Psychology and the Good Life Notes

Yale Stats:

* Students have not been able to get the experience and good opportunities because of stress
* Too stressed to enjoy small pleasures, students are overwhelmed and busy
* Seen on college campuses all over, not just Yale
* ⅓ are too depressed to function
* 60% have overwhelming anxiety

10 Insights to Happiness:

1. You can control your happiness
2. Our life circumstances don’t matter that much
3. It takes daily effort and a lot of work to be happier

* The real work takes the most effort

1. Recognize your intuitions don’t work, your mind lies to you

* People who seek out material aspirations are less like to be happy

1. Very happy people make time for social connection, they prioritize the people the value in life, less time alone
2. Helping others helps yourself

* Happy people give to others

1. Make time for gratitude
2. Healthy practices matter a lot

* Exercise
* sleep

1. Take time to be present

* Notice the good things, savor
* Meditation

1. Wealthy in terms of time

* Prioritize time over money
* Time affluent, not time famine

Gratitude List:

* Family
* Friends
* My school and teachers
* My neighborhood
* My beauty, sometimes I wake up and I think it’s gone, but it’s not
* Books
* Food
* Music
* Good health