



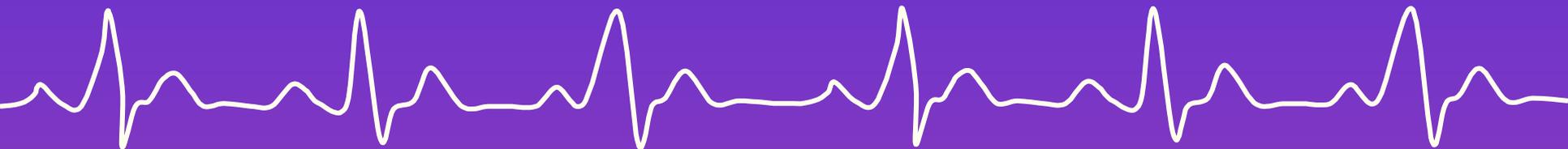
Happiness in Your Next Stage of Life

David R. Scrase, M.D.

March 13, 2014

Agenda

- The Pursuit of Happiness
- Definition of Happiness
- Happiness and Aging
- Individual Happiness
- Conclusion, Questions, Comments

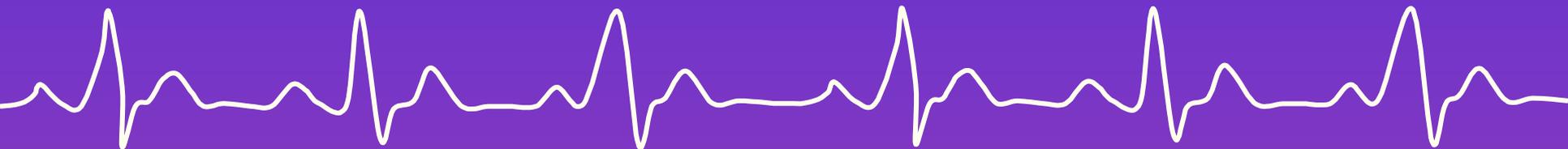


The Pursuit of Happiness



The Declaration of Independence

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty *and the pursuit of Happiness.*"



The Declaration of Independence

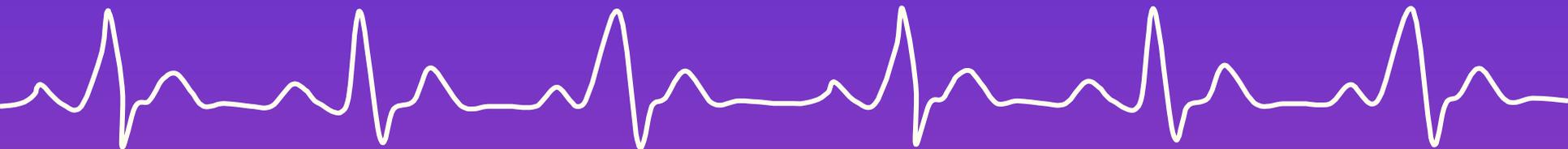
We hold these truths to be ^{self-evident;} ~~clearly~~ ~~undeniable~~, that all men are
created equal & independent, that ^{they are endowed by their creator with} ~~from that equal creation~~ they derive
~~rights, which are~~ ^{rights; that} ~~unalienable~~, among ^{these} ~~which~~ are ~~life, liberty, & the pursuit of happiness;~~
life, ~~liberty, & the pursuit of happiness;~~ ^{rights,} that to secure these, ~~governments~~ ^{governments} are instituted among men, deriving their just powers from



The Pursuit

“The U.S. Constitution doesn't guarantee happiness, only the pursuit of it. You have to catch up with it yourself.”

Benjamin Franklin

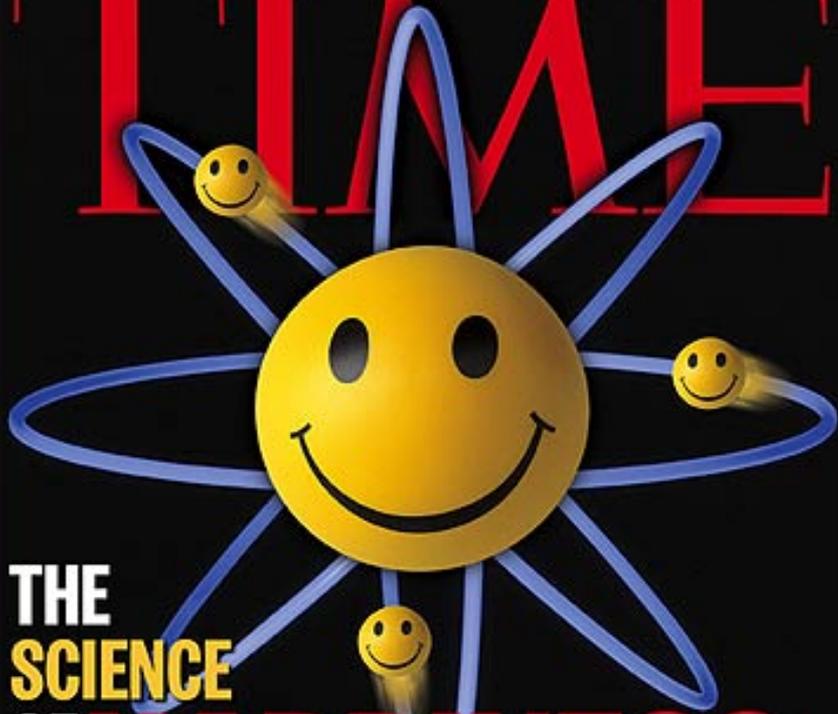


SPECIAL MIND & BODY ISSUE

TIME

THE SCIENCE OF HAPPINESS

- Why **OPTIMISTS** live longer ■ Is **JOY** in your genes?
 - Does **GOD** want us to be happy?
 - Why we need to **LAUGH**
- PLUS:** Dave Chappelle on what's funny



SUMMER DOUBLE / Best Books for the Beach

Same-Sex Triumph 15 / Cube's Evolution 58 / Royal Baby 46

TIME

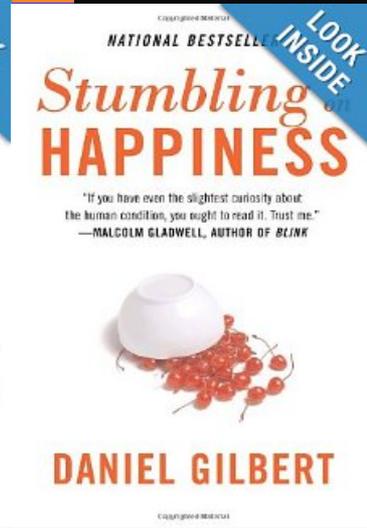
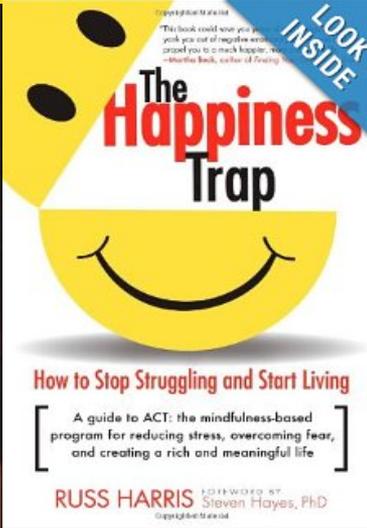
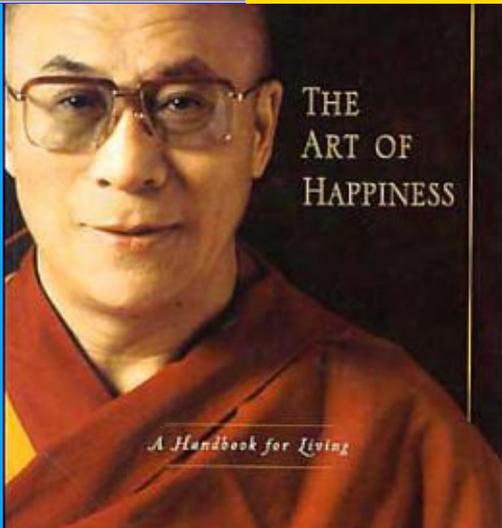
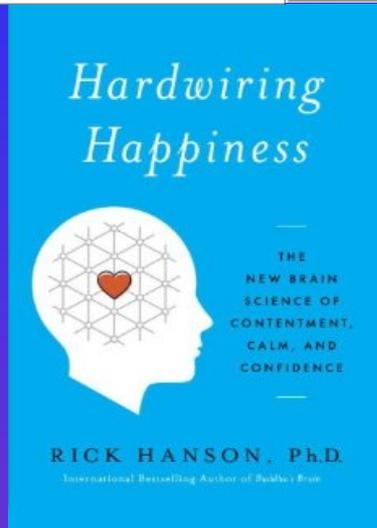
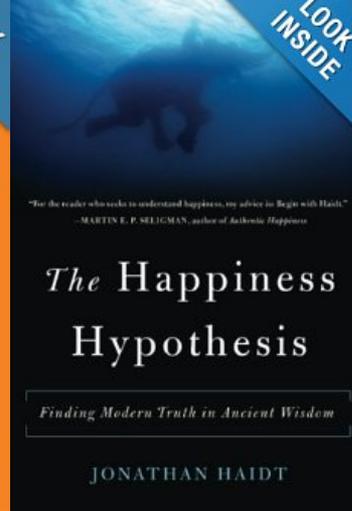
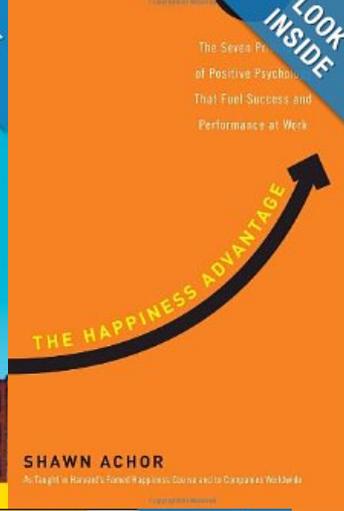
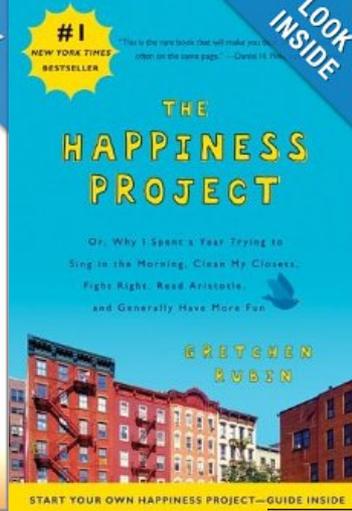
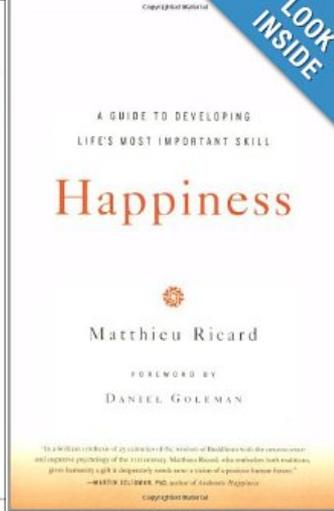
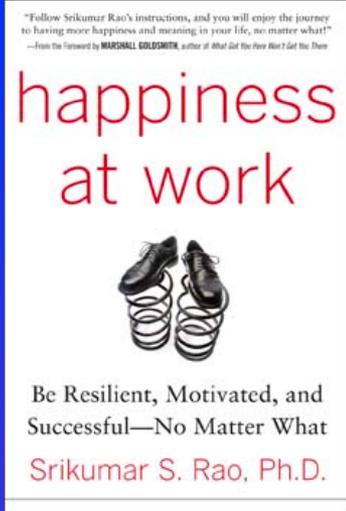


