



Positive Psychology — Did You Know?



Research shows 50% of life satisfaction is attributed to genetics, 40% to intentional activities (what you think, do and feel) and 10% is due to external events.

Five factors that affect well-being are 1) connecting with people, 2) being active, 3) taking notice, 4) learning and 5) giving.

Helliwell and Putnam (2004), in studies of over 100,000 participants in 49 countries, found that trusting and reciprocal social ties were significantly related to happiness and life satisfaction – both directly and through their positive impact on health.

Of the 4 hormones that relate to happiness, 2 come directly from relationships: Oxytocin and Dopamine.

Happy people do better in nearly every domain of life.

Frequent smiling has many therapeutic and health benefits (Abel & Hesler, 2002), particularly when the smile is a Duchenne smile (Surakka & Hietanen). A Duchenne smile is a genuine smile.

People are naturally resilient.

Most types of stress shorten telomere length. Telomeres are the caps at the end of each strand of DNA that protects our chromosomes, like the plastic tips at the ends of shoelaces.

According to the 2017 World Happiness Report, Norway is the happiest country in the world.

By 2020, the World Health Organization expects depression to rise from 4th to 2nd place as a leading cause of disability, second only to ischemic heart disease (Murray, 1996).

Seligman, Rashid and Parks (2006) found positive psychotherapy relieved depressive symptoms on all outcome measures better than control, treatment as usual, and better than drugs one year later for those who were clinically depressed.

Your thoughts create your reality. Your brain when left to its own devices, will default to the negative.

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