

Figure 5 The Integral Framework.

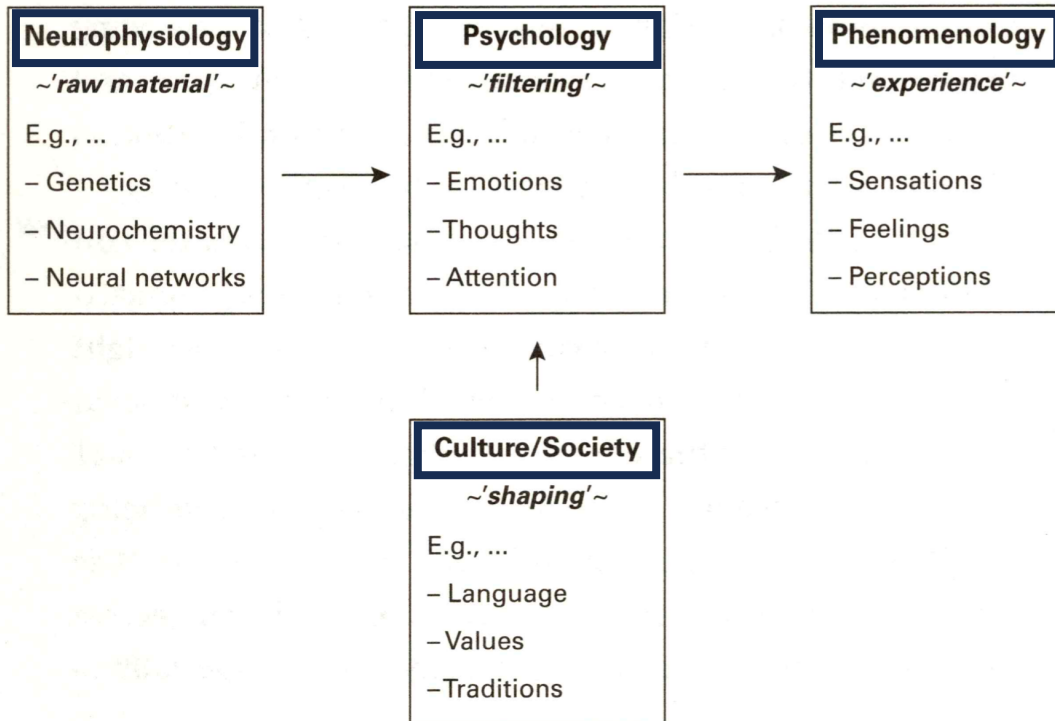


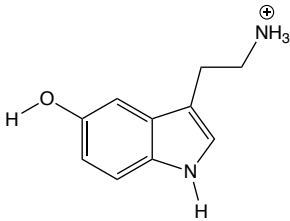
Figure 6 The architecture of happiness.

Genetic

It seems to be that even after a strike in good or bad fortune, happiness levels tend to return to baseline. This baseline is determined 40 – 50% by genetic factors and 50-60% by environmental factors. These genetic factors, like 5-HTTLPR, have been linked to mental illnesses like depression. The percentage proportion of the baseline does not display the full complex picture of how the baseline is determined as genetic factors could impact early life experiences which may affect well-being in and of itself.

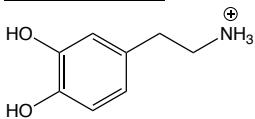
Neurochemical

Serotonin



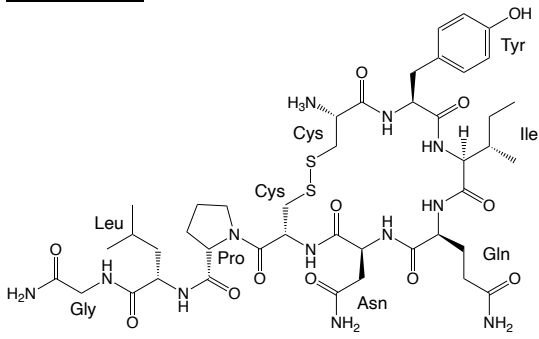
- Most prominent neurochemical discussed in relation to happiness.
 - Implicated in mood (low levels lead to depression/anxiety).
 - Can be raised naturally (exercise or natural light).
 - Hedonic/contentive feelings of happiness.
-

