

Figure 4 Fourteen provisional types of happiness.

Mature

Mature Four-Five Sentence Summary

Mature happiness is drawn from the Buddhist beliefs that suffering cannot be eluded for your lifetime. To achieve mature happiness means to grow from negative experiences. Whether voluntary or more commonly involuntary, these experiences can be equated to "post-traumatic growth", in which mentalities change. Commonly in these instances, engaging in suffering leads to new ideas and often renewed appreciation for life, which is mature happiness.

Chaironic

Chaironic Four-Five Sentence Summary

- ① similar to hedonia, but tends not to include its most intense forms (less highly charged states like enjoyment).
- ② Is based on the Greek chairō, which has meanings like gladness, joy, and bliss, as well as grace and blessing.
- ③ It can be viewed as a kind of spiritual happiness, where even suffering can be interpreted as spiritual.
- ④ can include moments of stillness or insight in meditation or prayer, being moved by art, falling in love, and feeling one with the world.
- ⑤ More secularly, chaironic happiness can be viewed as self-transcendence.

Vitalic

Vitalic Four-Five Sentence Summary

Vitality is first introduced as the positive realm of the physical spectrum. It refers to being relatively free of physical illness & thriving. Vitality not only has physical aspects, but also mental ones. Since it has a place on the mental spectrum, it can be said that Vitalic happiness constitutes an important aspect of mental well-being. Examples are resilient spirit, enthusiastic attitude, or a good/outgoing personality.

Doing

Eudaimonic

Eudaimonic Four-Five Sentence Summary

- It's an umbrella term for all happy-related phenomena
- From meaning and purpose to mastery and accomplishment
- Self development, the cultivation of one's character and becoming one's best self
- Aiming towards acting and thinking in ways that foster Good

Accomplished

Accomplished Four-Five Sentence Summary

- accomplishments are contributing factors to eudaimonia
↳ but not necessary for it
- skills are context dependent, different from character, and eventually lead to personal value and personality shaping
- mastery of skills and the persistence of maintaining goals through skills result in rewards
- rewards are motivators which shape and reinforce positive aspects of one's behavior.

Harmonic

Harmonic Four-Five Sentence Summary

Balance and harmony are especially relevant when concerning life due to these aspects running through all parts of well-being. The success of the balancing of the MO is known as "harmonic" happiness. Something that individuals do is try to find the optimal point when balancing these trio, rather than finding an ideal connection over time. Even negative feelings must be balanced and mastered to achieve happiness and harmony. Finding happiness, is finding harmony in all the different forms.

Relational

Relational Four-Five Sentence Summary

Relates to social well-being.

Interpersonal, one cannot be happy if the other is not

"A person is only as happy as their unhappiest child"

Social well-being is the quality of relationships and communities, relational happiness is shared therefore also different from being happy because of a relationship

Nirvanic

Nirvanic Four-Five Sentence Summary

!!! Nirvanic happiness: A desirable mental state ~~off~~ marked by the absence of feelings such as suffering or desire.!!!

→ Nirvanic happiness is central to Buddhism, as the final goal is nirvana, a transcendent state with no sense of self, therefore no feeling of desire or suffering

→ Buddhism offers one of THE richest + most psychologically detailed frameworks for happiness (2500+ years of teachings aimed at well-being)

- Many Buddhists believe nirvana is attainable in this lifetime

• Nirvana is NOT a thought or feeling, but a whole way of being

Thinking

Evaluative

Evaluative Four-Five Sentence Summary

Evaluative happiness is the cognitive capacity to mentally evaluate one's life as having a desirable quality. Satisfaction in and about one's life. Cantril's Ladder and the Satisfaction of Life Scale are 2 prominent assessments in use. It is the most studied term of happiness accounting for 50% of empirical research.

Meaningful

Meaningful Four-Five Sentence Summary

- Associated with Eudaimonia, focuses on the meaning & purpose in life, widely seen as integral to well being.
- Martin Seligman believed meaning/purpose can be found while serving or belonging to something bigger than one's self.
- \rightarrow Does not have to require any self development or pursuit of virtue
- It overlaps with Mature Happiness through including experiences that are negatively valenced yet are interpreted positively in other ways.

Intellective

Intellective Four-Five Sentence Summary

Intellective happiness is all about Contemplation. It involves reflective thought and understanding. Thinking deeply can create a sense of purpose and insight. It feels good to understand, and we understand through contemplation. Oftentimes intellective happiness will overlap with character happiness if the person deep in thought is thinking of a religious character (Parker).

Absorbed

Absorbed Four-Five Sentence Summary

Absorbed - desired mental experience of quality relating to one's attentional engagement
- ppl randomly questioned on most rewarding activities

Pattern of Flow - enjoyed intrinsically, not too challenging/easy

- mental = total involvement, absorption
concentration, captivation

Meditation - attention skills to enhance well-being

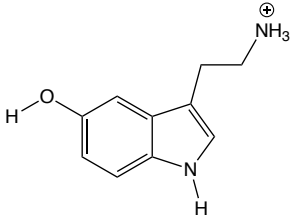
Genetic

Genetic 4-5 Sentence Summary

People have different happiness baseline that they are born with. We can shift baseline upward through meditation, and shift down through traumatic events. Genes affect happiness 40-50% and environment impacts 50-60%. There are also specific genes that leads to depression.