Why Americans are wired to be happy—and what that's doing to us

BY JEFFREY KLUGER

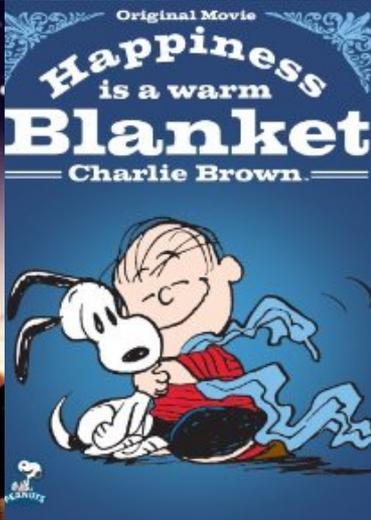
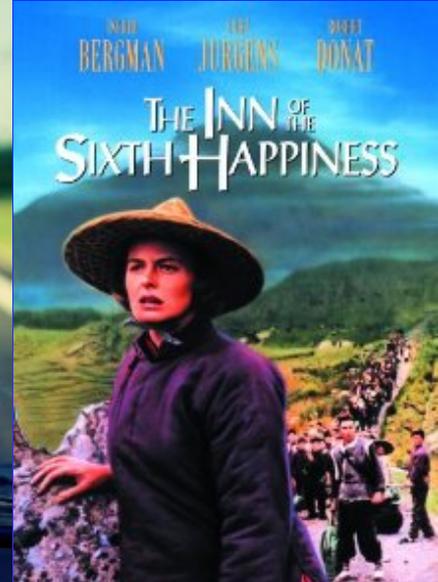
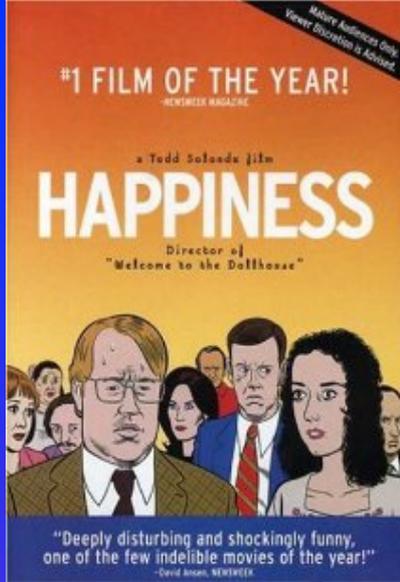
Does Facebook bring you down? TIME poll, 34
Jon Meacham on what Jefferson meant 38





and 34,000 more books on Amazon!



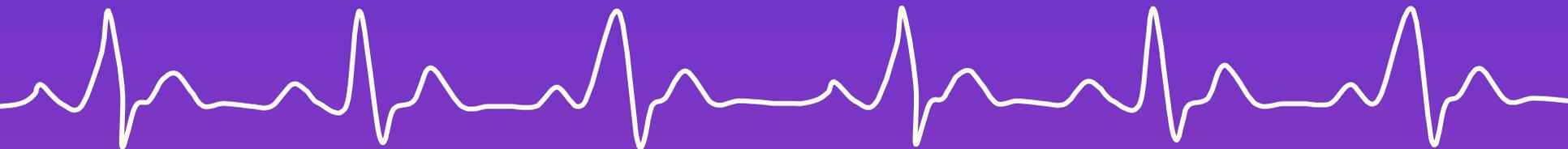


and 950 more MOVIES on Amazon!



What Americans Spend on Happiness

- \$118 billion on travel abroad in 2012
- \$25 billion on sporting events
- \$11 billion on movie tickets (with Canada)
- \$10 billion on self help books and tapes
- \$1 billion on motivational speakers

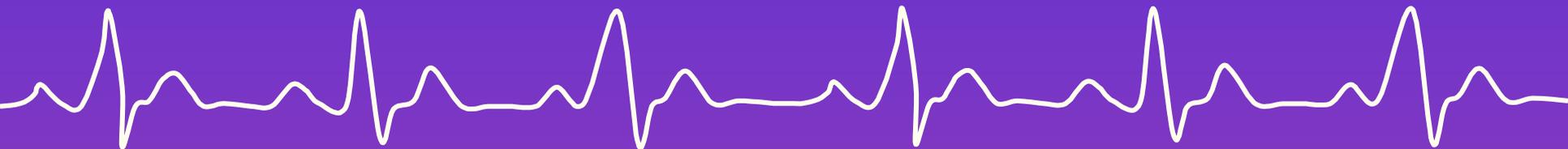




“ATT says the key to happiness is cheaper long distance service, but Fruit of the Loom says the key to happiness is nice undies. On the other hand, Pillsbury says....”

Despite What We Spend

- Only about one-third of Americans have said they are “very happy,” with no change since 1972
- The percent of Americans who say they are “optimists” has dropped from 79% in 2004 to 50% in 2013 (Time Magazine, July 2013)
- 20% of Americans will suffer from a mood disorder and 30% from anxiety at sometime in their lives
- The US does not rank in the top 10 in any of the international happiness surveys



“I wish that I had let myself be happier” from *The Top Five Regrets of the Dying*

by Bronnie Ware, R.N.

- Many did not realize until the end that happiness is a choice, and that they had stayed stuck in old patterns and habits.
- Deep within, they longed to laugh properly and have silliness in their life again.



Definition of Happiness



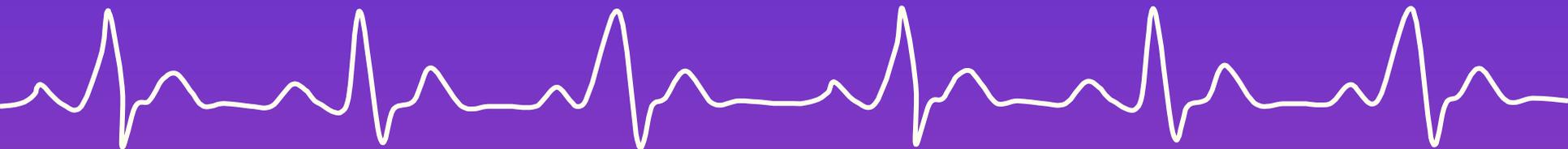
Happiness Defined

Miriam Webster

hap·pi·ness

a: a state of well-being and contentment: joy

b: a pleasurable or satisfying experience

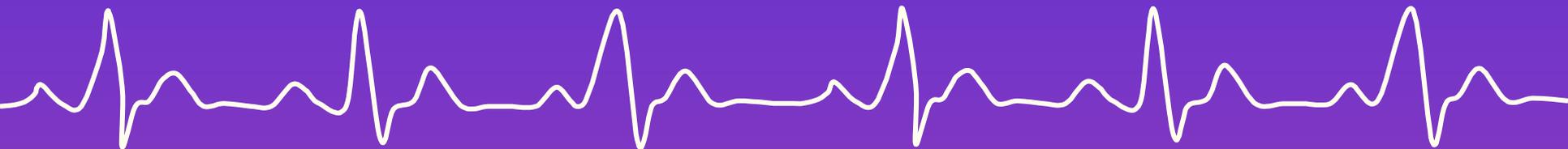


Happiness Defined

www.dictionary.com

hap·pi·ness

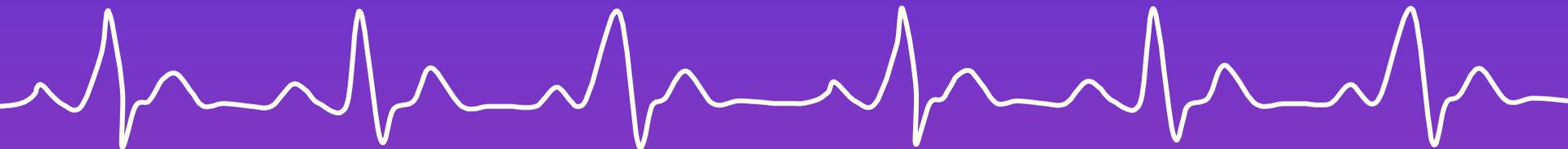
1. the quality or state of being happy
2. good fortune; pleasure; contentment; joy.



A Research Definition

(Seligman, 2002, *Authentic Happiness*)

- “We work under the assumption that happiness is a scientifically unwieldy term and that its serious study involves dissolving the term into at least three distinct and better-defined routes to ‘happiness’
 - positive emotion and pleasure (the pleasant life)
 - engagement (the engaged life)
 - meaning (the meaningful life).”

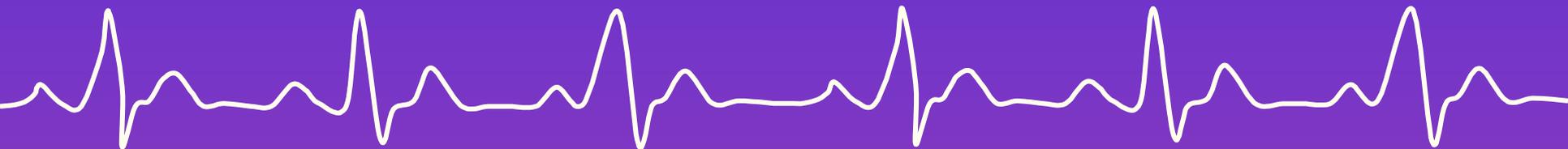


Happiness and Aging



Quiz

- Several years ago a survey was taken of 100 people who were 100 years or older.
- They were asked, “If you could go back to any age of your life, what age would you pick?”
- What do you think was the most common answer?



“If you could go back to any age of your life, what age would you pick?”

- 21

- 40

- 55

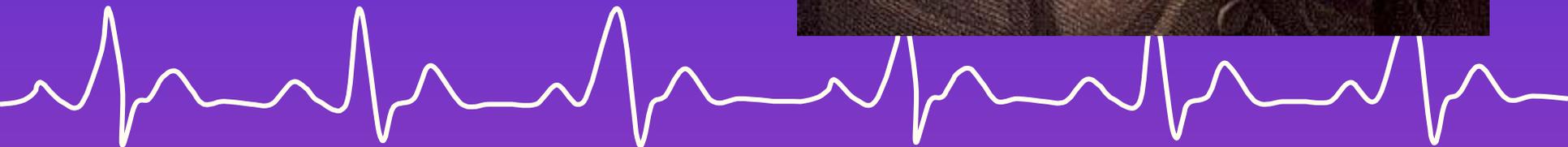
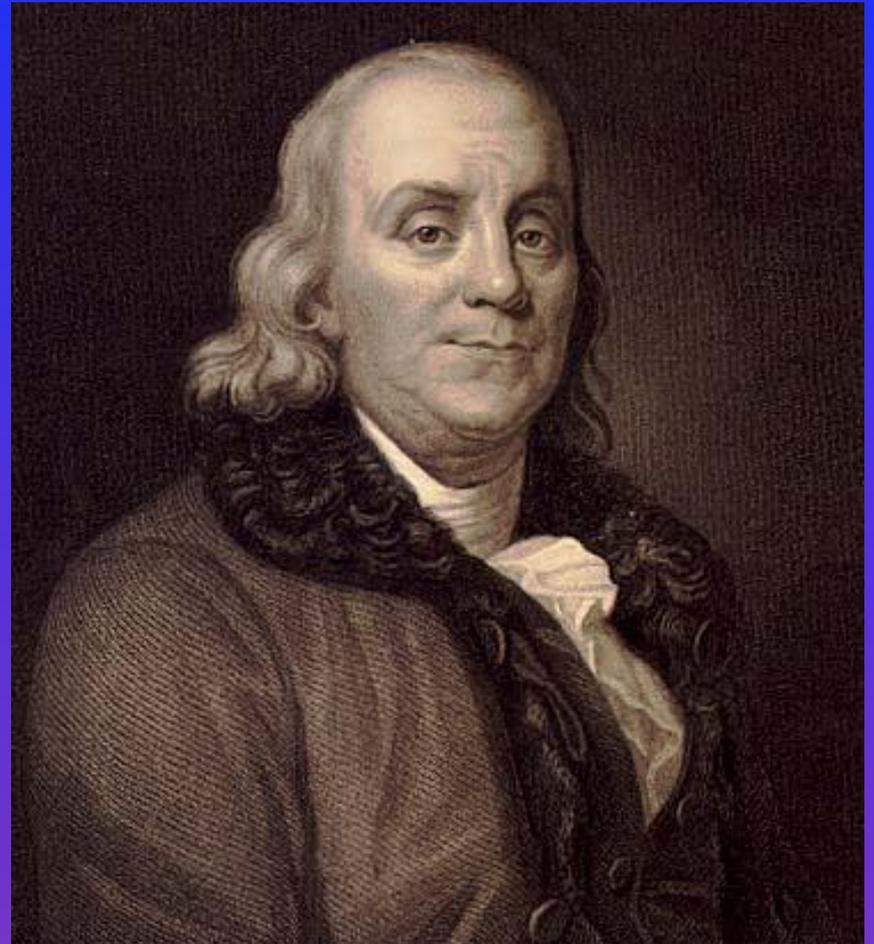
- 70

- 90



70! Why 70?

