**Notes on Well Being Class Resources and References**

**Better Wanting: Part 1**

**Things we said that don’t make us happy, can make us happy - with a different approach**

**Signature strengths (in a job rather than Money)**

**Seligman (2004).** [Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment.](https://www.amazon.com/Authentic-Happiness-Psychology-Potential-Fulfillment/dp/0743222989) New York, NY: Simon and Schuster.

*Chapters 8-10 of this book outline character strengths and the benefits of applying them in your everyday life*

**Seligman et al. (2005).** [Positive Psychology Progress: Empirical Validation of Interventions.](http://www.psykologtidsskriftet.no/pdf/2005/874-884.pdf) American Psychologist, 60(5):410-421

*This paper explores several happiness interventions and tells us using top signature strengths in a new and different way everyday for one week had an enduring impact on happiness*

Seligman et al. (2005)..pdfPDF File

[Open file](https://d18ky98rnyall9.cloudfront.net/Zg_G1qWvSt2PxtalrxrdeQ_a83e717f12d54272af0fb9d5c14ca3cf_Seligman-et-al.-2005-..pdf?Expires=1644796800&Signature=XBqYG0gmi58FrDgTsuuND0p40Gjfo-3-RehvQz1nCmXIHHd7L2E5CaPq0i9mvPQECh2xmTJCvYIeMNNrJQYkr9kAPKtR5~UQESshASI8ha2ZcAnyiECW8Uk32AEkGVr-h9SP3gHdvNPlaieIYxbfJ3XcRZqZaCg1WgCz4E5KsYU_&Key-Pair-Id=APKAJLTNE6QMUY6HBC5A" \t "_blank)

**Lavy & Littman-Ovadia (2017).** [My better self: Using strengths at work and work productivity, organizational citizenship behavior, and satisfaction.](http://journals.sagepub.com/doi/pdf/10.1177/0894845316634056) Journal of Career Development, 44(2) 95-109

*This paper tells us that those who use signature strengths at work are more productive and more satisfied with their job*

**Harzer & Ruch (2012).** [When the job is a calling: The role of applying one’s signature strengths at work.](http://www.tandfonline.com/doi/full/10.1080/17439760.2012.702784?scroll=top&needAccess=true) The Journal of Positive Psychology, 7,362-371.

*This paper tells us that people enjoy work more and think of work as a calling when they use ~4 signature strengths at work*

**Flow (in a job rather than Money)**

**Csikszentmihalyi (2008).** [Flow: The Psychology of Optimal Experience.](https://www.amazon.com/Flow-Psychology-Experience-Perennial-Classics/dp/0061339202) New York, NY: HarperCollins.

*This books tells us that achieving a state of flow makes an experience genuinely satisfying as people typically experience deep enjoyment, creativity, and a total involvement with life*

**Csikszentmihalyi (1992).** [Optimal Experience: Psychological Studies of Flow in Consciousness.](https://books.google.com/books?id=tdHLCgAAQBAJ&lr=&source=gbs_navlinks_s)Cambridge, UK: Cambridge University Press.

*This book offers a comprehensive survey of research on the 'flow' experience - a desirable or optimal state of consciousness that enhances a person's psychic state - in various context/cultures and how it affects work satisfaction, academic success, and the overall quality of life*

**Csikszentmihalyi (1999).** [If we are so rich, why aren’t we happy](http://www.psicosocial.net/grupo-accion-comunitaria/centro-de-documentacion-gac/fundamentos-y-teoria-de-una-psicologia-liberadora/psicologia-positiva/854-if-we-are-so-rich-why-arent-we-happy/file). American Psychologist, 54, 821-827.

