



Under the Umbrella of Happiness, Meaningfulness and Well-Being

Attaining happiness has always been a human quest. Philosophers have contemplated the subject through the ages. Aristotle's definition of happiness states: "**Happiness** depends on us." More than anybody else, Aristotle enshrines happiness as a central purpose of human life and a goal in itself. Aristotle believed "happiness is that activity of the soul which functions in accord with excellence."

Happiness is a self-discovery process. Having a sense of well-being, being happy and finding meaning in life may overlap, but are distinct. A feeling described as happiness is often associated with good health. Many research studies have noted the connection between a happy mind and a happy body. According to a report released by the CDC in January 2014, there are multiple predictors of happiness. Happiness was oriented to the present or the "now" and linked to being a taker rather than a giver. **Happiness is rooted in having one's needs and desires satisfied, including being largely free from unpleasant events and circumstances in the "now."**

Meaningfulness is both a cognitive and emotional assessment of whether one's life has value and purpose and is rewarding over time. It is more complex than happiness because it requires integrating the past, present, and future and the interpretation of life circumstances across time, abstract values and culturally negotiated ideas. Thinking about the future and past was associated with higher meaningfulness, but lower happiness. Higher levels of stress, worry, and anxiety, thoughts of personal

identity and expressing self were linked to higher meaningfulness, and being a giver, but lower happiness.

Well-Being evaluates not just the body's vital signs, but the mind-body connection as well.” It measures the seven interrelated elements (the common factors of a well-lived life) that research has shown to have the greatest impact on an individual’s well-being: **purpose/career, financial, physical, relationships, mental/emotional, spiritual, and community**. Insights gained through this assessment and self exploration process help individuals take the first steps on their journey to living better.

If you would like to thrive, experience happiness and meaning in one or more of the seven elements of well-being, contact us for a coaching session. As coaches, we believe you have your own answers. We just help you uncover them.

Contact Us on www.siroccowb.com or call 440 338-1547.