- At age 70, Benjamin Franklin helped to draft the Declaration of Independence



Mispredicting Happiness

HP Lacey, DM Smith, PA Ubel, Hope I Die Before I Get Old: Mispredicting Happiness Across The Adult Lifespan. *Journal of Happiness Studies* (2006) 7: 167-182

“Things they do look awful cold,
I hope I die before I get old.”

Pete Townshend (in 1965, age 20)
guitarist and songwriter,
lyrics to *My Generation*

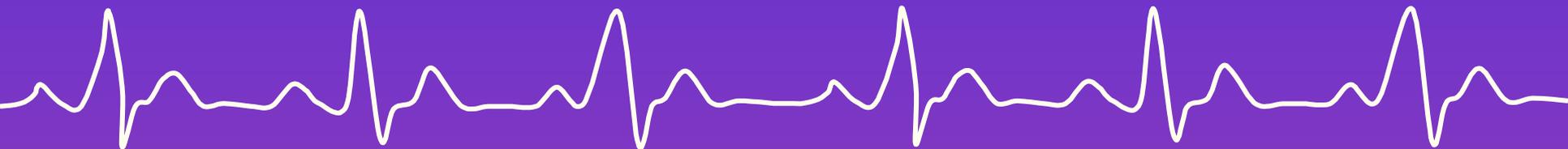


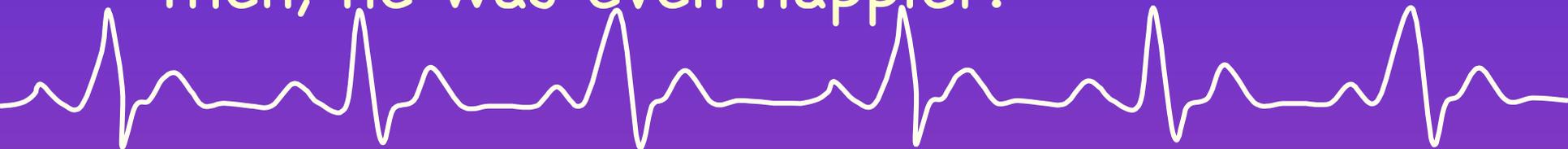
Figure 1. Current happiness self-reports versus happiness estimates for the average person, for ages 30 and 70.



Mispredicting Happiness

HP Lacey, DM Smith, PA Ubel, Hope I Die Before I Get Old: Mispredicting Happiness Across The Adult Lifespan. *Journal of Happiness Studies* (2006) 7: 167-182

- “Having reached his 60th birthday, Pete Townshend frequently writes on his website about how happy he is now, in contrast to the lyrics composed in his youth. Our study suggests that he is not unusual in being so happy, nor would he be unusual if he occasionally reminisced about his youth, imagining that, back then, he was even happier.”



Happiness and Aging

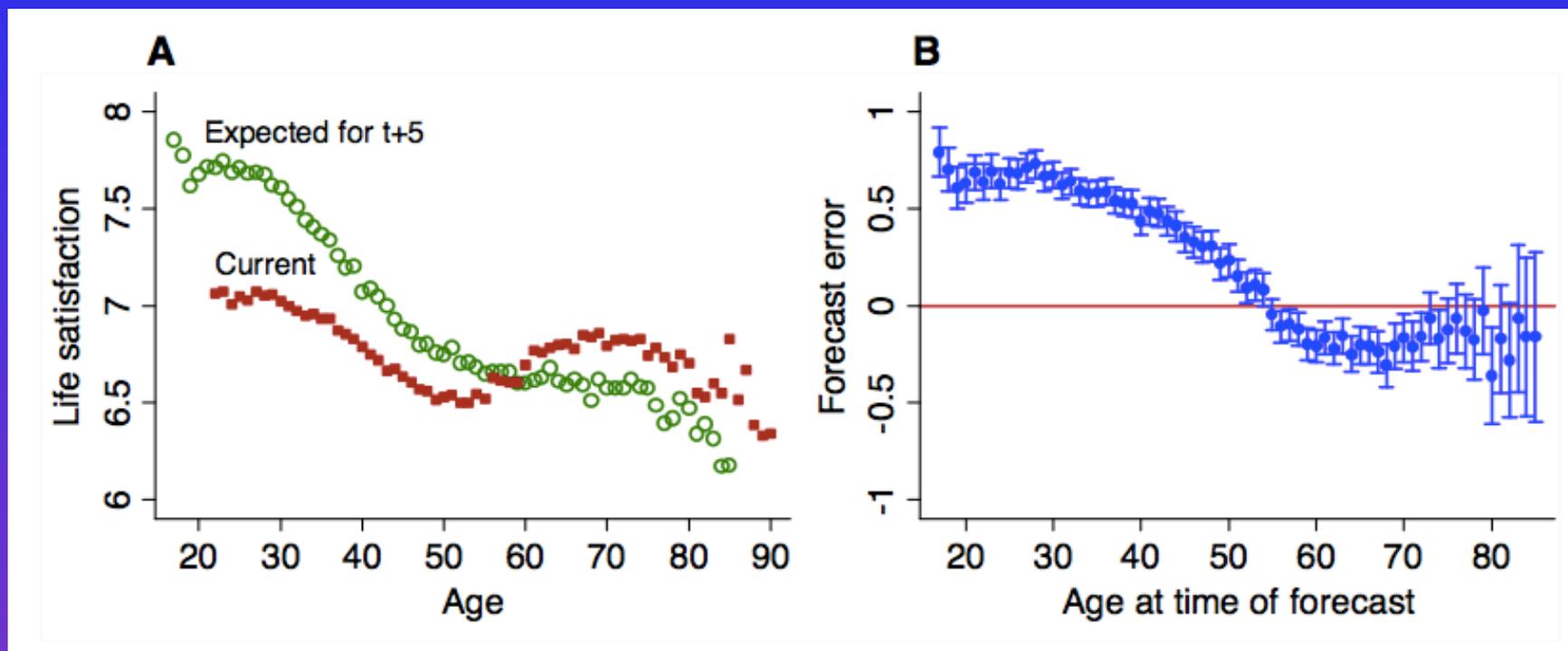
Unmet Aspirations as an Explanation for the Age U-shape in Human Wellbeing, Hannes Schwandt, London School of Economics, CEP Discussion Paper No 1229 July 2013

- Study of > 132,000 Germans, who were asked to assess current levels of life satisfaction and predict life satisfaction 5 years hence
- The two peak ages for life satisfaction were 23 and 69
- The two low ages for life satisfaction were early 50s and after age 75



Unmet Aspirations as an Explanation for the Age U-shape in Human Wellbeing, Hannes Schwandt, London School of Economics, CEP Discussion Paper No 1229 July 2013

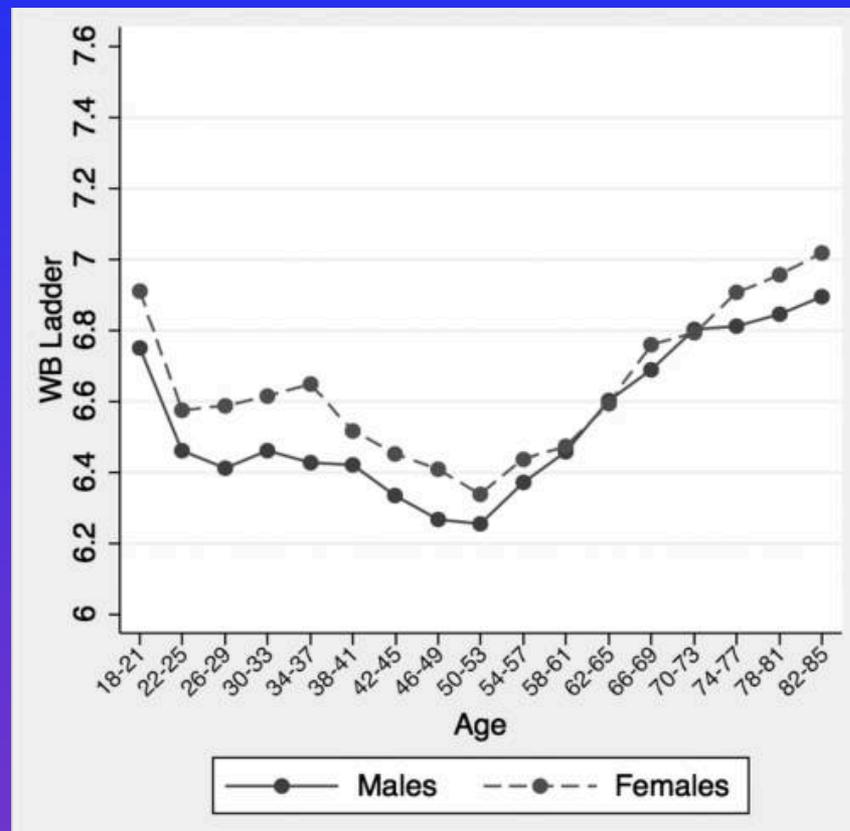
Figure 1: Expected life satisfaction, current life satisfaction and life satisfaction forecast errors over age (n = 132,609)



A snapshot of the age distribution of psychological well-being in the United States.

