

Power of Happiness

It has been known that anger, hostility and stress are associated with heart disease, asthma and other ailments. Is it possible that happiness can lead to a better life?

Recent science suggests that happiness can lead to good performance, better health, resilience and a long life. According to one study conducted by Professor Ed Diener from the University of Illinois, happy people live longer than depressed people by approximately 9 years!

“I’ll be happy when...”. Most people assume that success or achieving a certain outcome in the future will make them happy. But a review of over 200 studies by Dr. Sonja Lyubomirsky suggests that it’s usually the other way around. Happiness tends to make people more successful in terms of fulfilling relationships, high incomes, superior work performance, community involvement and robust health.

How happy are you? Click this link (or copy and paste this link into your browser) to take the test online. It’s 5 easy questions and won’t take long.

http://news.bbc.co.uk/2/hi/programmes/happiness_formula/4785402.stm

How do you increase your happiness? The three main ingredients for a person to be happy are:

- 1) Having deep relationships with family and friends
- 2) Believing in something bigger than yourself (e.g. religion, spirituality, philosophy of life)
- 3) Having goals that you strongly believe, that utilize your strengths and abilities and that you find enjoyable.

This month, choose one of these three elements to work on to improve your overall happiness. It just might change your life!

Feel free to email me with your insights, thoughts or comments.

Keywords: Happiness, Better life, Success, Self-Improvement

Doreen holds an MBA and has spent over 18 years working at major corporations and small businesses in finance and marketing. As a certified professional development coach at Way to Goal! www.waytogoal.com Doreen specializes in helping committed professionals find careers that are both personally and financially rewarding.

Copyright 2008 Doreen Amatelli. All Rights Reserved