

THE PSYCHOLOGY OF HAPPINESS:

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What makes us truly content?

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Annotation: *The article inquiries about the complex psychological foundations of happiness in an effort to shed light on the conditions that contribute to a happy and meaningful human existence, mentioning a few key areas of this psychology, including success, thinking, and general well-being; it additionally contains details on practical strategies for cultivating happiness in daily life.*

Key words: *Happiness, Psychology, Satisfaction, Success, Mindset.*

The pursuit of happiness is a goal that transcends cultural and socioeconomic standards. The psychology of happiness includes questions such as, "What does psychology of happiness mean?" What is happiness? What are the benefits of being happy? It investigates the factors that lead to our happiness in life. Understanding the psychology of happiness can help us live a more fulfilled and meaningful life.

Before moving to the psychology of happiness, all of us have to know the benefits of just being happy. One of the advantages is that you'll be free from stress, and there's a fact that all of us know - most depressed people strive to commit a suicide - or to hurt themselves due to the fact that almost every depressed person can overthink about various things, and over time, overthinking becomes being a pessimist for the rest of their existence, while people with vital happiness and positive thoughts unlock the key to a fulfilling life.

Success is often seen as the ultimate goal in life, and humanity strives for wealth, power, and recognition in order to achieve happiness. Searching for happiness in life has been a major preoccupation for centuries. At present, more than ever, we need to get an answer for the simplest question we mentioned earlier: What is happiness? Happiness is something we all strive for, but what exactly is it and how do we attain it?

According to the Oxford dictionary, happiness is defined as "The state of being happy". However, this definition doesn't provide a clear understanding of what truly happiness is.

The idea of happiness has been studied extensively through psychologists, philosophers, and scientists. They uncovered one of the most common critical factors in happiness: the mindset. Studies have proven that individuals who have an open mindset, or the belief that their talents can be developed through hard work and willpower tend to be happier than people with a fixed attitude, who believe that their abilities are predetermined and unchangeable.

Studies of Harvard University have discovered that the main reason for toxicity is loneliness, overthinking, and having only a negative mood all the time.

Also, pessimistic people are not as physically healthy, productive, motivated and active as optimistic ones. Positive people live a longer life. Depressed humans have a higher risk of

getting sick, or any other diseases, and usually they experience health or memory decline in their middle ages.

Eventually, people’s mood affects others too. Mood is contagious. If you have a cheerful mood and you see an exhausted and dissatisfied person, you’ll definitely gain energy due to that person, and psychologists do not say “don’t have a dependent mood” for nothing.

Roughly 10% of our contentment depends on the other factors including money, marital status, and health. Although such characteristics enhance our overall well-being, their effects are typically underestimated. For instance, a higher income can raise satisfaction to a certain extent, but beyond that point, it does not significantly increase contentment. A phenomenon commonly called the "hedonic treadmill," demonstrates that people quickly return to their happiness set point after experiencing both positive and negative changes in their surroundings. We can control forty percent of our happiness with our planned actions and behaviors. These are the intentional choices and actions we do to improve our wellbeing. This insightful essay highlights the importance of our beliefs and actions have in deciding how happy we are.

Key Ingredients for True Contentment

- **Appropriate Mindset.** It is a thought-provoking question, but everyone one of us has to ask himself/herself: “What do I need to be delighted, satisfied or happy?”. Do not we just need a complete body, your closest ones nearby and a home to be truly content with life. Or should we make it complicated and even more complicated by the pursuit of happiness.

- **Deeply Meaningful Connections:** People are social beings by nature. Better relationships with friends, family, and partners have always been linked to happier lives. These relationships offer the possibility of deep conversations, support, and a sense of connection.

- **Sense of Purpose:** Happiness can be greatly increased by engaging in activities that provide a feeling of direction and correspond with life's values. This frequently means making an improvement to something more than the oneself through volunteer work, successful job, or creative pursuits.

- **Gratitude:** Practicing gratitude has been shown to increase happiness by encouraging a focus on positive aspects of life. By expressing gratitude on a regular basis, we can change our viewpoint and become more aware of the positive aspects of life that we might otherwise miss. Our quality of life can be enhanced by practicing mindfulness and being fully present in the moment. Mindfulness practices encourage us to live in the present now, instead of focusing on the past or worrying about the future. This reduces stress, improves emotional regulation, and increases overall happiness.

- **Physical Well-being:** Physical health and happiness are closely strongly related. More energy and a happier mood can be achieved by a balanced diet, regular exercise, and enough sleep. Particularly exercise has been demonstrated to activate endorphins, which are organic mood boosters.

Contentment is an intricate and varied state influenced by biological, contextual, and psychological factors. By placing a focus on meaningful activities, meaningful relationships, appreciation, mindfulness, and keeping up physical well-being, people can increase their

sense of satisfaction. Developing a growth-focused point of view, self-compassion, and hopeful outlook all contribute to a joyful existence. While achieving happiness is a very personal path, you may be able to live a better, more joyful life, simply following these basic principles.

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