According to Dahl et al. (2020, p32197), there are four core dimensions around well-being: awareness, connection, insight and purpose. If people improve one of these four dimensions, people can get a higher well-being level. People can improve these dimensions through some artificial methods. A people with a high-level awareness often knows what he is doing, whom he is be with and his states. In contrast, a people with a low-level awareness always distracted by many things. Low-level awareness can cause some bad influences, not only will lead to a low efficiency, but also has the capacity to cause stress and anxiety (p32198). A good relationship with other people has a good influence to prevent stress and anxiety (p32199). Insight is almost same as self-related reliefs. A person with a high insight knows what his feeling goes on, and how to control his feeling, and can get more well-being (p32200). A person with a high purpose knows what he is going to seek, in other words the person has his life aim. Also, the person knows his own value living in the world, and will easily get the well-being (p32201).

According to Killingsworth M.A., & Gilbert D.T. (2010), if a people thinking about the future too much, people may probably lose the well-being.

Diener et al. mentioned, well-being is subjective. The way that people living in different culture enjoying well-being is different (p257).

According to Muris et al., a person with high self-compassion gains a better well-being. When facing difficulties, a person with high self-compassion can be positive(p608).

Emotions can be distinguished from moods (Gross, 2015, p2). Emotions, such as anger or sadness, usually involved changes in a person’s subjective experience and often also involves changes in behavior and physiological states of the body (p3). Moods, such as irritability (grumpiness), feeling “down” or feeling “great” tend to last longer than emotions (p3). Emotions tend to be triggered by events (p3). Analogy: Moods are likely “emotional climate”, whereas emotion seems the “weather”.

Gross (2015, p3) pointed out the difference between emotion and mood: emotion is more instable than mood, which is easier be influenced by matters in life. There are two different types of emotion regulations: intrinsic emotion regulation and extrinsic emotion regulation. Most of the time, when people controlling their emotion consciously, usually they have a goal, such as reduce their negative emotion and gain positive emotion (p5). A people try to regulate his own emotion is defined as intrinsic emotion regulation, and try to regulate others emotion is defined as extrinsic emotion regulation (p5). People will take different emotion regulation methods, such us hit the pillow, chatting with friends or doing sports (p7). Sometime distraction can help people reduce negative emotions because the people will not very focus on their negative emotions if they are distractive (p8). The emotion regulation skill is influenced by age. The emotion regulation skill of a baby is weak, and an adult has a much better regulation skill than teenagers (p18). In conclusion, emotion regulation is the method to minimize negative emotions as much as possible.