*NOTE - this paper is NOT mentioned in lecture, but if you do not have access to the books above, you can read this article to get a sense of Csikszentmihalyi’s perspective on how flow relates to happiness*

Csikszentmihalyi (1999)..pdfPDF File

[Open file](https://d18ky98rnyall9.cloudfront.net/tOwpXQplTWCsKV0KZa1gUQ_d1306175350f43f391704fa65b05a88e_Csikszentmihalyi-1999-..pdf?Expires=1644796800&Signature=d9yNi8wULDa5TqddP4jjusvUN40Q~rW6qQf879QHZwjOpnYEuWkftH6S6EL0K9Hzq53Iv9WC-IrJ9IZlTZJrh477QEMgbftNZe4ttG1~cmYe91M0ZksrYjYGsRK28bDMe-G8-A85hIuIrj7XN6EGDjIuTiXqyd-SVTXlYKr6MMA_&Key-Pair-Id=APKAJLTNE6QMUY6HBC5A" \t "_blank)

**Growth Mindset (rather than Good Grades)**

**Deci (1971).** [Effects of externally mediated rewards on intrinsic motivation.](http://selfdeterminationtheory.org/SDT/documents/1971_Deci.pdf) Journal of Personality and Social Psychology, 18(1), 105-115.

*This paper tells us that positive feedback aids intrinsic motivation, but monetary rewards detract from intrinsic motivation*

**Dweck (2007).** [Mindset: The New Psychology of Success.](https://www.amazon.com/Mindset-Psychology-Carol-S-Dweck/dp/0345472322/ref=sr_1_1?s=books&ie=UTF8&qid=1487696371&sr=1-1&refinements=p_27%3ACarol+Dweck) New York, NY: Ballantine Books.

*This book outlines how people with a fixed mindset (those who believe that abilities are fixed) are less likely to flourish than those with a growth mindset (those who believe that abilities can be developed)*

**Grant & Dweck, (2003).** [Clarifying Achievement Goals and Their Impact](http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.454.5136&rep=rep1&type=pdf). Journal of Personality and Social Psychology, 85(3), 541–553.

*This paper tells us having a growth mindset predicts active coping, sustained motivation, and higher achievement in the face of challenge (as seen in pre-med grades)*

**Blackwell et al. (2007).** [Implicit theories of intelligence predict achievement across an adolescent transition: A longitudinal study and an intervention.](http://mtoliveboe.org/cmsAdmin/uploads/blackwell-theories-of-intelligence-child-dev-2007.pdf) Child Development, 78(1), 246-263.

*This paper explores how the growth mindset relates to achievement - if we think we have the ability to improve, we will!*

**Mangels et al. (2006).** [Why do beliefs about intelligence influence learning success? A social cognitive neuroscience model.](https://www.researchgate.net/profile/Jennifer_Mangels2/publication/6417114_Why_do_beliefs_about_intelligence_influence_learning_success_A_social_cognitive_neuroscience_model/links/02e7e538bf538a4182000000.pdf) Social Cognitive and Affective Neuroscience, 1(2), 75-86.

*This paper tells us those with growth mindsets tend to focus on learning-related goals and bounce back better from failure increasing the likelihood of learning success*

**Better Wanting: Part 2 & 3**

**Things that actually make us happy**

**Kindness**

**Otake et al. (2006).** [Happy people become happier through kindness: A counting kindnesses intervention.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1820947/) Journal of happiness studies, 7(3), 361-375.

*As the title suggest, this paper tells us that counting your kindness leads to happiness*

**Lyubomirsky (2005).** [Pursuing happiness: The architecture of sustainable change.](http://sonjalyubomirsky.com/wp-content/themes/sonjalyubomirsky/papers/LSS2005.pdf) Review of general psychology, 9(2), 111.

*This paper tells us that doing random acts of kindness is one of many ways you can take intentional effort to make yourself happier*

**Dunn (2014).** [Happy Money: The Science of Happier Spending.](https://www.amazon.com/Happy-Money-Science-Happier-Spending/dp/1451665075) New York, NY: Simon & Schuster.

*This book tells us money CAN buy happiness if you spend it on the right things such spending money on others rather than yourself*

**Dunn et al. (2008).** [Spending money on others promotes happiness.](https://www.researchgate.net/profile/Lara_Aknin/publication/5494996_Spending_Money_on_Others_Promotes_Happiness/links/0c960536bc4c368a69000000.pdf) Science,319 (5870), 1687-1688.

*This paper tells us spending money on others makes you feel good*

**Aknin et al. (2013).** [Prosocial spending and well-being: Cross-cultural evidence for a psychological universal.](https://www.apa.org/pubs/journals/releases/psp-104-4-635.pdf) Journal of Personality and Social Psychology, 104 (4), 635-652.