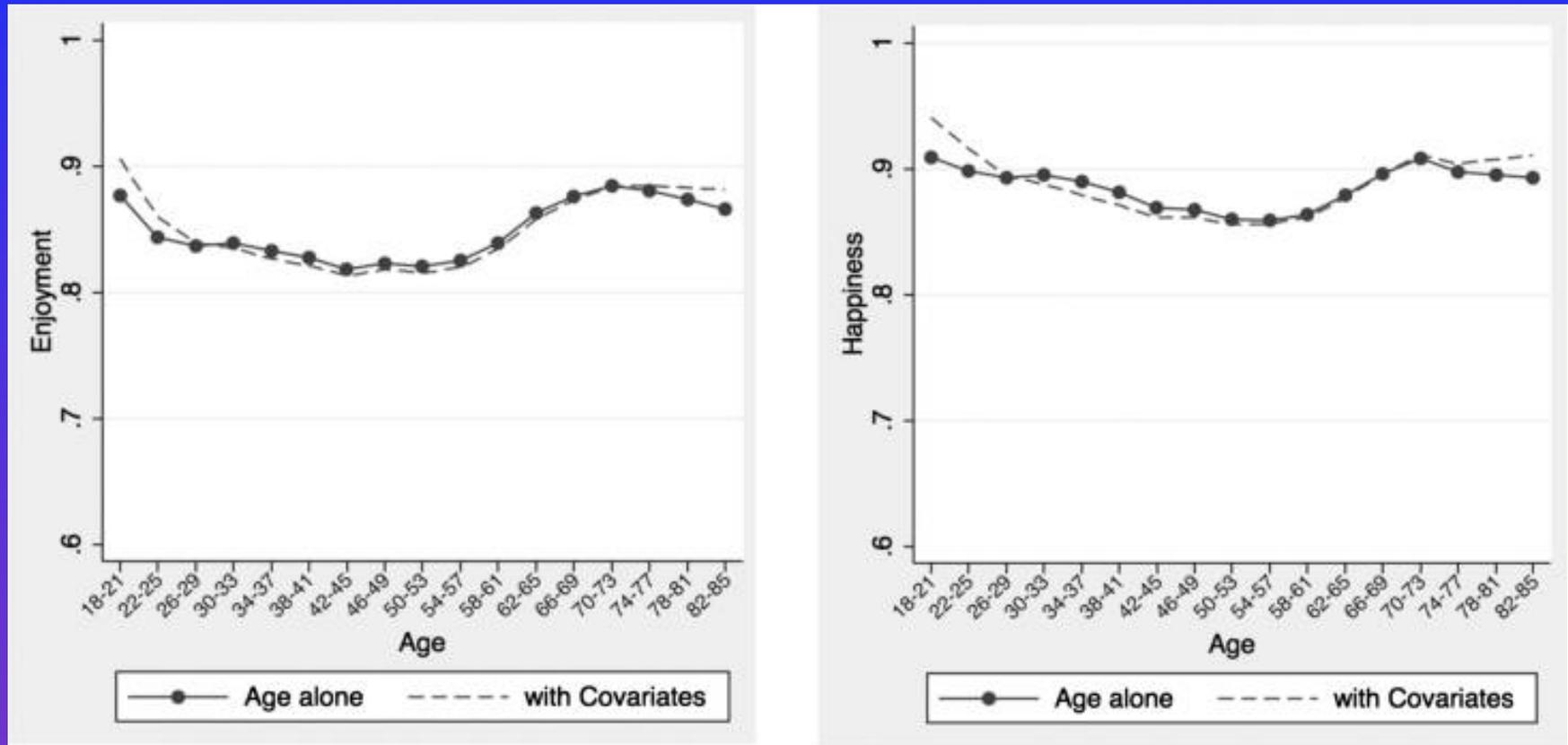
Stone AA, Schwartz JE, Broderick JE, Deaton A. Proc Natl Acad Sci USA. 2010 Jun 1;107(22):9985-90.

- 2008 telephone survey of 340,847 people in the US
- Wellbeing and happiness both follow u-shaped curves
- This US study is optimistic about life after 80



A snapshot of the age distribution of psychological well-being in the United States.

Stone AA, Schwartz JE, Broderick JE, Deaton A. Proc Natl Acad Sci U S A. 2010 Jun 1;107(22):9985-90.



Who Have More in Life?

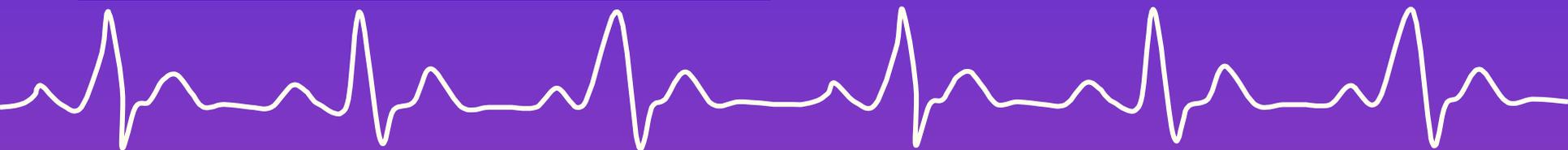
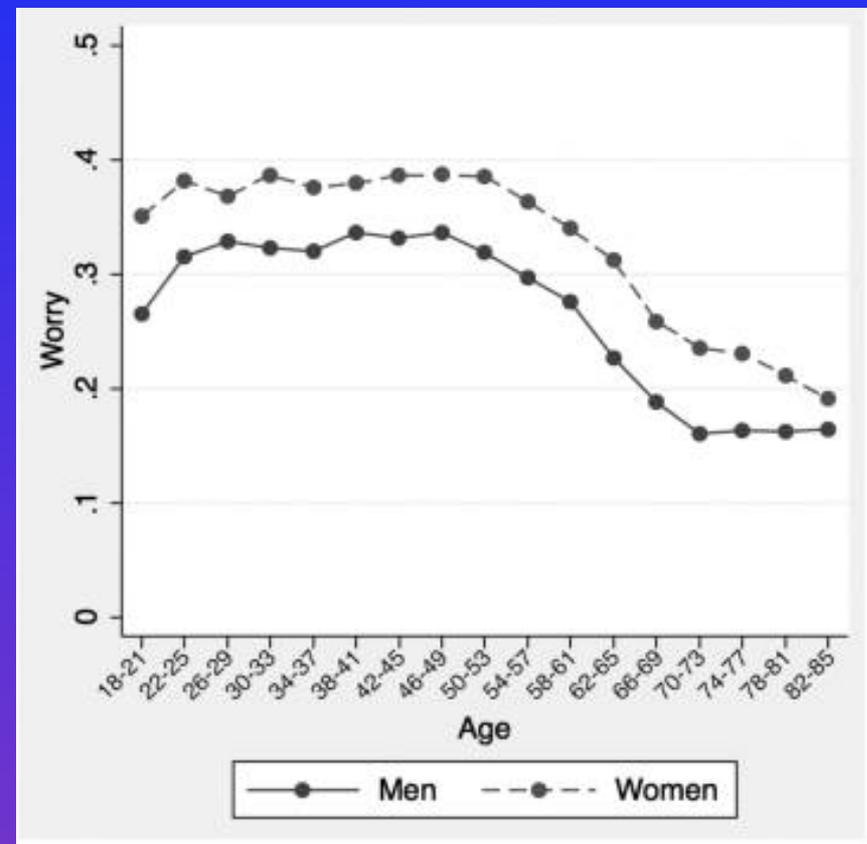
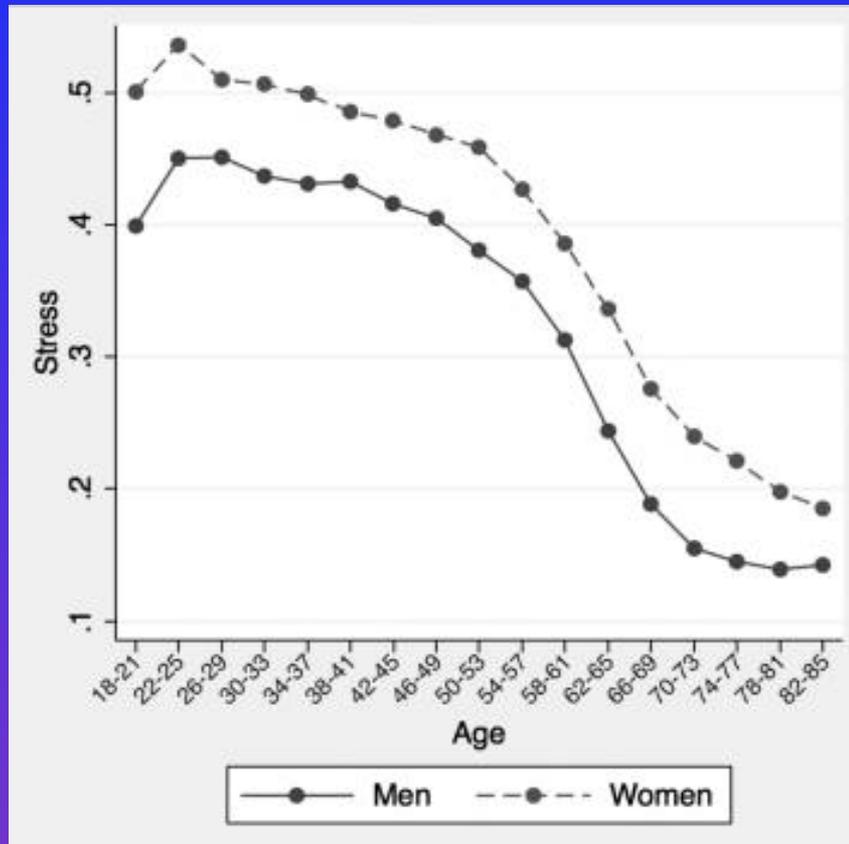
Category	Men	Women	Equal
Stress			
Worry			
Anger			
Sadness			

Pay close attention to what happens with aging, though!



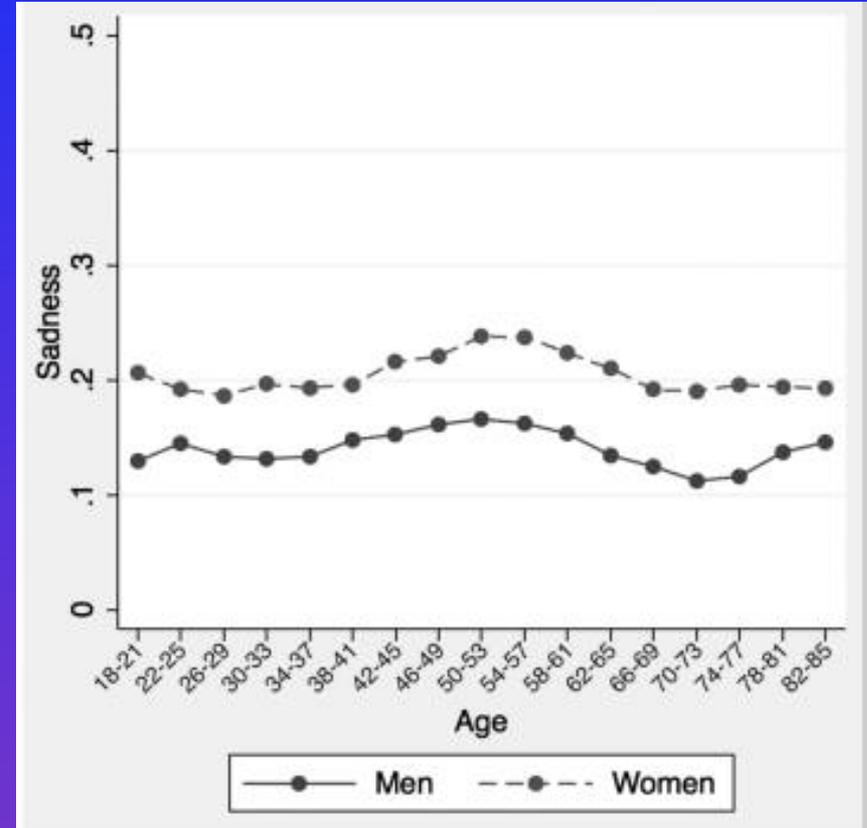
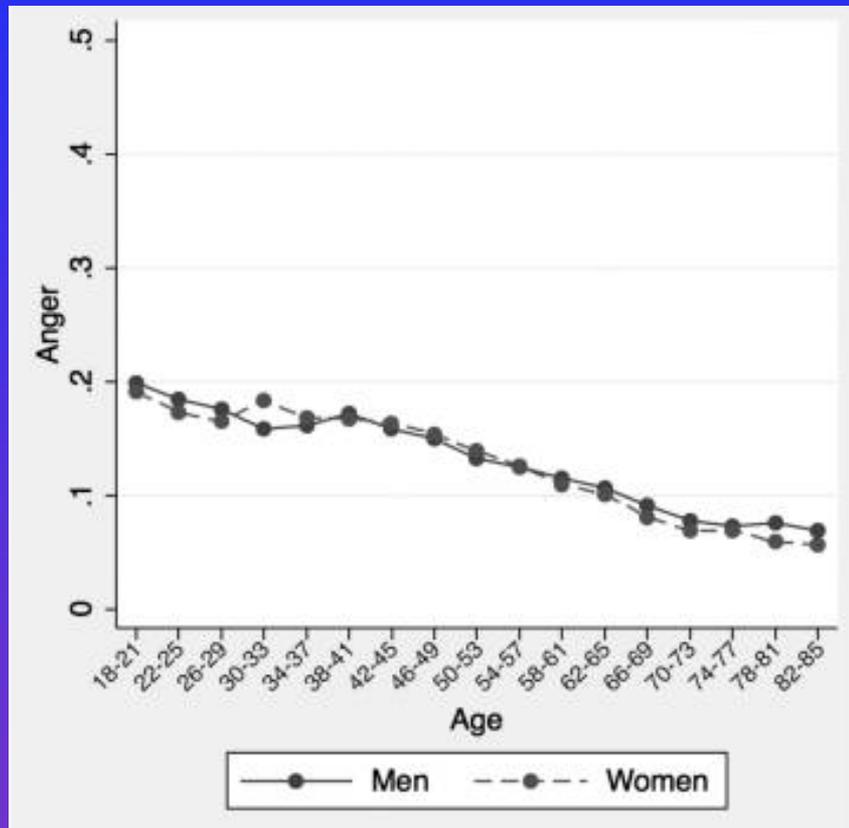
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Who Have More in Life??

