

Happiness

Ancient vs Modern

Group 7

2024-05-25



Group Members :



Olivia

Shiyu Dong



niiko

Nike Wu



Suna

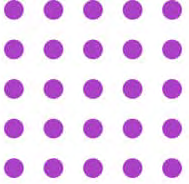
Nuo Xu



Dawn

Dan Lei





01

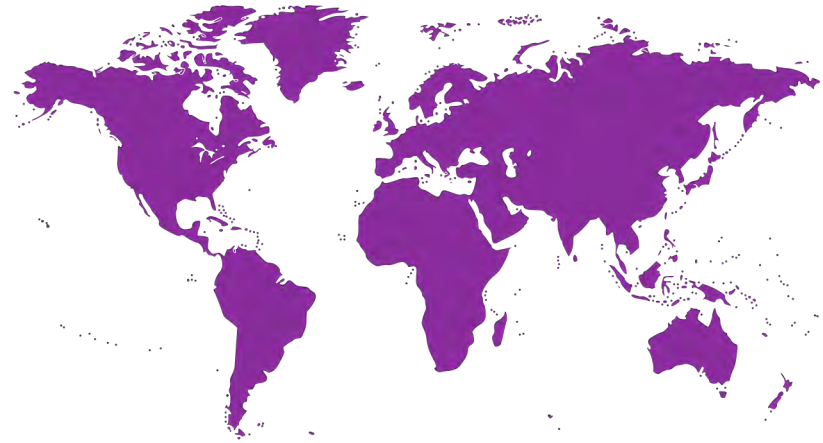
A brief introduction



Definition:

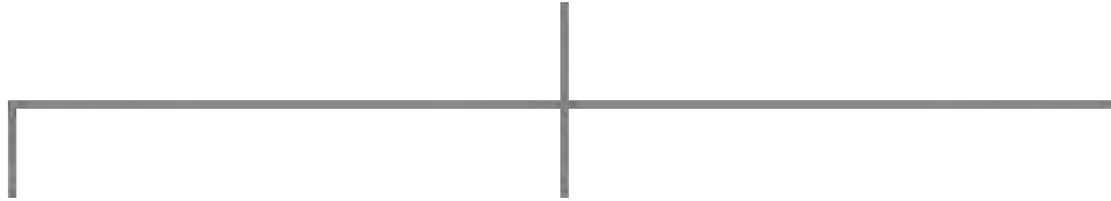


Happiness is a state of pleasure and satisfaction, stemming from inner joy and love for life, often manifested through smiles, laughter, and inner peace.





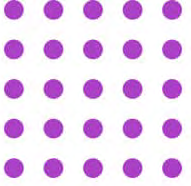
Importance:



Happiness reduces stress, anxiety, and promotes health by releasing hormones that lower blood pressure and boost immunity.

Happiness boosts self-esteem, optimism, and positive relationships.

Happiness spreads, fostering positive and harmonious social environments.



02

The cultural perspective on happiness





Confucianism:

Confucians strive for inner harmony through self-improvement and scholarly pursuit





Is it not a delight, said the Master, to acquire knowledge and put it into practice?



This perspective highlights the strong connection between **learning and happiness**. Confucianism posits that continuous learning and practical application can lead individuals to attain the state of "delight".

Taoism:

Laozi emphasizes aligning with nature and relinquishing attachments for inner peace and freedom.





Rule through non-action



Taoism holds that the highest state of governance is 'Wu Wei', which means not forcing things and complying with the natural laws, so that people can live in peace and prosper in their endeavors.

Creation and appreciation of poetry:

Through composing and appreciating poetry, ancient individuals were able to express their inner emotions, finding spiritual satisfaction and happiness in the process.





Embrace nature

☞The ancient people took pleasure in the beauty of natural landscapes, the sounds of birds and insects, and the tranquility and harmony of nature.

Nowadays:

The contemporary view of happiness may share commonalities with Legalist thought, an ancient Chinese philosophical school emphasizing the importance of law and order governing a state.

Legalists argue that by meeting people's basic and security needs, people will be happier. That is to say, if I receive a higher salary and more vacation days, I would be happier.



Citywalk



Citywalk is about “roaming” around a city on foot, soaking up the atmosphere and seeking out interactions with local and authentic snacks. It is a more relaxed and immersive way for urban youngsters to explore where they live.



Livehouse





Regimen



Regimen: The emergence of a new style of regimen is transforming the wellness landscape for Chinese youth, infusing their lives with newfound happiness and vitality. By embracing a balanced lifestyle encompassing exercise, nutritious diets, mindfulness, and social connections, Chinese youngsters are discovering a profound sense of fulfillment and joy.

What is happiness?

H (happiness) = S (your biological set point for feeling happy) + C (the conditions of your life) + V (the voluntary choices you make).



Find your own path in life, do whatever you feel will make you happy. Everyone is a unique person because your way to be happy differs with others. So **be yourself, love yourself** and the door of happiness will open to you.



THE END
THANKS

