

## Finding Happiness In A Stressful World

Lisa Goatley, MS, LPC  
Counseling Solutions, LLC  
Blacksburg, VA

1

## What is happiness?

2

## What happiness is not

3

## Why pursue happiness?

- ▶ Health benefits
- ▶ Societal benefits

4

## Barriers to happiness

- ▶ Compulsive behavior (food, gambling, sex, work)
- ▶ Depression and anxiety
- ▶ Substance use (alcohol and other drugs)

5

## The Role of Stress

6

# Three Sources of Happiness

7

Three Sources of Happiness

- 1) Genetics  
(Temperament and Personality)

8

Three Sources of Happiness

- 2) Life Circumstances  
(Health and Wealth)

9

Three Sources of Happiness

- 3) Personal Choices  
(Thoughts and Behavior)

10

# 10 Strategies to Cultivate Happiness

- 1) Find what makes you happy

11


# 10 Strategies to Cultivate Happiness

- 2) Enhance positive emotions (3:1 ratio positive to negative)

12

**10 Strategies to Cultivate Happiness**


3) Have meaningful goals



13

**10 Strategies to Cultivate Happiness**


4) Favor experiences over possessions



14

**10 Strategies to Cultivate Happiness**


5) Cultivate a spirit of gratitude



15

**10 Strategies to Cultivate Happiness**


6) Value relationships



16

**10 Strategies to Cultivate Happiness**


7) Spend time in nature



17

**10 Strategies to Cultivate Happiness**

8) Dispute negative thoughts



18

## 10 Strategies to Cultivate Happiness

9) Practice kindness and forgiveness

19

## 10 Strategies to Cultivate Happiness

10) Develop your character

20