The Science of Happiness, Health & Well-being

What is happiness?

Happiness can be described as **how we think** and **how we feel**.

Your happiness is determined by a collection of factors

**Happiness can be boosted**

**Genetics & Life**

Circumstances play a role in your happiness.

Some researchers suggest that you can control up to 40% of your happiness through intentional effort and action.

Happiness and well-being can improve physical and mental health

Increased happiness is associated with decreased risk of:

- Stroke
- Diabetes
- High Blood Pressure
- Arthritis
- Mortality

Happiness can also increase your ability to combat stress and trauma

Strategies to increase your happiness and well-being include:

**Find Contentment**

- Awareness
- Optimism
- Resilience

**Strengthen Social Connections**

- Trust
- Social Support
- Generosity