

happiness

FIND IT

BUILD IT

SAVOUR IT

LOSE IT

CHASE IT

SHARE IT

GET IT?

What brings you happiness, Halifax?

Let us know, and we'll spread the word
on how people *here* are building
happy, healthy lives...



happiness@cdha.nshealth.ca

Happiness... it's not a bad word... we can all find and share it... here's how.



Capital Health

In recent years psychologists and others have been undertaking research to learn more about happiness and quality of life. The findings thus far are encouraging and useful.

Positive Psychology is the term describing a powerful new branch of psychological research and applied practices connected to the study of happiness and well-being. Researchers have been finding that enhancing happiness and quality of life has pay-offs that

are wide-ranging and tie in to many valued physical and mental health domains.

A fundamental purpose in this area relates to clarifying the ingredients of happiness. American psychologist Dr. Martin Seligman, the founder of this division of

where to look? start here:

www.authentichappiness.com

www.thehowofhappiness.com

www.pbs.org/thisemotionallife

www.ourhealthyminds.com

let us know what you think:

happiness@cdha.nshealth.ca

...from the Psychologists of the CDHA

psychology, has identified three main routes to happiness based on positive psychology research:

a) **experiencing pleasure:** good food, tingling the senses, escaping the burden of stress and strain through pleasant events... but these can be fleeting, and can be less 'effective' the more we pursue them - how much chocolate can you really enjoy?

b) **finding flow:** entering mental states of sustained focus, using your skills to the best of your ability, times fades away... wow, where are you finding this? we can find it daily... in many 'routine' events...

c) **meaningfulness:** the ultimate and most stable and enriching form of happiness arises when people are engaged in activities, often of a social nature, that give their life meaning and purpose...

what can you do today to take a step toward a life that feels more enriching and satisfying?

One of the most productive routes to enhancing happiness and quality of life involves building on your existing personal strengths. We all have a range of capabilities and interests that we find enriching and which can bring some new light to our current lives. Re-discover what some of your strengths are by doing some assessments at www.authentichappiness.com. If you find yourself in routines that are not requiring your unique aptitudes and abilities, enrich things by re-discovering and building on skills and interests that come naturally... and that probably also bring goodness to your relationships...