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.
-

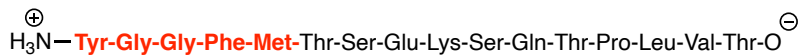
Oxytocin



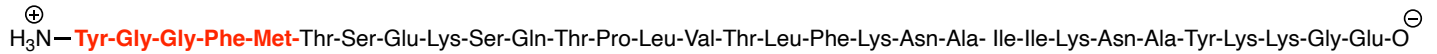
Known as the “love hormone”, it is related to bonding, trust and connection. It plays an important role in experiences involving romance or childbirth. Oxytocin also lowers NA and reduces stress in similar forms as contented happiness.

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.

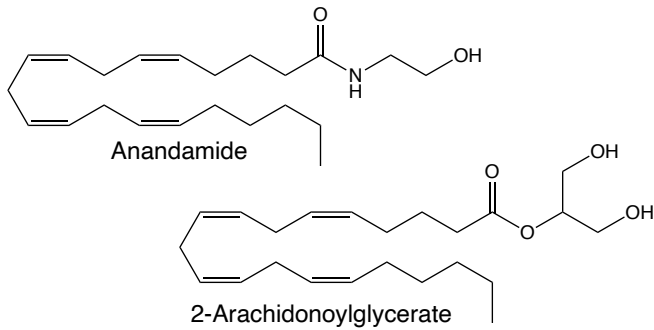
Endogenous Opioid

Met-enkephalin



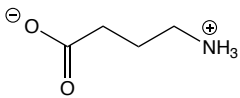
Endogenous opioids are powerful pain and mood-altering substances that are produced by the body.

Endocannabinoids



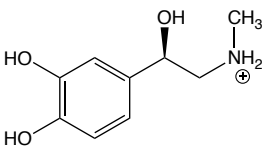
- Linked to harmonic happiness – homeostasis and balance within your body – influences appetite and metabolism and body systems.
 - Hedonic – runner’s high and the pleasure of exercise.
 - Produced naturally during relaxing activities such as meditation.
-

GABA (Gamma-aminobutyric acid)



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

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.
-

Neural

The neural aspect of neurophysiology encapsulates the firing of neurons stimulated by neurotransmitters which leads to coordinated activation of neural networks. Two key components include the anterior cingulate cortex and the prefrontal cortex which are involved in higher-level cognition and emotional activity (pleasure, pain). Hedonic happiness is the main area of research studied using technology. Brain activity revolving around meditation indicate activation of the aforementioned parts demonstrating happiness in the forms of contentment, absorbed, nirvanic and chaironic.

Psychological

The psychological state is found between the physiological brain territory and the subjective mind. Commonly referred to as one's "mental state" the well-being of it is personal and varies from person to person. Many factors play into the well-being such as culture, past experiences and mindset. Through this, thoughts and emotions shape each other and correlate to emotional reactions which then determine how one might react to improving self. For example, two different people can react to negative thoughts in different ways. One could go down the path of depression while another would use the negative thoughts to better themselves and derive happiness from doing so. Because there are so many different perspectives of the mental state, it is dependent on culture, standards, and values.

Phenomenological

- A school of philosophy and psychology that investigates subjectivity.
- It can range from describing the inner world to meditative introspection.
- Built on metaphysical concepts, such as orientational, ontological and structural.
- A sense of expansiveness is associated with feeling good.
- The space where "elevation" occurs is being experienced as larger, too.

Phenomenological happiness describes the idea of a subjective, elevated state that embodies complex experiences. It relates to metaphorical concepts such as orientational (thinking abstractly, using spatial dynamics), ontological (feeling contained in the mind), and structural (abstract processes configured as concrete activities). These metaphysical concepts like orientational metaphors can be gauged on a vertical scaling weighted by an upward, positive arousal and a downward, negative arousal.

Sociocultural

Culture shapes what people deem valuable, such as language which is integral to emotion formation. Several factors influence a person's sense of existential security. Those that feel more peril tend to be culturally conservative, and people in less peril tend to adopt liberal ideals. Some examples include harmonic, nirvanic, contented and relational happiness.