

You Can Make Yourself Happy:

Synthetic Happiness vs. Natural Happiness

According to Harvard psychologist Dr. Daniel Gilbert, happiness can be divided into two types. The first is called synthetic happiness, and it happens when we feel happy even when we don't get what we want. The second is natural happiness, and we experience it when we do get what we want. In our society, we hold the belief that natural happiness is superior to synthetic happiness. Nevertheless, in practice, synthetic happiness holds equal significance and lasting value. Choosing synthetic happiness produces comparable positive outcomes, health advantages, and a similar sense of well-being.

Happiness Is a Choice

For every minute you spend feeling unhappy, frustrated, anxious, or stressed, you lose a precious moment of happiness. The power to choose happiness lies within you.

1 Choose to Spend Your Time with the Right People

Surround yourself with people who inspire you and embrace you. Healthy and meaningful friendships are built on mutual support for each other's happiness. Choose friends whom you genuinely admire, those who bring positivity into your life, and, most importantly, those who make your day brighter.

2 Choose to Be Thankful

Focus on what you have, not on what you don't have. When you appreciate what's already in your life, you begin to value these things more. In return, they bring you more happiness. Without valuing what you already have, it's challenging to express thankfulness for anything else.

3 Choose to Smile Whenever the Opportunity Arises

Try to smile, even if you don't really want to. A smile has the power to boost your mood and bring happiness to those who see it. Even a small smile sends signals to the brain that there is cause to be happy and satisfied. As a result, your brain releases "feel-good" chemicals that enhance your overall happiness levels.