



Happiness Science

Everyone wants to be happier. But what's the secret to achieving happiness? Happiness has been the focus of study for social scientists since the concept was popularized in the late 90s by Martin Seligman, the father of the positive psychology movement. According to Seligman, happiness has three parts: pleasure, engagement and meaning.

While most of us spend our lives pursuing the pleasure aspect of happiness, it turns out this doesn't contribute much to our overall happiness—only about 10%. About half of our happiness is genetically determined, according to David Lykken, who studied identical twins. The remaining 40% is within our control—we can increase our happiness by doing certain things. But the things that have the most positive effect may surprise you.

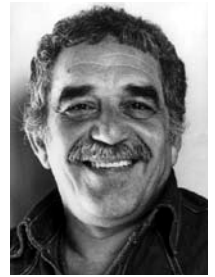
Expressing gratitude has been found to significantly increase happiness, along with performing acts of kindness or altruistic activities. "Giving puts meaning into your life," says Christopher Peterson, whose work with Seligman studied how certain human virtues relate to happiness. "You have a sense of purpose because you matter to someone else." Other happiness multipliers include meditation, spiritual practice, exercise and being outside.

The most basic finding from the study of happiness: Relationships with others make us the happiest. "Almost every person feels happier when they're with other people," says psychologist Mihaly Csikszentmihalyi, who is known for his study of *flow*, the complete engagement in playful activity.

For a primer on these happiness studies, check out the documentary *Happy*. Visit www.thehappymovie.com to learn more.

"No medicine cures what happiness cannot."

Gabriel García Márquez

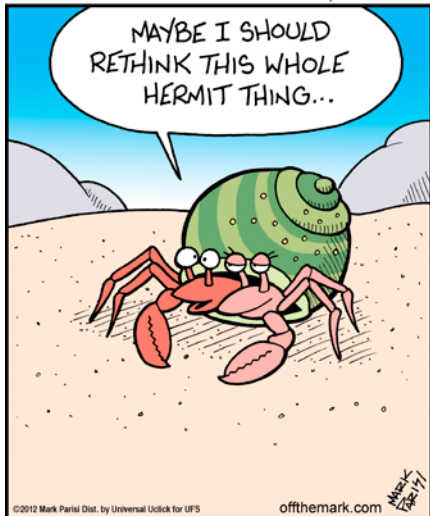


Whistle a Happy Tune

MetroLyrics put together a list of its 15 favorite songs about being happy (you can check out the playlist on YouTube at <http://bit.ly/1IKOurR>):

1)	"Happy"	Pharrell Williams
2)	"So Happy Together"	The Turtles
3)	"Shiny Happy People"	R.E.M.
4)	"Merry Happy"	Kate Nash
5)	"Happy"	Leona Lewis
6)	"Happy Endings"	The Strokes
7)	"Happy"	Ashanti
8)	"Junk Of The Heart (Happy)"	The Kooks
9)	"You Could Be Happy"	Snow Patrol
10)	"So Happy I Could Die"	Lady Gaga
11)	"Happy"	Natasha Bedingfield
12)	"Happy"	Robert DeLong
13)	"So Happy"	Theory Of A Deadman
14)	"Happy Boy"	Gold Fields
15)	"Happy"	The Rolling Stones

off the mark.com by Mark Parisi



Free Hugs

Want to smile right now? Watch the "Free Hugs" campaign: www.youtube.com/watch?v=vr3x_RRjdd4.

"Count your age by friends, not years. Count your life by smiles, not tears."

John Lennon

If you have a cartoon, anecdote, joke or interesting safety item you'd like to submit for publication on this page, send your contribution to professionalsafety@asse.org. Submissions will not be returned.

June Safety Photo of the Month



Maybe that second espresso was a bad idea . . .
Photo by Clark Vermillion, Portland, OR