Take Home Exam Part 2

Awareness, connection, insight and purpose are the four dimensions of happiness. Awareness is the sensitivity a person feels the environment around him and his own body and thoughts (Dahl et. al, 2020, p32198). A person with good awareness can keep his mind concentrating. Connection is the relationship among the people(p32199). If the connection is healthy, people can get supported and felling happiness by other people around him. Insight is how a person’s experience controlled by his feeling (p32200). If a person can control his insight to positive feeling, he can get more happiness. Purpose is how a person know and approved his own value (p32201). If the person has a clearly value, he will enrich everyday he live and get the happiness. A person can use scientific methods training his self through these four dimensions to get more happiness.

Brooks (2020a, p4) points out a person can get more happiness by improve his faith, family, friends and work. To my opinion, family and friends are similar to the connection dimensions in the article from Dahl et. al (2020, p32199). If the people around a person treat the person well, the person can easily get happiness. However, this is influenced by the person’s emotion as well. If the person shows a bad attitude to these people, these people will return him bad feedback. Faith and work look same, both them are about the value of a person. The difference between faith and work is faith is the thought of a person, and work is what him really does. If person know his value clearly but doesn’t do the right thing related to his value, the person can hard to be happy. These days when I writing the program, I can focus on it and forgot other things I should do. After I finish a function, I feel powerful and am glad to see I create something really valuable and useful. However, when I doing the things which I think is boring but I must to do, all my thought is quickly doing it then I can do the things interest me. Brook (p5) also explains what a person want influence the person’s happiness in the same article. If a person wants more but he owns less, he will focus on what he didn’t have but not feel happy. A proverb is, “money can’t always buy the happiness”. Spending money is a way to get happiness, but there a lot of ways that are cheaper than this as well. Try to use the things we have to create more values can bring us more happiness than buying new things. In another article of Brooks (2020b, p3), the author gives some ways like eating property and doing exercises can bring happiness. This is a way to balance the dopamine produced by our mind, if we feel down just try to let our mind producing some dopamine to make us happy. Exercise is a way to get dopamine. Also, try to move ourself to a new environment can also borrow us stimulate.

References

Brooks, A. C. (2020, April 9). The 3 equations for a happy life, even during a pandemic. *The Atlantic*. https://www.theatlantic.com/family/archive/2020/04/how-increase-happiness-according-research/609619/

Brooks, A. C. (2020, November 19). Sedentary pandemic life is bad for our happiness. *The Atlantic.* https://www.theatlantic.com/family/archive/2020/11/sedentary-pandemic-life-happiness/617142/

Dahl C.J, Wilson-Mendenhall C.D., & Davidson R.J. (2020). The plasticity of well-being: A training-based framework for the cultivation of human flourishing. *Proceedings of the National Academy of Sciences - PNAS,* 117(51), 32197–32206.https://doi.org/10.1073/pnas.2014859117

Diener E., Oishi S., & Tay L. (2018). Advances in subjective well-being research. *Nature Human Behaviour,* 2(4), 253–260. https://doi.org/10.1038/s41562-018-0307-6

Ferdinand H., Christian B., Philipp K., Felix B., & Tania S. (2016). Where the depressed mind wanders: Self-generated thought patterns as assessed through experience sampling as a state marker of depression. *Journal of affective disorders,* 198, 127–134. https://doi.org/10.1016/j.jad.2016.03.005

Gasiorowska A., Zaleskiewicz T., & Wygrab S. (2012). Would you do something for me? The effects of money activation on social preferences and social behavior in young children. *Journal of Economic Psychology,* 33(3), 603–608. https://doi.org/10.1016/j.joep.2011.11.007

Goyal M., Singh S., Sibinga, E.M.S., Gould N.F., Rowland-Seymour A., Sharma R., Berger Z., Sleicher D., Maron D.D., Shihab H.M., Ranasinghe P.D., Linn S., Saha S., Bass E.B., & Haythornthwaite J.A. (2014). Meditation programs for psychological stress and well-being: A systematic review and meta-analysis. *JAMA internal medicine*, 174(3), 357–368. https://doi.org/10.1001/jamainternmed.2013.13018

Gross J.J. (2015). Emotion Regulation: Current Status and Future Prospects. *Psychological Inquiry,* 26(1), 1–26. https://doi.org/10.1080/1047840X.2014.940781

Harrington R., & Loffredo D.A. (2010). Insight, rumination, and self-reflection as predictors of well-being. *The journal of psychology,* 145(1), 39–57. https://doi.org/10.1080/00223980.2010.528072

Hill P.L., Turiano N.A., Mroczek D.K., & Burrow A.L. (2016). The value of a purposeful life: Sense of purpose predicts greater income and net worth. *Journal of research in personality*, 65, 38–42. https://doi.org/10.1016/j.jrp.2016.07.003

Holt-Lunstad J., Smith T.B., Baker M., Harris T., & Stephenson D. (2015). Loneliness and social isolation as risk factors for mortality: A meta-analytic review. *Perspectives on psychological science,* 10(2), 227–237. https://doi.org/10.1177/1745691614568352

Killingsworth M.A., & Gilbert D.T. (2010). A wandering mind is an unhappy mind. *Science (American Association for the advancement of science),* 330(6006), 932–932. https://doi.org/10.1126/science.1192439

Lobel D. (2017). *Philosophies of Happiness.* Columbia University Press. https://doi.org/10.7312/lobe18410

McKnight P.E., & Kashdan T.B. (2009). Purpose in life as a system that creates and sustains health and well-being. *Review of general psychology,* 13(3), 242–251. https://doi.org/10.1037/a0017152

Mrazek M.D., Franklin M.S., Phillips D.T., Baird B., & Schooler J.W. (2013). Mindfulness training improves working memory capacity and GRE performance while reducing mind wandering. *Psychological science,* 24(5), 776–781. https://doi.org/10.1177/0956797612459659

Muris P., Meesters C., Pierik A., & de Kock B. (2016). Good for the self: Self-compassion and other self-related constructs in relation to symptoms of anxiety and depression in non-clinical youths. *Journal of child and family studies,* 25(2), 607–617. https://doi.org/10.1007/s10826-015-0235-2

Segal Z.V., Williams J.M.K., Teasdale J.D. (2012). *Mindfulness-based cognitive therapy for depression* (2nd). The Guildford Press.

Smallwood J., McSpadden M., & Schooler J.W. (2008). When attention matters: The curious incident of the wandering mind. *Memory & Cognition,* 36(6), 1144–1150. https://doi.org/10.3758/MC.36.6.1144

Zedelius C.M., Broadway J.M., & Schooler J.W. (2015). Motivating meta-awareness of mind wandering: A way to catch the mind in flight? *Consciousness and Cognition,* 36, 44–53. https://doi.org/10.1016/j.concog.2015.05.016