

# THE HAPPINESS INSTITÜTE

Scientific Support for and benefits of

## **POSTIVE PSYCHOLOGY**

(Adapted from Martin Seligman)

Positive psychology, or the science of happiness, is not just a fad; nor is it pop-psychology or amateur self-help. It is a serious scientific discipline based on solid, empirical research. Below are just a few of the more interesting and powerful findings including many of the potential benefits associated with happiness:

- Optimistic people are much less likely to die of heart attacks than pessimists, controlling for all known physical risk factors
- Women who display genuine (Duchene) smiles to the photographer at age eighteen go on to have fewer divorces and more marital satisfaction than those who display fake smiles
- Externalities (e.g., weather, money, health, marriage, religion) totalled together account for no more than 15% of the variance in life satisfaction
- Several specific exercises produce increases in happiness and decreases in depression six months later while other plausible exercises are mere placebos
- The pursuit of meaning and engagement are much more predictive of life satisfaction than the pursuit of pleasure
- Economically flourishing corporate teams have a ratio of at least 3 to 1 of positive statements to negative statements in business meetings, whereas stagnating teams have a much lower ratio; flourishing marriages, however, require a ratio of at least 5:1
- Self-discipline is twice as good a predictor of high school grades as IQ
- Learning optimism at ages 10-12 halves the rate of depression as these school children go through puberty
- Happy teenagers go on to earn substantially more income fifteen years later than less happy teenagers, equating for income, grades, and other obvious factors
- How you respond to good events that happen to your spouse is a better predictor of future love and commitment than how you respond to bad events
- People experience more “flow” at work than at home

If you'd like to know how you can learn how to be happier and how you can experience these benefits then contact us here at The Happiness Institute.

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