*This paper tells us the happiness that comes from giving to others may be a worldwide, universal human response*

**Social connection**

**Myers (2000).** [The funds, friends, and faith of happy people.](http://www.davidmyers.org/davidmyers/assets/Funds.friends.faith.pdf) American psychologist, 55(1), 56.

*This paper tells us that having strong social ties makes you healthier*

**Diener & Seligman (2002).** [Very happy people.](http://journals.sagepub.com/doi/pdf/10.1111/1467-9280.00415) Psychological science, 13(1), 81-84.

*This paper tells us that being social/having strong social ties makes you happier*

**Epley (2014).** [Mindwise: Why We Misunderstand What Others Think, Believe, Feel, and Want.](https://www.amazon.com/Mindwise-Misunderstand-Others-Think-Believe/dp/030774356X/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=&sr=) New York, NY: Vintage.

*This book explores more of our mispredictions and introduces us to more research on the surprising mistakes humans so routinely make*

**Epley & Schroeder (2014).** [Mistakenly seeking solitude.](http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.705.9100&rep=rep1&type=pdf) Journal of Experimental Psychology: General, 143(5), 1980.

*This paper tells us that talking to strangers makes us happy. Even if you are reluctant to talk to a stranger, you and the stranger get a happiness boost after talking to each other*

**Boothby et al. (2014).** [Shared experiences are amplified.](http://journals.sagepub.com/doi/pdf/10.1177/0956797614551162) Psychological Science, 25(12), 2209-2216.

*This paper tells us sharing experiences with another person makes them better*

**Time Affluence**

**Whillans et al. (2016).** [Valuing time over money is associated with greater happiness.](http://ubc-emotionlab.ca/wp-content/uploads/2011/12/Whillans-Weidman-Dunn-2016-Valuing-Time-Over-Money-Increases-Happiness.pdf) Social Psychological and Personality Science, 7(3), 213-222

*This paper tells us that prioritizing time over money - as a stable preference - makes you happier*

Whillans et al. (2016)..pdfPDF File

[Open file](https://d18ky98rnyall9.cloudfront.net/e8oog1FcT8WKKINRXH_FVw_63ae89736d9b4062bca2833a38b12dc3_Whillans-et-al.-2016-..pdf?Expires=1644796800&Signature=WbtFrPfwEBm-oevfpdcuGBj2BdtSa7NvCAsi9SC2DFovjLOz-OHE1knfhaCBkdOev~iM7djnYnmm3UWC8FE0lQqt-MGnOHvxC8PmvnqSU1CBfdTAaOqBvEU9Ge85mqDNQUo4MnmKjphIdB8hTJaW0rB-Fws-wMBQS4lZtmENwD4_&Key-Pair-Id=APKAJLTNE6QMUY6HBC5A" \t "_blank)

**Hershfield et al. (2016)**. [People who choose time over money are happier.](http://journals.sagepub.com/doi/pdf/10.1177/1948550616649239) Social Psychological and Personality Science,7(7), 697-706.

*As the title suggests, this paper tells us those that choose time over money are happier - the paper also reveals that the majority of people choose money over time*

**Moligner (2010).** [The pursuit of happiness: Time, money, and social connection.](http://d1c25a6gwz7q5e.cloudfront.net/papers/download/011911_Mogilner2010TimeMoneyandSocialConnection.pdf) Psychological Science, Psychological Science 21(9) 1348–1354)]

*This paper tells us that thinking about time makes you happier than thinking about money - thinking about time boosts the motivation to socialize which is associated with greater happiness*

**Mind Control (via Meditation)**

**Killingsworth & Gilbert (2010).** [A wandering mind is an unhappy mind.](http://www.danielgilbert.com/KILLINGSWORTH%20&%20GILBERT%20(2010).pdf) Science, 330(6006), 932–932.

*As the title suggests, this paper tells us that mind-wandering makes us feel bad. This paper also concludes that we mind wander 46.9% of the time!*

**Mason et al. (2007).** [Wandering minds: The default network and stimulus-independent thought.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1821121/) Science,315(5810), 393–395.

*This paper tells us our brains are wired to wander - mind-wandering is associated with activity in the brain’s default network which is the cortical region active when the brain is at rest*

**Brewer et al. (2011).** [Meditation experience is associated with differences in default mode network activity and connectivity.](https://www.ncbi.nlm.nih.gov/pubmed/22114193) Proceedings of the National Academy of Sciences of the United States of America, 108(50), 20254-20259.