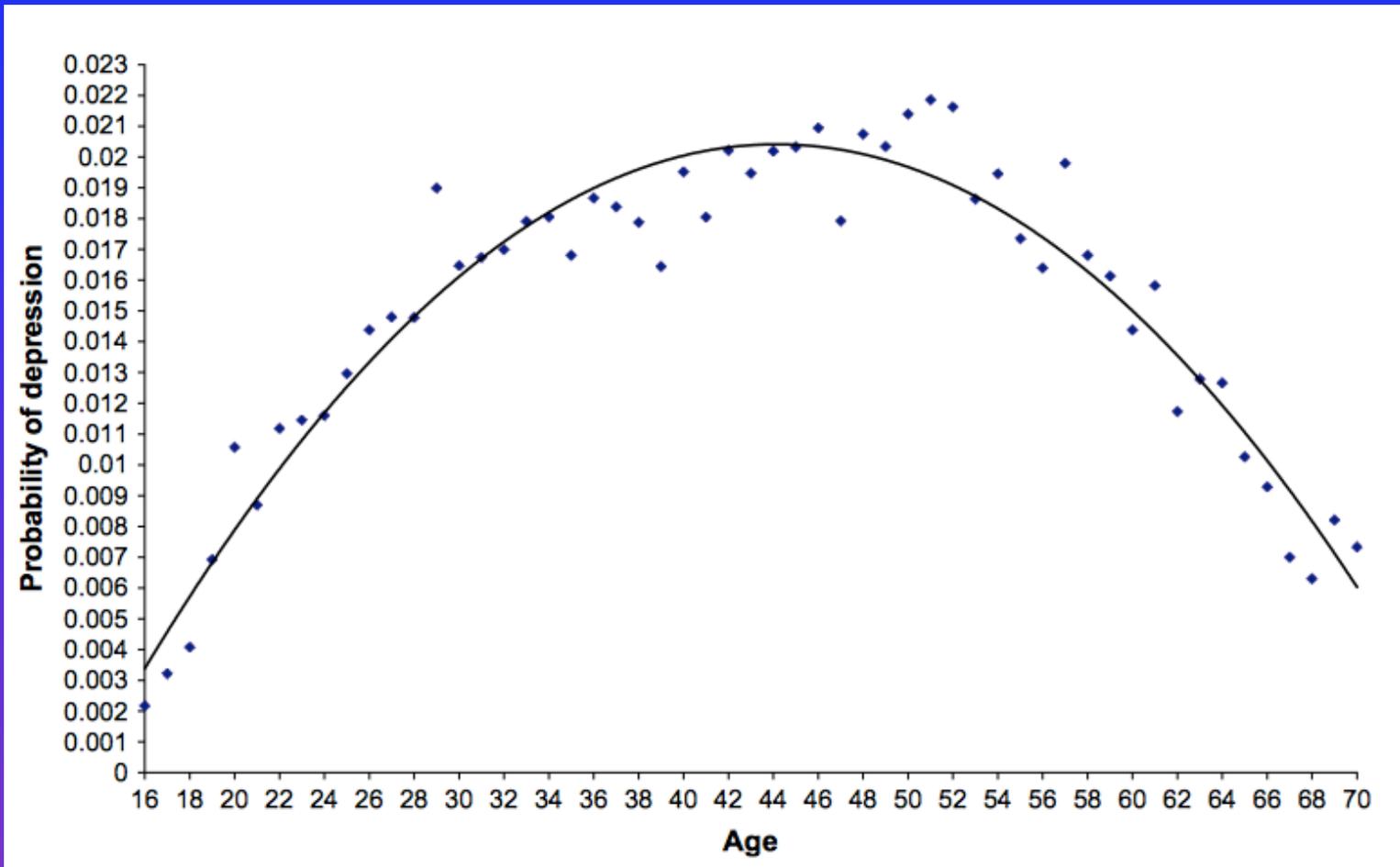
Category	Men	Women	Equal
Stress		✓	
Worry		✓	
Anger			✓
Sadness		✓	

So then why are women generally happier than men?



Probability of Depression vs. Age

DG Blanchflower, AJ Oswald. Is well-being U-shaped over the life cycle? *Social Science & Medicine* 66 (2008): 1733e-1749.



Coco Chanel

- Was the head of a fashion design firm at the age of 85



The Shifting Meaning of Happiness: Examination of Emotions on 12 Million Blogs

Mogilner C, Kamvar S, Aaker J.

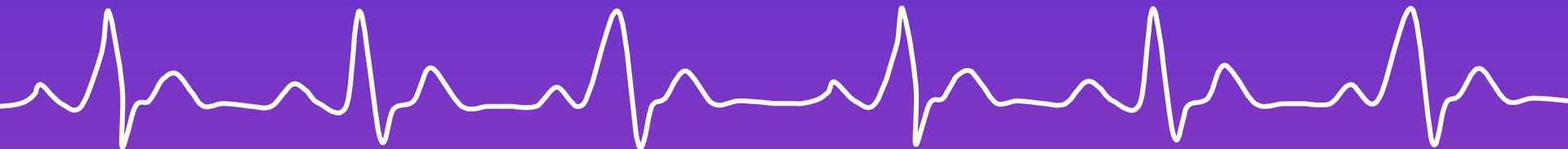
Social Psychological and Personality Science, Vol. 2, No. 4, pp. 395-402, December 2010

Younger Adults

- More likely to experience happiness associated with excitement
- Ratio of excited happiness to peaceful happiness in 20 year olds = 1.48:1.00

Older Adults

- More likely to experience happiness associated with peacefulness
- Ratio of excited happiness to peaceful happiness in 50+ year olds = 1.00:8:00



The Shifting Meaning of Happiness:

Mogilner C, Kamvar S, Aaker J.

Social Psychological and Personality Science, Vol. 2, No. 4, pp. 395-402, December 2010

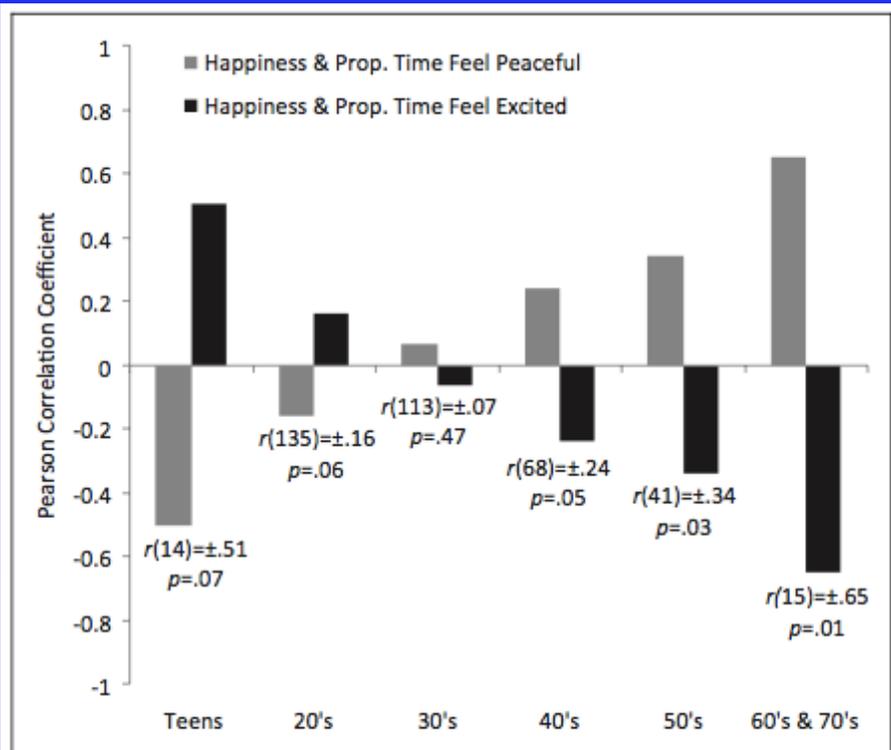


Figure 2. Correlation coefficients between happiness and the proportion of time one feels excited (vs. peaceful) for each 10-year age group

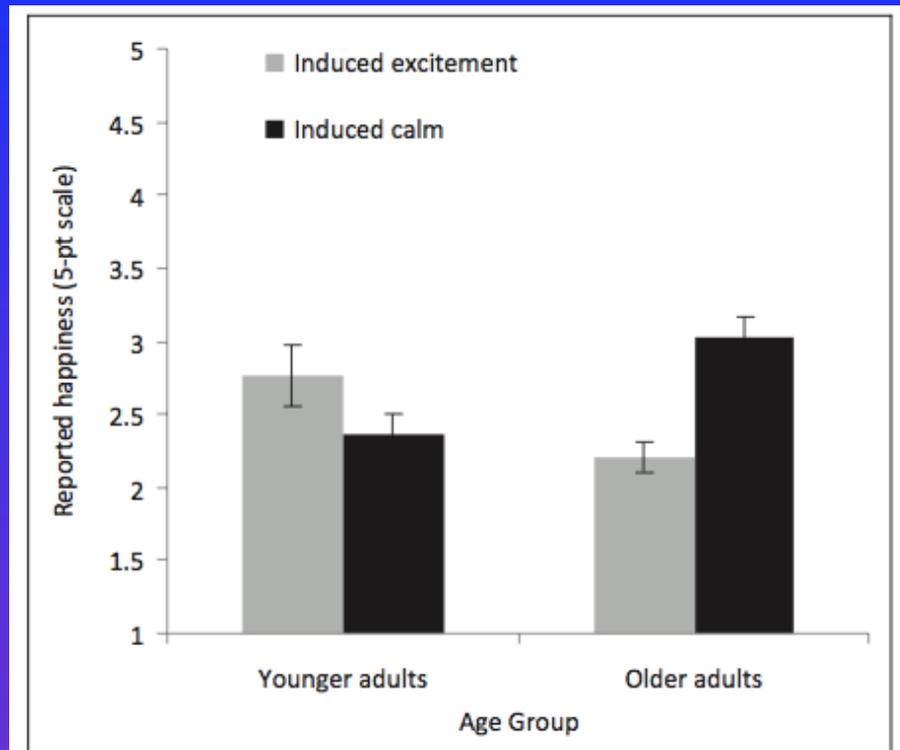
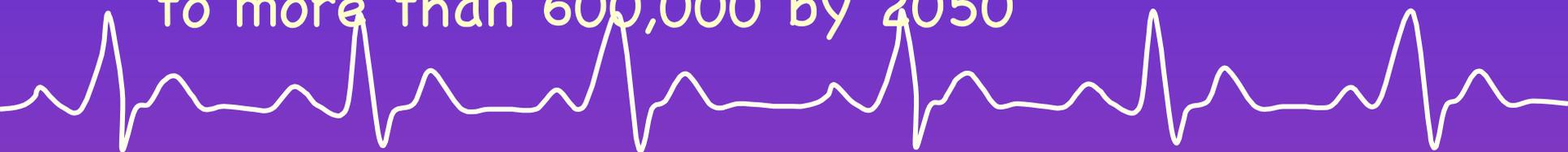