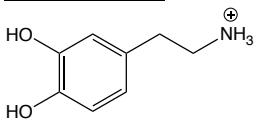
Neurochemical

Serotonin



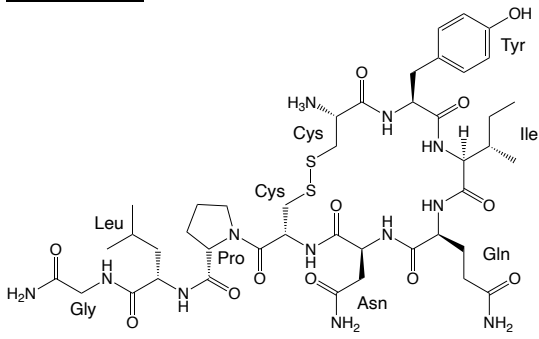
- Most prominent neurochemical discussed in relation to happiness.
- Implicated in mood (low levels lead to depression/anxiety).
- Can be raised naturally (exercise or natural light).
- Hedonic/contentive feelings of happiness.

Dopamine



- A neurotransmitter associated with memory, attention, body movement.
 - Pleasure, motivation, enthusiasm.
 - Released as "reward" for progress toward goals (also released by drugs like cocaine).
 - Hedonic and eudaimonic feelings of happiness.
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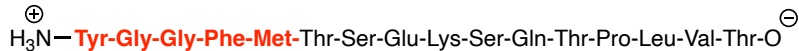
Oxytocin



Known as the “love hormone”, it is related to bonding, trust and connection. It plays an important role in experiences involving romance or childbirth. Oxytocin also lowers NA and reduces stress in similar forms as contented happiness.

Endorphins (Endogenous morphines)

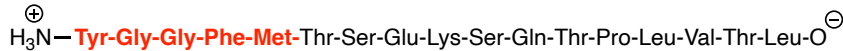
α -Endorphin



β -Endorphin



γ -Endorphin



Endorphins play an important role in relieving pain, or generating happiness through energized or euphoric varieties. Exercising is a common example as well as expressing anger. It relates to hedonic and chaironic happiness.

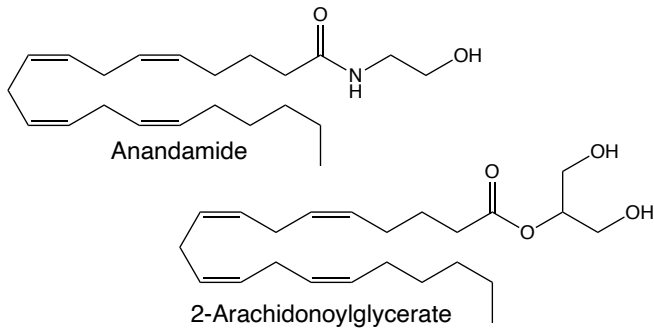
Endogenous Opioid

Met-enkephalin



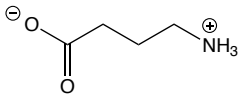
Endogenous opioids are powerful pain and mood-altering substances that are produced by the body.

Endocannabinoids



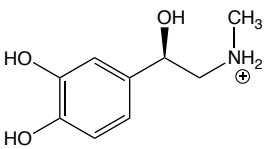
- Linked to harmonic happiness – homeostasis and balance within your body – influences appetite and metabolism and body systems.
 - Hedonic – runner’s high and the pleasure of exercise.
 - Produced naturally during relaxing activities such as meditation.
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GABA (Gamma-aminobutyric acid)



- Contented happiness because of feelings of relaxation and lack of stress.
 - Produced naturally during relaxing activities such as meditation.
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Epinephrin (Adrenaline)



- Vitalic happiness – experiences of thrill/excitement – physical
 - “Fight or Flight” situations.
 - Won’t always feel happy if in stressful situations or feel scared.
 - Risk seeking – challenging rewards – eudaimonic self-development.
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Neural

Neural 4-5 Sentence Summary

The study of brain activity (neurochemical) and the activation of neural networks that are important to regulate one's ongoing well-being.

This is mainly hedonic happiness because Neural is seen as temporary-focused. Neural focuses on the activation of brain waves that regulate happiness.

Psychological

Psychological 4-5 Sentence Summary

Psychological refers to mental state (Thoughts, Attention, Emotions).

Psychological mechanisms are built on ~~neurophys~~ neurophysiological systems (bio chemistry, neural networks etc.). Out of these objective systems emerge more subjective processes like emotion and thought.

There are lots of psychological systems that contribute to our happiness, for example perception and memory. In the early 20th century things like mental illness were attributed to childhood memories, but from the 1960s on the focus when treating mental illness shifted to current thought patterns. Negative thoughts can contribute to negative emotions and positive emotions can contribute to positive emotions and happiness.

Phenomenological

Phenomenological 4-5 Sentence Summary

- phenomenology - a school of philosophy + psychology initiated in the 19th century by Edmund Husserl that systematically investigates the nature of subjectivity
- various forms - meditative introspection by researchers to asking others to describe their inner world
- George Lakoff writes: our conceptual systems grow out of bodily experience... being directly grounded in perception, body movement, and experience of a physical + social character
- 3 types of schemata: spatial orientations (up, down), ontological concepts (substance, container) and structured experiences (eating, moving).
- qualitative approach that explores the lived experiences of individuals to understand the essence + meaning of a particular phenomenon.

Sociocultural

Individuals from different cultures may experience the same situation, but react entirely differently due to societal, political, or economic factors. Such cultural influences are developed in an individual through differences in upbringing. For example, cultures that favor the community will create more happiness for an individual around community accomplishments rather than accomplishments of the individual, or vice versa. Economic factors in a culture are also critical in determining an individual's feeling of happiness related to accomplishment, as what it means to be economically successful can be dramatically different in different cultures around the world.