

Figure 5 The Integral Framework.

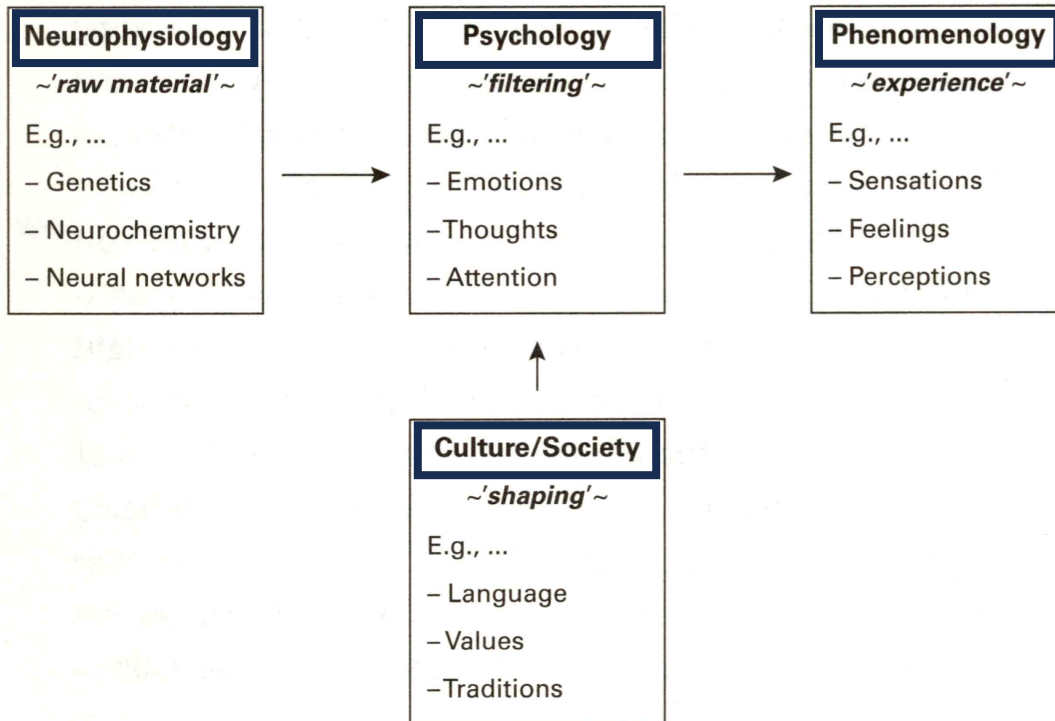


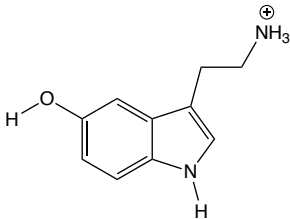
Figure 6 The architecture of happiness.

Genetic

People appear to have relatively stable temperamental happiness baselines or “set points”. A genetic propensity for happiness may enhance the chances of experiencing happiness-inducing events. Genetic and environmental factors aren’t independent but rather have complicated interactions through gene-environment interplay. Genetic factors can influence the extent to which environmental conditions affect well-being, as per the framework of vantage sensitivity. Most experts agree that about 40-50% of the happiness of an individual is derived from their genetics.

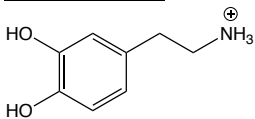
Neurochemical

Serotonin



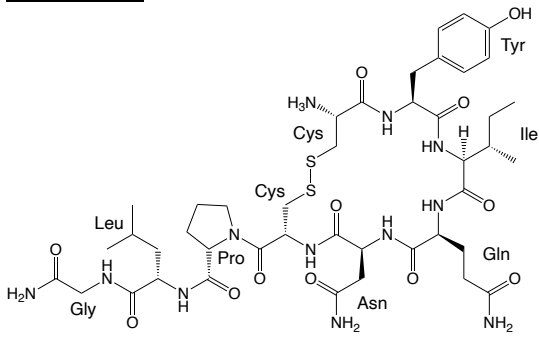
- Most prominent neurochemical discussed in relation to happiness.
 - Implicated in mood (low levels lead to depression/anxiety).
 - Can be raised naturally (exercise or natural light).
 - Hedonic/contentive feelings of happiness.
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Dopamine