Figure 3. Participants' mean happiness reported on a 5-point Likert-type scale while induced to feel excited or peaceful by age group. Error bars show the SEM

Centenarians and Boomers Reflect on Life and Longevity: Report on UnitedHealthcare's Eighth Annual 100@100 Survey (2013)

http://www.uhc.com/live/uhc_com/Assets/Documents/survey100.pdf

- UnitedHealthcare polled 100 100-year-olds and 300 baby boomers ages 60-65
- Examines how the attitudes and lifestyles of Americans entering their retirement years compare to those who have held the title of "senior citizen" for 35 years or more
- The U.S. Census Bureau estimates there are 53,000 centenarians nationwide today and projects the centenarian population will swell to more than 600,000 by 2050



Centenarians and Boomers Reflect on Life and Longevity: Report on UnitedHealthcare's Eighth Annual 100@100 Survey (2013)

http://www.uhc.com/live/uhc_com/Assets/Documents/survey100.pdf

Almost Every Day Activities	Boomers	Centenarians
Communicate with a friend or family member almost every day	92%	87%
Eat nutritiously balanced meals almost daily	77%	86%
Pray, meditate or engage in some type of "spiritual" activity almost daily	61%	56%
Exercise almost daily	72%	58%
Enjoy eight hours or more of sleep nightly	54%	67%
Attend a social event almost every day	28%	37%
Asked which of the three—mental, physical or emotional health—is the most difficult to maintain as one ages, chose physical health	53%	35%
Think they will or thought they would live to be 100	36%	21%

Centenarians and Boomers Reflect on Life and Longevity: Report on UnitedHealthcare's Eighth Annual 100@100 Survey (2013)

http://www.uhc.com/live/uhc_com/Assets/Documents/survey100.pdf

	Boomers	Centenarians
Would like to dine with Betty White	75% - #1	60% - #1
Would like to dine with Barack Obama	59%	53%
Would like to dine with Denzel Washington	72%	27%
Would like to dine with Kim Kardashian	6%	3%



Katsusuke Yanagisawa, retired Japanese school teacher

- At age 71,
became the
oldest person to
climb Mt.
Everest
- Afterwards, he
said, "No more
high mountains."



Individual Happiness



An *Individual* Happiness Equation?

$H = S + C + V$, where:

- H = your enduring level of happiness
- S = your happiness set point
- C = your immediate circumstances
- V = your voluntary effort

Martin Seligman, Ph.D.

Father of "positive psychology" in

Authentic Happiness, page 45

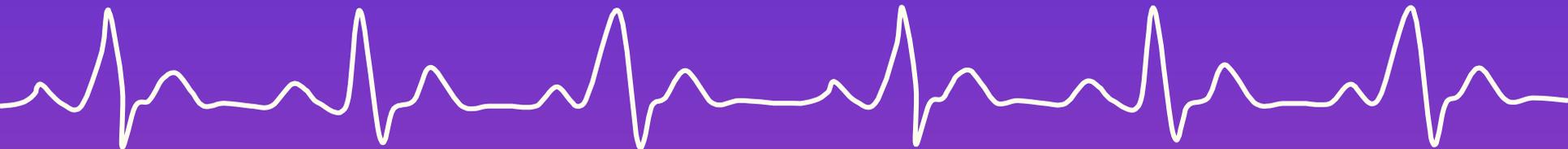


An *Individual* Happiness Formula?

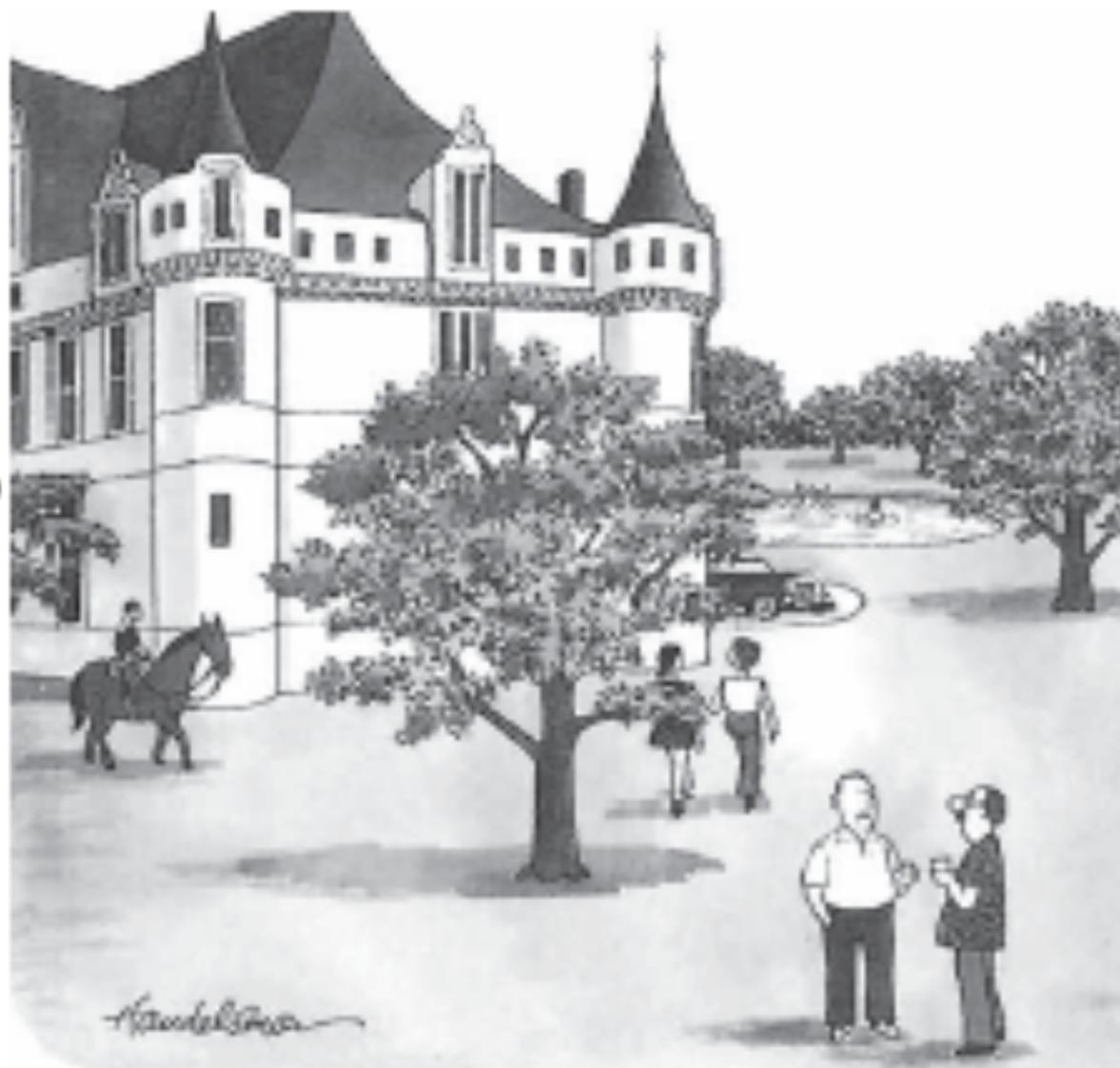
A person's happiness:

- Is 50% due to genetics
- Is 10% due to circumstances
- Is 40% within our power to change

Sonja Lyubomirsky, psychology professor, in
"The How of Happiness: A New Approach to
Getting the Life You Want"



© The New Yorker Collection, 1996, J. B. Handeisman from cartoonbank.com. All rights reserved.

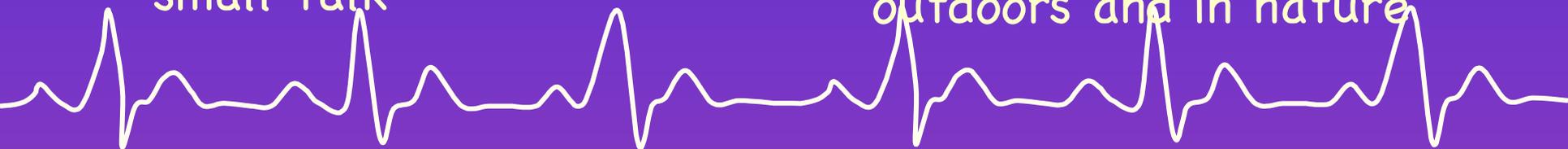


"I could cry when I think of the years I wasted accumulating money, only to learn that my cheerful disposition is genetic."

More Research on Happiness:

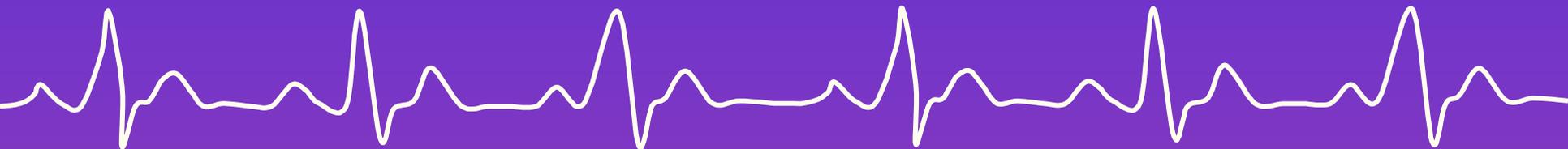
You're *more* likely to be happy if you:

- Exercise aerobically at least 150 minutes/week
- Have a pet (elderly)
- Meditate regularly
- Attend spiritual or religious services on a regular basis
- Practice gratitude
- Have deeper conversations and less small talk
- Are a woman
- Have a good relationship with your parents
- Get at least 7 hours of sleep per night
- Are employed
- Give to charity/others
- Are a gay man who has come out
- Spend more time outdoors and in nature



More Research on Happiness: You're *less likely* to be happy if you:

- Have an annual income < \$10,000
- Care about other peoples' income or possessions
- Spend more time on social media (teens)
- Eat an unhealthy diet
- Have a commute to work of 1 hour or more
- Compare yourself to others



25 Things You Can Do to Be Happy

from businessinsider.com

1. [Draw pictures of unhealthy food](#)
2. [Be both an optimist and a realist](#)
3. [Get your hands dirty](#)
4. [Become a florist or gardener](#)
5. [Have sex, with one partner](#)
6. [Spend money on many small pleasures rather than a few big ones](#)
7. [Eat lunch on the beach](#)
8. [Make your bed*](#)
9. [Focus on what you're doing right now](#)
10. [Move to Australia \(or Denmark\)](#)
11. [Eat seven servings of fruits and vegetables each day](#)
12. [Maintain a position of power](#)
13. [Master a skill](#)

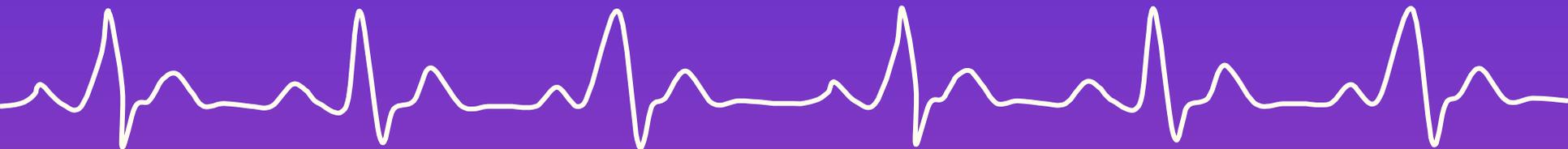
*not a research study



25 Things You Can Do to Be Happy

from [businessinsider.com](https://www.businessinsider.com)

14. Seal your worries in an envelope, literally
15. Surround yourself with happy people
16. Volunteer
17. Play with puppies
18. Smile more (even if it's fake)
19. Live in relatively cool temperatures (57° F)
20. List three good things that happened today (x 7 days)
21. Spend money to free up more time
22. Stop comparing yourself to others
23. Shorten your commute to work
24. Exercise
25. Listen to upbeat music



Aspects of Individual Happiness: Areas of Agreement

- My informal study found four characteristics on which:
 - Research studies agree
 - Psychology
 - Neurobiology
 - Happy people agree
 - Unhappy people tend to disagree



Aspects of Individual Happiness: Areas of Agreement

1. Happiness involves a personal decision
2. Happiness comes from within
3. Happiness can only be found in the present moment
4. Happiness results from an outward focus



1. Happiness involves a personal decision

“Most people are about as happy as they make up their minds to be.”

