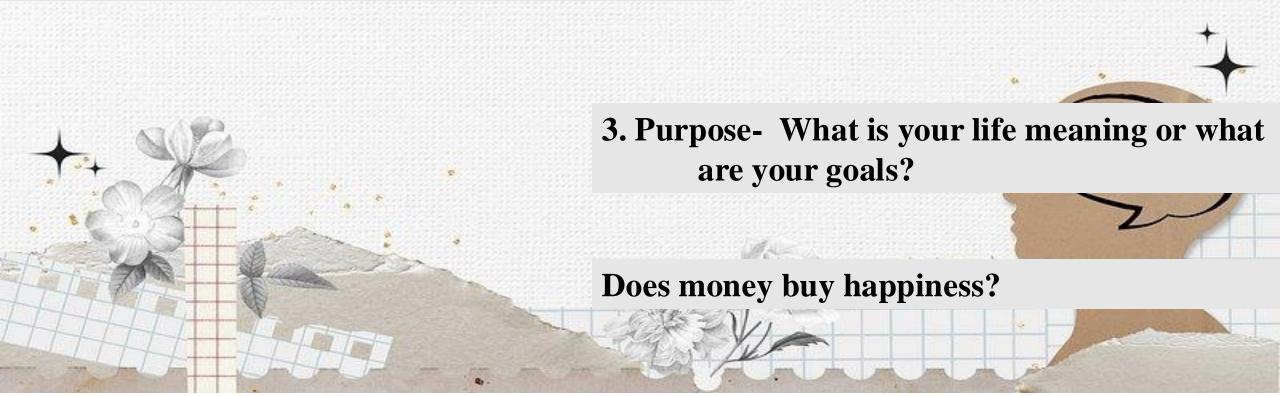
The Pursuit of Happiness



Components of Happiness

1. Pleasure- How much one enjoys life experiences

2. Engagement- How fully absorbed is someone with their every day life



Predictors of Happiness

There are several factors that lead to greater happiness & small behaviors can increase it as well

Physical Health is one of the most important. Exercise & sleep are vital!



Predictors of Happiness

Age also plays a role. Happiness is high for people aged 18-21, then bottoms out at 50.

But then it rises again for those in their late 50s to their 80s. Why?



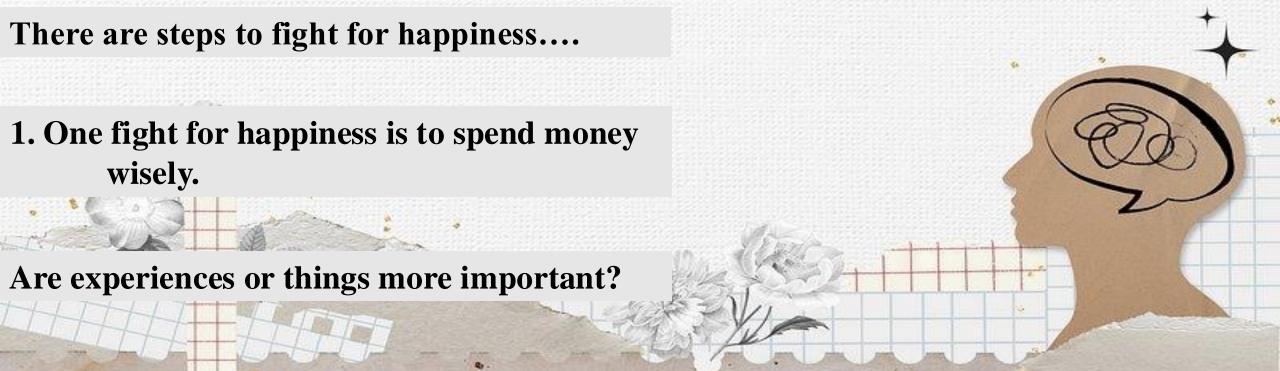
People's relationships change dramatically across their lifespan

Young people have big social networks, but older people spend times with more "quality" people

Finding Happiness

Happiness involves effort; we have to decide we want to be happy, decide that we deserve to be happy & then spend time on it.

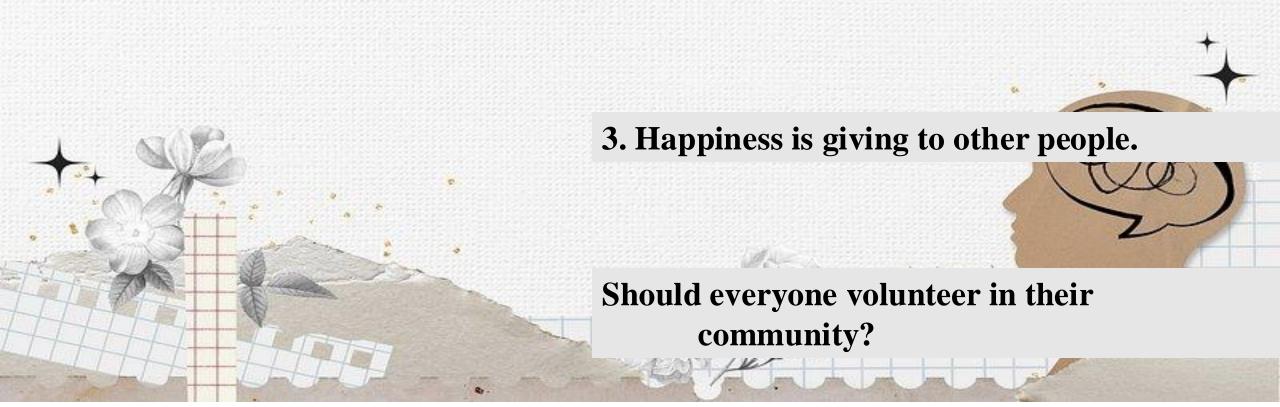
Does social media drain our happiness?



Finding Happiness

2. Fighting for happiness means avoiding comparisons

Why do we compare ourselves to others?



Finding Happiness

4. Happiness is dependent on gratitude.

Why do people focus on the negatives of their lives?