*This paper tells us meditation stops mind-wandering*

**Fredrickson et al. (2008).** [Open hearts build lives: positive emotions, induced through loving-kindness meditation, build consequential personal resources](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3156028/). Journal of personality and social psychology, 95(5), 1045-1062.

*This paper tells us that meditation makes you happier*

**Hölzel et al. (2011).** [Mindfulness practice leads to increases in regional brain gray matter density.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3004979/?__hstc=133243537.972fdd7a7debc8575bac5a80cf7e1683.1478390400069.1478390400070.1478390400071.1&__hssc=133243537.1.1478390400072&__hsfp=1773666937) Psychiatry Research: Neuroimaging, 191(1), 36-43.

*This paper tells us meditation increases gray matter*

**Mrazek et al. (2013).** [Mindfulness training improves working memory capacity and GRE performance while reducing mind wandering.](http://journals.sagepub.com/doi/pdf/10.1177/0956797612459659) Psychological science, 24(5), 776-781.

*This paper tells us that mindfulness helps working memory and has been shown to increase GRE performance*

**Hutcherson et al. (2008).** [Loving-kindness meditation increases social connectedness](https://contextualscience.org/system/files/Hutcherson,2008.pdf). Emotion, 8(5), 720.

*This paper tells us certain types of meditations can make you feel more socially connected*

**Healthy Practices - Exercise**

**Babyak et al. (2000).** [Exercise treatment for major depression: maintenance of therapeutic benefit at 10 months.](http://www.hibody.co.uk/Exercise%20treatment%20for%20major%20depression.pdf) Psychosomatic medicine, 62(5), 633-638.

*This paper tells us working out three times a week works just as well as Zoloft for depression recovery*

Babyak et al. (2000)..pdfPDF File

[Open file](https://d18ky98rnyall9.cloudfront.net/mCo27AOhS1yqNuwDoRtcqQ_68f12f50f59c4ed1bd946386649d738e_Babyak-et-al.-2000-..pdf?Expires=1644796800&Signature=DvuW9YXGnQE7GgQhKTxLPsgrS9bQOCUTGcLmTytY7XdZyl8LINmY6Zm6Q-UjF~1fB4BxmjjYWEf7uu1sPb7sEmwO0vp9ovMtpjBeBuqNIH8K3doyc~kb0OD3iOAsvDTNyYL9qWizRWp1A2mMUsAVEC59I9qJH3a030p03r3pu5s_&Key-Pair-Id=APKAJLTNE6QMUY6HBC5A" \t "_blank)

**Hillman et al. (2008).** [Be smart, exercise your heart: exercise effects on brain and cognition.](https://www.nature.com/articles/nrn2298.pdf) Nature reviews neuroscience, 9(1), 58-65.

*This paper tells the positive effects of exercise on cognition and brain function*

**Healthy Practices - Sleep**

**Dinges et al. (1997).** [Cumulative sleepiness, mood disturbance and psychomotor vigilance performance decrements during a week of sleep restricted to 4-5 hours per night.](https://www.ncbi.nlm.nih.gov/pubmed/9231952) Sleep: Journal of Sleep Research & Sleep Medicine, 20(4), 267-77.

*This paper tells us sleeping only ~5 hours/night (aka sleep debt) leads to mood disturbances*

**Walker et al. (2002).** [Practice with sleep makes perfect: sleep-dependent motor skill learning.](https://walkerlab.berkeley.edu/reprints/Walker%20et%20al._Neuron_2002.pdf) Neuron, 35(1), 205-211.

*This paper tells us sleeping more helps us learn motor skills*

**Wagner et al. (2004).** [Sleep inspires insight.](https://msu.edu/course/psy/401/Readings/WK9.PresentA.Wagner%20et%20al.%20(2004).pdf) Nature, 427(6972), 352-355.

