走進觸不到的社區。

封面故事

在龐大的(水)壓力下，牠的嘴邊依然掛著一個大大的笑容，自由快活。讓我們潛入水底，窺探牠如何找到快樂方程式，以及在海底中悠然暢泳的秘密… …

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VOL. 11

The Formula for Happiness:
The Power of Positive Psychology

Are you satisfied with your life? Do you feel happy?

Positive Psychology[1] [2]

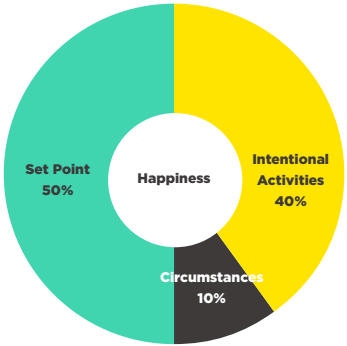
When we think about psychology, we often associate it with mental health issues. During the unsettling times of World War II, the focus of psychology was primarily on researching mental health problems. However, as society stabilized and developed a more optimistic atmosphere, psychologists began exploring happiness and the meaning of life.

Former President of the American Psychological Association, Dr. Martin Seligman, and other psychologists conducted research on evidence-based positive psychology theories. They advocated for **cultivating positive emotions and character strengths, discovering, and utilizing potential, and assisting people in having a happier and more meaningful life**. Research shows that positive psychology helps improve mental health, reduce symptoms of depression, and is expected to complement psychotherapy, enhancing its effectiveness.

The Formula for Happiness

Many people believe that environmental circumstances are the main factor influencing our happiness. This belief can lead to a sense of powerlessness and the feeling of being controlled by fate. However, in most cases, **we can adapt to the joy or pain brought by environmental circumstances**, and the happiness index eventually returns to the baseline.

Positive psychologists propose a formula for happiness. They suggest that innate emotional predisposition accounts for 50%, environmental circumstances only contribute to 10%, and autonomy accounts for 40%.[3]



Although this formula is still in the experimental stage, it indicates that autonomy, including thought and behavior patterns, understanding of situations, and problem-solving abilities, has a greater impact on the happiness index than environmental circumstances. Therefore, **happiness is actually within our control.**

If interested in learning more,
you can read Dr. Seligman's work:
"Authentic Happiness"

What is Happiness, Actually?

Positive psychologists categorize happiness[4] into three levels:

❸ 找到人生意義 Meaning

The highest level of happiness is the ability to utilize one's skills and strengths, investing in meaningful endeavors or activities. In the process of benefiting others, finding one's own position and value.

❷ 積極參與 Engagement

Higher-level happiness than pleasure. It involves using one's talents and signature strengths, combined with effort, to achieve. The satisfaction from engagement is more enduring than simple pleasure.

❶ 愉快 Pleasure

Instant sensory satisfaction that requires little thought or effort, but it doesn't last long

**If interested in learning more,
you can watch Dr. Seligman's lecture!** ▶

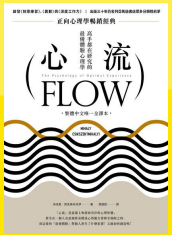
Concrete Actions to Take

Explore your interests, increase flow experiences:

When we concentrate on activities that we are good at and that challenge us, we experience excitement and fulfillment. This positive emotional state, called "flow," helps us actively engage in and enjoy life, feeling more in control and confident about things.

Quick Note

What are my strengths/interests?



If interested in learning more, you can read the classic work by psychologist Mihaly Csikszentmihalyi: ***"Flow: The Psychology of Optimal Experience"***

Maintain a gratitude journal, cultivate multi-perspective thinking:

Holding a grateful mindset reduces thoughts of comparison with others and negative emotions. In the face of life's challenges, we sometimes focus on negative thoughts and complaints. Cultivating the habit of writing a gratitude journal can remind us of the moments in life worth being grateful for, helping us think from multiple perspectives.

Gratitude Journal

Month: **Day:**

- **Things to be grateful for today:**

1.

2.

3.

Concrete Actions to Take

Practice mindfulness, learn to accept and forgive:

As mentioned in previous booklets, "mindfulness" advocates observing all experiences in the present moment with a non-judgmental, open, and accepting attitude. Being able to forgive others and ourselves can liberate us from disappointment and anger.

Volunteer, build relationships, find meaning in life:

As the saying goes, "helping others is the key to happiness." Volunteering not only broadens our social circle but also allows us to unleash our potential, positively influencing others and bringing meaning to life. When helping others, we gain positive emotions, fostering better interpersonal interactions, making us happier and creating a virtuous cycle.

Volunteer Recruitment Websites:

Volunteer Movement

Social Welfare Department: Volunteer Service

Social Career

Short-term Goals

Set plans for the next month:

Date/Time:

Location:

Activity:

- ○ Attend an interest class
- ○ Write a gratitude journal
- ○ Volunteer
- ○ Practice mindfulness
- ○ Other: _____ (If any) Companions: _____
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- ○ Other: _____ (If any) Companions: _____

How satisfied are you with your life now? How happy do you feel?

Now, rate them again:

Positive psychology advocates cultivating positive emotions and character strengths, discovering and utilizing potential to achieve happiness and a meaningful life.

The following four tips can help you translate words into action:

1. Explore your interests more, increase flow experiences
2. Cultivate the habit of writing a gratitude journal and think from multiple perspective
3. Practice mindfulness, learn to forgive
4. Volunteer, build relationships, find meaning in life