Abraham Lincoln

16th President of the United States





Leo
Cullum

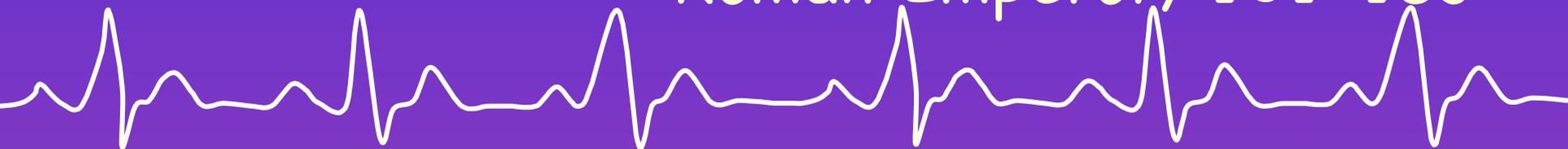
"But, remember, you're responsible for your own happiness."

2. Happiness comes from within

“Very little is needed to make a happy life; it is all within yourself, in your way of thinking.”

Marcus Aurelius

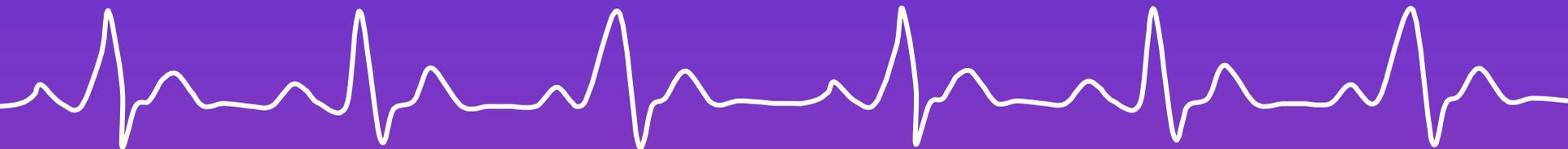
Roman Emperor, 161-180





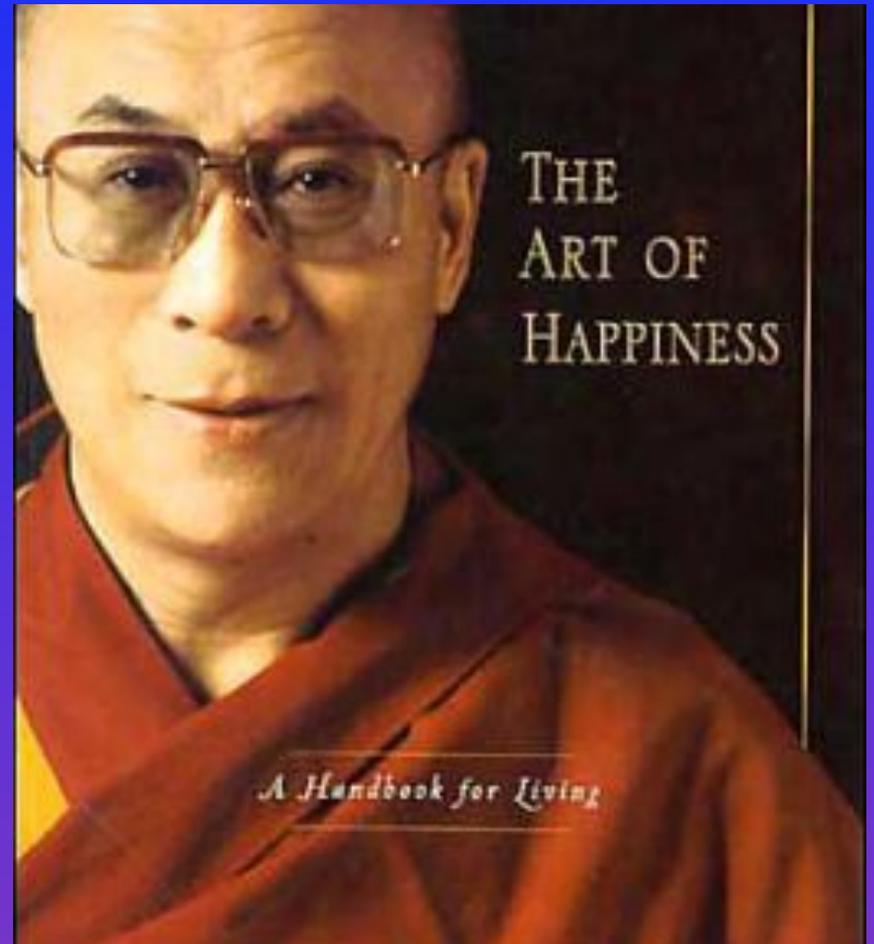
3. Happiness can only be found in the present

- The “When x happens, then I’ll be happy” Hypothesis
 - Believing that happiness is dependent on our circumstances creates the illusion that when things are “better,” we will be happier
 - Research studies show that this is generally not true, especially for people with annual incomes of > \$45,000



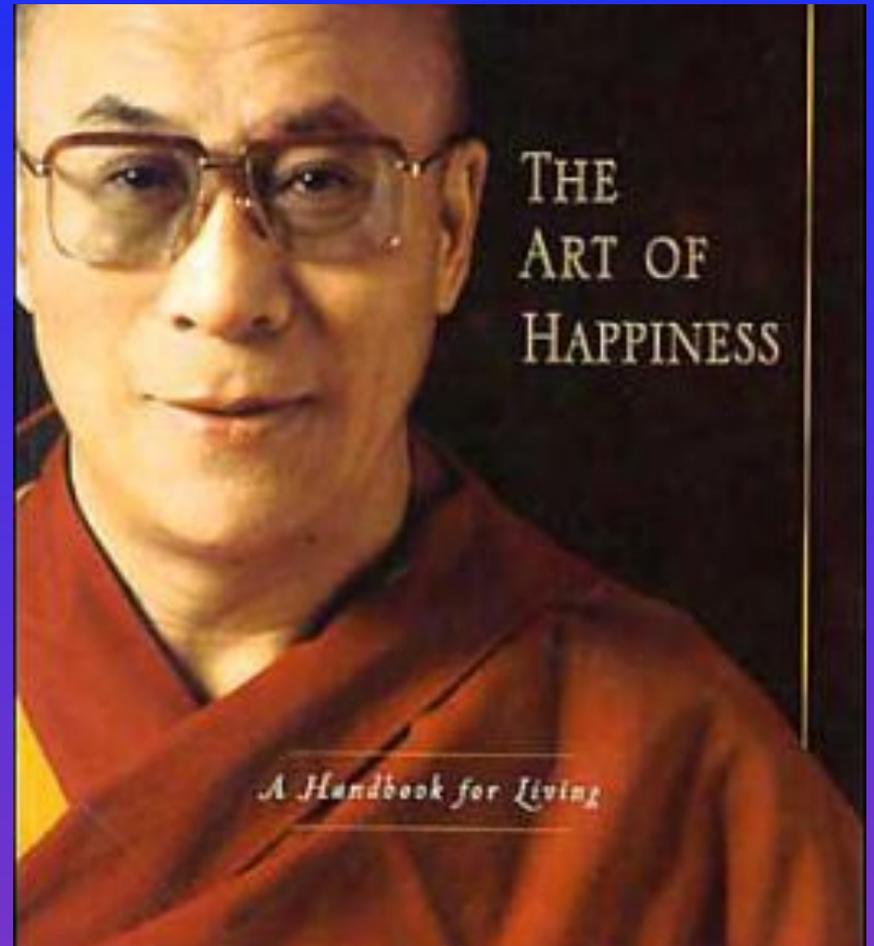
Happiness, when?

“What was
the happiest
moment of
your life?”



Happiness, when?

“I think
Right Now !”



4. Happiness results from an outward focus

“Pleasure is something we seem to get *from* the world, whereas genuine happiness results from what we bring *to* the world.”

B. Alan Wallace

Meditations of a Buddhist Skeptic:

A Manifesto for the Mind



Doing well by doing good. The relationship between formal volunteering and self-reported health and happiness.

Francesca Borghoni, The London School of Economics Social Science & Medicine, Volume 66, Issue 11, June 2008, Pages 2321-2334

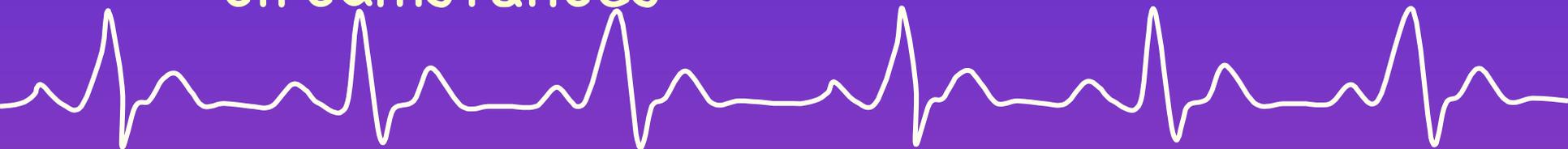
“People who volunteer report better health and greater happiness than people who do not, a relationship that is not driven by socio-economic differences between volunteers and non-volunteers.”



Doing well by doing good. The relationship between formal volunteering and self-reported health and happiness.

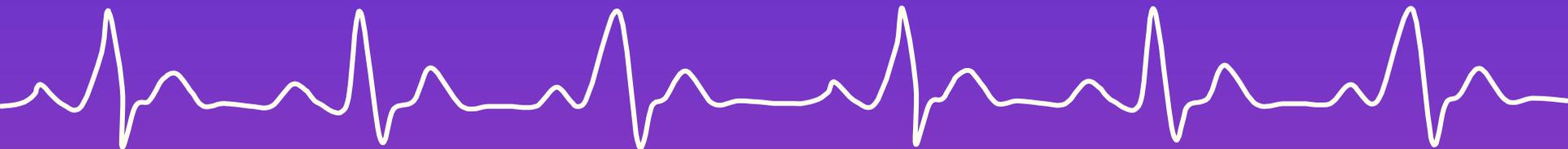
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- The article concludes that volunteering might contribute to happiness levels by
 - increasing empathic emotions,
 - shifting aspirations and by
 - helping those who volunteer to feel better about their *relative* circumstances



Spending on Others Makes You Happier!

