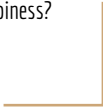


## Health and Happiness

And can money buy happiness?



## Happiness is associated w/feeling of control

“locus” of control

-external locus of control - feeling outside forces are in control of your destiny

## Happiness is associated w/feeling of control

“locus” of control

-internal locus of control - feeling that you are in control of your destiny

## Internal Locus of Control leads to:

increased performance

better health/less obesity

less depression & stress

handling stress in positive ways

increased self control

## Self control = ability to accept delayed gratification

control impulses

use "willpower"

## Learned helplessness

-a feeling of helplessness & oppression that happens often after a series of situations where one feels out of control

-makes you vulnerable to illness & depression

## Optimism vs. Pessimism

Optimists:

expect to have control

bounce back from setbacks

are sick less often

Pessimists:

expect to be out of control

don't handle stress in positive ways  
(ie drinking)

die younger

## Optimism is genetic

assoc. w/oxytocin (a nurturing hormone)

runs in families

## People w/strong social support

tend to have more positive feelings/happiness

better health/improved immune systems

reduced stress hormones (measurable)

could be friends, family, mate, pet...

## Can money buy you happiness?

## Money can buy you happiness!

Yes, b/c

\$ = feeling of control = better health

no \$ = feel helpless = vulnerable to illness

## What affects our happiness

ability to cope w/ups and downs

wealth

Adaptation-Level Phenomenon

-judging current situation based on past situations

Feeling of Relative Deprivation

-comparing others to ourselves

## Happy People:

- have close, positive relationships
- get sleep and exercise
- are optimistic
- are kind & cooperative
- complete what they start
- have high self-esteem (only in Western cultures)
- are actively religious

## Happiness is NOT necessarily related to:

- age
- looks
- gender
- your family experience

## Can you just CHOOSE to be happy?

## Can you just CHOOSE to be happy?

Yes! Each of these has the ability to affect happiness levels:

For just 24 hours:

- don't criticize or (complain about) anything or anyone
- use positive self-talk
- meditate on a positive thought
- notice all the ways you ARE in control of your life