

Presented by BU Happiness College

The Science of Happiness

www.buhappinesscollege.com







"The New Year stands before us, like a chapter in a book, waiting to be written"

- **Melody Beattie**



The 2 Types of Happiness



Hedonic Happiness



Eudaimonic Happiness

How do you currently meet each type of happiness?

Happiness Transmitters



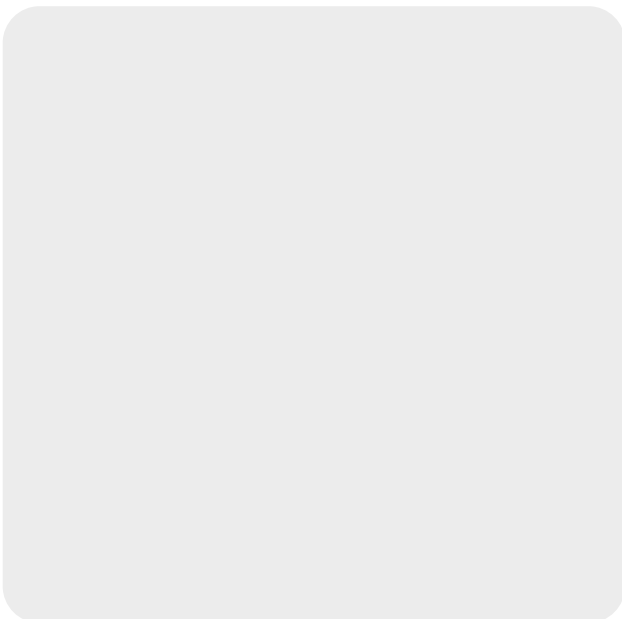
Dopamine



Oxytocin



Serotonin



Endorphins





Definitions of Happiness

Happiness is...

- "The experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful, and worthwhile." - **Sonja Lyubomirsky**
- "The positive emotions we have in regards to the pleasurable activities we take part in through our daily lives." - **PositivePsychology.com**
- "The spiritual experience of living every minute with love, grace and gratitude." - **Denis Waitley**
- "Different from pleasure. Happiness has something to do with struggling and enduring and accomplishing. - **George Sheehan**
- "To enjoy the present, without anxious dependence upon the future" - **Lucius Annaeus Seneca**

Shaping Your Own Definition

How would you define 'happiness'?

A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...