- 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



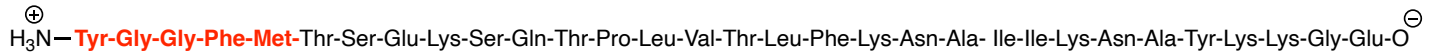
Known as the “love hormone”, it is related to bonding, trust and connection. It plays an important role in experiences involving romance or childbirth. Oxytocin also lowers NA and reduces stress in similar forms as contented happiness.

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.

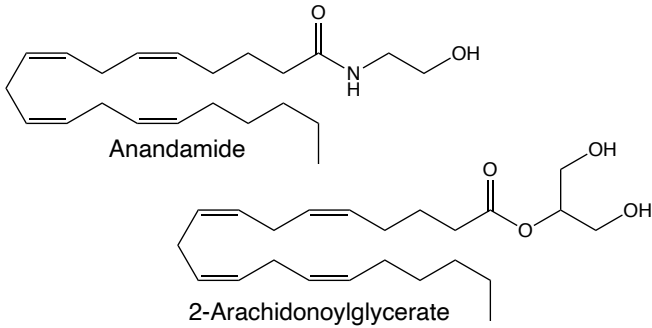
Endogenous Opioid

Met-enkephalin



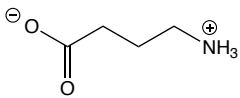
Endogenous opioids are powerful pain and mood-altering substances that are produced by the body.

Endocannabinoids



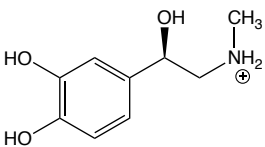
- Linked to harmonic happiness – homeostasis and balance within your body – influences appetite and metabolism and body systems.
 - Hedonic – runner’s high and the pleasure of exercise.
 - Produced naturally during relaxing activities such as meditation.
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GABA (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 happiness is the strongest and most widely observed association with happiness, involving the anterior cingulate cortex. This is associated with pleasure, pain, and self-regulation of emotions, along with processing stimuli. All of this is related to Hedonic happiness, however, the anterior cingulate cortex also has involvement in meditation. Increased activity in this region and the prefrontal cortex develops attention regulation skills correlating to happiness. Both of these regions play a pivotal role in controlling attention and synchronizing neurons, said to be "relaxed attention".

Psychological

The psychological dynamics is a mix of physiological brain territory and the realm of the subjective mind where emotions are seen as predominantly linguistic constructions. The role of thought in the emotions creation process has been highlighted by cognitive theories of mental illness and their therapies. Negative thoughts are interwoven through distressing emotions, and positive thought may help generate or shape happiness; the close connection between positive thoughts and emotion is why interventions are aimed at generating such thoughts. Furthermore, the reward-contingent release of dopamine could generate positively valenced emotions or feelings of hedonia.

Phenomenological

Our embodied experiences form the basis for metaphoric concepts relating to happiness. Orientational metaphors allows us to think abstractly in regards to space or expansion (rising up for good and down for bad). Ontological metaphors relate happiness to objects ("container full of thoughts"). Structural metaphors allow abstract processes to be configured as concrete activities ("I see what you mean"). Studying metaphors relating to happiness offers insights into its phenomenological dynamics.

Sociocultural

Happiness can be found through cultural differences due to upbringing. When you are raised around certain values, it shapes how you experience happiness. Whereas other cultures may be experiencing similar sensations while not reacting the same due to societal, political, or economic factors. Different cultures cause people to experience happiness differently based on individual beliefs.