

Discovering the Psychology of Well-Being

A presentation by Melinda Pajak

10 Things You Didn't Know About Happiness

1. Happiness can be measured
2. Know your character strengths
3. Find FLOW
4. Gratitude raises happiness
5. Happiness is contagious
6. Social connection is important
7. Random acts of kindness
8. What doesn't make you happy
9. Sleep, Exercise, Meditation
10. Happiness can be increased



Resources for Further Study of Happiness and Well-Being

Values in Action (VIA) Character Strength Information

FREE Character Strength Test (click on Free Survey – they have one for kids too)

<https://www.viacharacter.org>

Happiness Measurement Surveys

This is Dr. Seligman's website at University of Pennsylvania where many of the measurements for happiness are available to the public for free. You can take the Authentic Happiness Inventory under Emotion Questionnaires at the top of the page. The PERMA Flourishing Questionnaire is halfway down the page. You will have to register and create an account to access these surveys.

<https://www.authentic happiness.sas.upenn.edu/testcenter>

Suggested Reading

1. *The How of Happiness: A New Approach to Getting the Life You Want* by Sonja Lyubomirsky
2. *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment* by Martin E. P. Seligman, Ph.D.
3. *Flourish: A Visionary New Understanding of Happiness and Well-Being* by Martin E.P. Seligman, Ph.D.
4. *Flow: The Psychology of Optimal Experience* by Mihaly Csikszentmihalyi
5. *Finding Flow: The Psychology of Engagement with Everyday Life* by Mihaly Csikszentmihalyi
6. *PERMA Explained Article: <https://positivepsychology.com/perma-model/>*

Videos

1. TED Talk with Dr. Martin Seligman: The New Era of Positive Psychology:
https://www.ted.com/talks/martin_seligman_the_new_era_of_positive_psychology?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare
2. TED Talk with Mihaly Csikszentmihalyi: FLOW: the Secret of Happiness:
https://www.ted.com/talks/mihaly_csikszentmihalyi_flow_the_secret_to_happiness?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare

Online Course (Free)

Yale presents “The Science of Well-Being” from Dr. Laurie Santos:

<https://www.coursera.org/learn/the-science-of-well-being>

Podcast

The Happiness Lab from Dr. Laurie Santos (Yale University):

<https://www.happinesslab.fm>