

WELLNESS WEDNESDAY

Choosing Happiness

When we think about what will make us happy, it's normal to imagine the things we want that we don't have. After all, when we get what we want, we feel good, right? Maybe for a while, but inevitably it wears off. If getting what we want is the key to happiness, there is an inherent problem — we still will be unhappy again later, despite things going our way. This pattern can go on for a long time before we finally catch on to what's happening!

Interestingly, happiness seems to be more about what we're doing right now, how we're doing it, and who we're doing it with, rather than long-term outcomes. Moving in this direction, we can find enjoyment in completing simple tasks, taking time to really engage with what we're doing, and going the extra mile to make a deeper connection.

By engaging more fully in the process of our lives, and the people in it, we're able to let go of some of the mental distractions that prevent us from feeling happy right now. It's not necessary to approach every circumstance with a thought towards what we'll get out of it, how it will work out, or what it means in the bigger picture. Good work, people, and activities can stand on their own, and it might just be enough to enjoy that—right now, in this moment.

For more reading:

<https://www.health.harvard.edu/blog/the-secret-to-happiness-heres-some-advice-from-the-longest-running-study-on-happiness-2017100512543>



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