

Guillermou

In 1938, Harvard researchers embarked on a decades-long study to discover: What makes us happy in life? Researchers collected health records from 724 participants from around the world and asked them detailed questions about their lives at two-year intervals. The most consistent finding we have learned over 85 years of study is: Positive relationships keep us happier, healthier, and help us live longer. Social fitness requires taking stock of our relationships and being honest with ourselves about where we spend our time and whether we tend to the connections that help us thrive. In our relational life, there are seven pillars of support:----- 1) Safety and security.----- 2) Learning and growth.----- 3) Emotional closeness and trust.---- 4) Affirmation of identity and shared experience.----- 5) Romantic intimacy.---- 6) Help.---- 7) Fun and relaxation.----- At the link you will find a table arranged around the seven cornerstones.

The first column is for the relationships that you believe have the greatest impact on you. Think of this exercise as an x-ray: a tool that helps you see beneath the surface of your social universe.

www.cnbc.com/2023/02/10/85-year-harvard-study-found-the-secret-to-a-lo.. (2023).- --

Posted On 04/18/2024

juststeve

Gui, so much of what is being described in this article almost would seem to be a fairytale, yet it is not. Nearly everything described this area had so much of it in spades decades ago. So much, so many things, so many people, families connected. Not that there were not hard times, negatives, rainy days to deal with, but there was a high level of support, compassion a closeness words fail to describe. One has to live it to truly know it.

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Of course Just, we must promote the hormones of happiness. National Geographic magazine states that there are 5 habits that activate happiness hormones. Next, we tell you what they are: -----1) Identify emotions: to manage emotions in a healthy way, it is important to know how to recognize them and name them. This will help us understand what happens to us, accept it and, if necessary, act accordingly. In addition, it helps improve people's mental health and is key to controlling what we feel. ----2) Take care of social relationships: specialists point out that one of the keys to happiness is feeling loved and accompanied.

According to a study by Harvard University, people who have more connections with their friends and family are happier, live longer, and have better health. -----3) Practice physical exercise: doing physical activity or sports contributes to mental health, improves mood and releases endorphins, which produce a feeling of well-being and satisfaction. -----4) Giving and receiving hugs: the benefits of this show of affection are reflected in the biochemistry of our body, generating feelings of satisfaction.

When giving or receiving a hug, the contact with the other person ----5 Talk to yourself positively and in the second person: internal dialogue impacts how we feel and our behaviors. The University of Michigan states that the key is to use the second person when we talk to ourselves because we tend to say positive phrases and achieve a more optimistic attitude.

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blowe

Sleep has been slippery for me for many years, often getting only about 5 hours or so. I've implemented many strategies and it improved slightly but didn't sustain long. Although I'm trying to reduce the number of supplements I take, I thought I'd give Dr. M's Sleep Support a try. For the last 3 weeks I've been sleeping 7 to 8 hours a night. I'm not sure if it's one of the ingredients or all three of them but I truly feel happier and more energized throughout the entire day.

Posted On 04/18/2024

robbie2u

For the inquiring mind happiness comes from understanding and not judgement. Therefore, understanding is more important than judgement which often occurs without understanding.

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