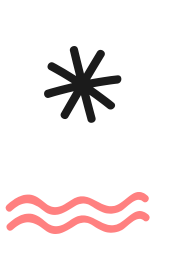




Happiness





Our members



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Tuyết Nhung**





1

What Is Happiness?





Happiness is an emotional state characterized by feelings of joy, satisfaction, contentment, and fulfillment. While happiness has many different definitions, it is often described as involving positive emotions and life satisfaction.

2 key components of happiness (or subjective well-being)



The balance of emotions



Life satisfaction



The ancient philosopher Aristotle, who suggested that happiness is the one human desire, and all other human desires exist as a way to obtain happiness.



He believed that there were **4 levels** of happiness.





2

Types of Happiness

++ The ancient Greek philosopher Aristotle made a distinction between 2 different kinds of happiness:

1

Hedonia

2

Eudaimonia





More recently, psychologists have suggested the addition of the third component that relates to engagement. These are feelings of commitment and participation in different areas of life.



Some types of happiness that may fall under these three main categories include: Joy; Excitement; Gratitude; Pride; Optimism; Contentment.



3

How to be a Happier Person?





**Cultivate Strong
Relationships**



**Get Regular
Exercise**



Show Gratitude



**Find a Sense of
Purpose**



***Some things you can do to help find
a sense of purpose include:***



1

Explore your interests
and passions



2

Engage in prosocial
and altruistic causes



3

Work to address
injustices



4

Look for new things
you might want to
learn more about



A young woman with curly red hair and freckles is smiling broadly, wearing a white t-shirt. She is pointing her right index finger directly at the camera and her left hand is raised in a similar gesture. The background is a warm-toned wooden fence. The image is decorated with a white wavy line in the top left, a white circle in the top center, a pink scalloped shape in the bottom left, and a teal curved shape in the bottom right.

**Thanks for
listening!!!**