

# Happiness

More than simply a positive mood, happiness is a state of well-being that encompasses living a good life, one with a sense of meaning, purpose and deep contentment and connection. **Happiness is not the result of bouncing from one joy to the next.**

Researchers find that achieving happiness typically involves surviving times of considerable discomfort. Genetic makeup, life circumstances, achievements, marital status, social relationships, even your neighbors, all influence how happy you are. Individual ways of thinking and expressing feelings also influence happiness suggesting that much of our happiness is under our own personal control.

Setting and meeting goals, maintaining close social ties, finding purpose beyond oneself, and getting absorbed in challenging activities all increase life satisfaction. **It isn't happiness per se that promotes well-being, but the actual pursuit of it that's the key.**

Happiness appears when you:

- Don't feel entitled and have fewer expectations
- Aren't spiteful or insulting and let go of small annoyances
- Don't hold grudges and express humility and patience
- Are open to learning new things
- Don't worry over yesterday and tomorrow
- Exercises self-care
- Smile, laugh freely
- Practice compassion and show gratitude
- avoid victim mentality and be flexible (go with the flow)
- Enjoy healthy relationships and have a strong support network
- Express happiness for others
- Live with meaning and purpose

Happiness is maximized when you feel part of a community. And when you confront annoyances and crises with grace. It involves a willingness to learn and stretch and grow. Happiness is not the same as pleasure, a temporary exhilaration or sensual rush. **It encompasses living a meaningful life, utilizing your gifts and your time, living with thought and purpose.**

Questions? Contact us at 363ISRW.ART.363ISRW@us.af.mil or at 757-764-9316