*This paper tells us sleeping boosts cognitive performance*

**Huffington Post.** [Lose Sleep, Lose Your Mind and Health](http://big.assets.huffingtonpost.com/SleepDeprivation_0.png)

*This graphic shows the negative implications of poor sleep after one night and prolonged over time*

**Ways to Learn More**

**Books**

* Mihaly Csikszentmihalyi, [Flow: The Psychology of Optimal Experience](https://www.amazon.com/Flow-Psychology-Experience-Perennial-Classics/dp/0061339202) (a wonderful review of the research on flow and how we can get in the zone)
* Martin Seligman, [Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment](https://www.amazon.com/Authentic-Happiness-Psychology-Potential-Fulfillment/dp/0743222989) (a great introduction to the work on happiness generally as well as the power of using your character strengths)
* Carol Dweck, [Mindset: The New Psychology of Success](https://mindsetonline.com/thebook/buythebook/index.html) (a lovely introduction to the power of a growth mindset)
* Elizabeth Dunn & Michael Norton, [Happy Money: The Science of Happier Spending](http://www.simonandschuster.com/books/Happy-Money/Elizabeth-Dunn/9781451665079) (an elegant overview of the research on the science of spending, explaining how you can get more happiness for your money)

**Free Online Talks**

* Mihaly Csikszentmihalyi’s [TED Talk - Flow, the secret to happiness](https://www.ted.com/talks/mihaly_csikszentmihalyi_on_flow)
* Carol Dweck's [TED Talk - The power of believing that you can improve](https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve)
* Michael Norton's [TEDx Talk - How to buy happiness](https://www.ted.com/talks/michael_norton_how_to_buy_happiness)
* Matthew Killingsworth's [TED Talk - Want to be happier? Stay in the moment](https://www.ted.com/talks/matt_killingsworth_want_to_be_happier_stay_in_the_moment)
* Hedy Kober's [TEDx Talk - How can mindfulness help us](https://www.youtube.com/watch?v=4hKfXyZGeJY)

# References & Notes

# ****Week 6 References & Notes****

## ****Situation Support****

**Wansink et al. (2006).** [The office candy dish: proximity’s influence on estimated and actual consumption.](https://www.nature.com/articles/0803217.pdf) International Journal of Obesity, 30, 871–875.

This paper tells us explores how environmental factors (specifically the location of candy in the office) influences food intake - the closer it is the more likely it is you will eat it

**Wansink et al. (2016).** [Slim by design: kitchen counter correlates of obesity.](https://www.ncbi.nlm.nih.gov/pubmed/26481966) Health Education and Behavior, 3(5), 552-558.

This paper tells us how environmental factors (specifically the types of food visible on the kitchen counter) influences eating habits and health - the presence of fruit on the counter was associated with lower BMI

## ****Goal Setting****

**Klein et al. (1990).** [The role of goal specificity in the goal-setting process.](https://link.springer.com/content/pdf/10.1007/BF00995568.pdf) Motivation and Emotion, 14, 179-193.

This paper tells us that goal specificity improves task performance

**Stadler & Oettingen (2010).** [Intervention effects of information and self-regulation on eating fruits and vegetables over two years.](https://kops.uni-konstanz.de/bitstream/handle/123456789/10593/12993.pdf?sequence=1) Health Psychology, 29(3), 274-283.

This paper tells us self-regulation helps you stick to your goals

**Gollwitzer & Brandstätter (1997).** [Implementation intentions and effective goal pursuit.](http://www.psych.nyu.edu/gollwitzer/97GollBrand_ImpIntGoalPurs.pdf) Journal of Personality and Social Psychology, 73(1), 186-199.

This paper tells us that those the with implementation intentions (aka having a plan to perform goal-directed behavior given certain situations) are more likely to achieve their goals

**Duckworth et al. (2013).** [From fantasy to action: Mental contrasting with implementation intentions (MCII) improves academic performance in children.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4106484/) Social Psychological and Personality Science, 4(6), 745-753.

This paper tells us mental contrasting and implementation plans (via the WOOP technique) can help you achieve goals as seen in improved academic performance

**Stadler et al. (2009).** [Physical activity in women: Effects of a self-regulation intervention.](http://www.psych.nyu.edu/gollwitzer/09_Stadler_Oettingen_Gollwitzer_Physical_Activity_in_Wom.pdf) American Journal of Preventive Medicine, 36(1), 29-34.

This paper tells us self-regulation (via the WOOP technique) can help you stick to your exercise plan