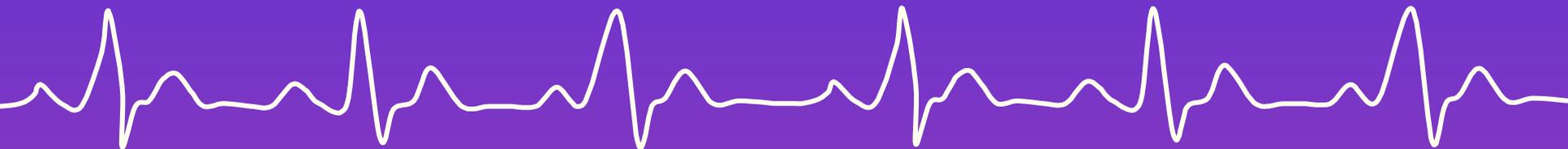
- At least six studies have tested the “happiness effect” of:
 - Spending \$10–\$200 on *yourself*
 - Spending \$10–\$200 on *someone else*
- In *every* study, spending on others produced *greater and more lasting* levels of happiness



In Addition

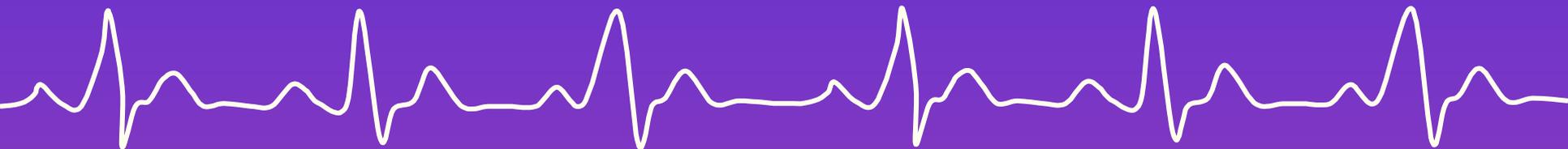
L Aknin, *et al.* *Feeling Good about Giving: The Benefits (and Costs) of Self-Interested Charitable Behavior.* Harvard Business School working paper 10-012. <http://www.hbs.edu/faculty/Publication%20Files/10-012.pdf>

- The happier participants felt about their past generosity, the more likely they were in the present to choose to spend on someone else instead of themselves.
- The results suggest a kind of “positive feedback loop” between kindness and happiness, according to the authors, so that one encourages the other.



Spending to Impress Others Makes You Much Less Happy!

- If, however, you bought something for yourself in order to impress *someone else*, you end up being less happy than if you had never bought it in the first place



Is this a Paradox?

- Happiness comes from within,
BUT
- Happiness results from an
outward focus.

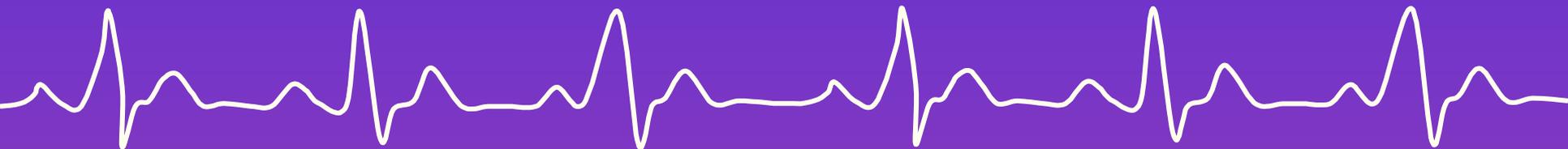


Seeking Happiness

“I think I began learning long ago that those who are happiest are those who do the most for others.”

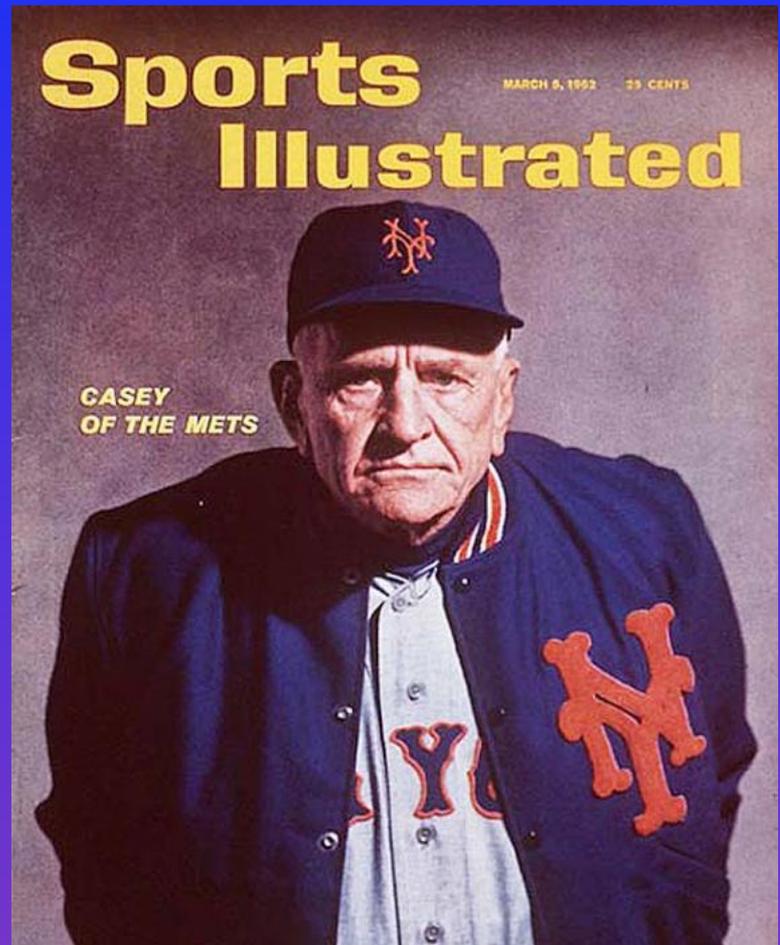
Booker T. Washington

American educator, author, orator



Casey Stengel

- At age 71, Casey Stengel began managing the New York Mets

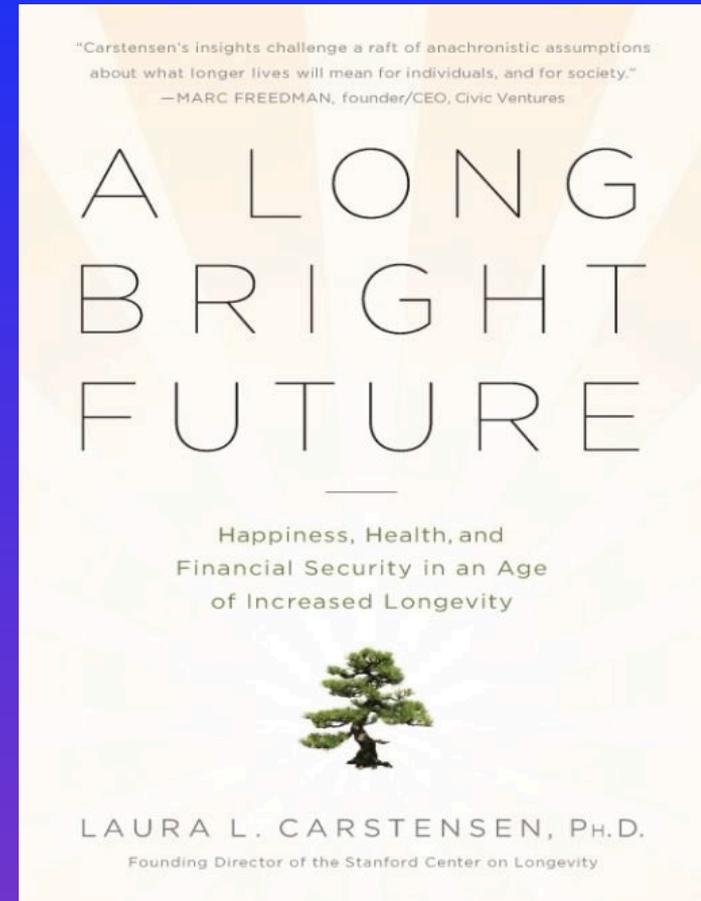


Conclusion



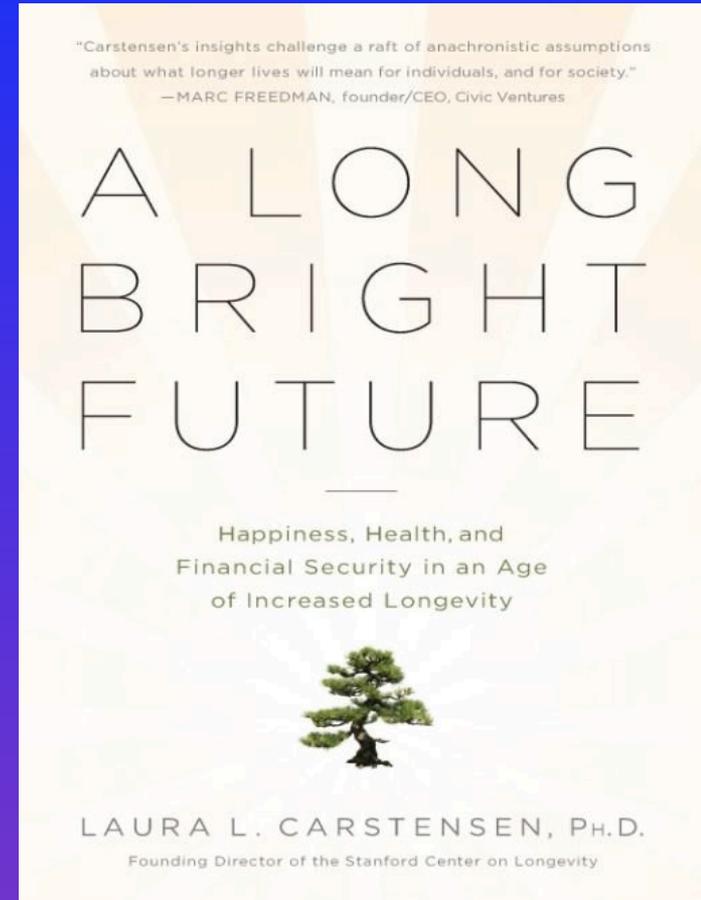
Laura Carstensen, PhD,
in *A Long Bright Future*

"I've spent the last thirty years investigating the psychology of aging," she writes, "and my research consistently shows that, in terms of emotion, the best years come late in life."



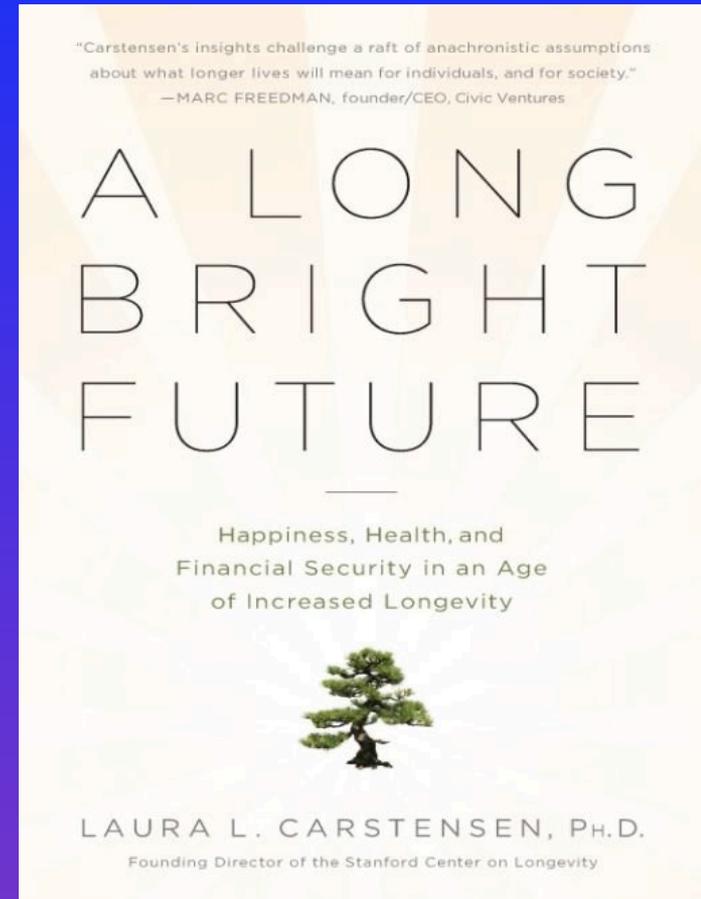
Laura Carstensen, PhD,
in *A Long Bright Future*

"Older people as a group suffer less from depression, anxiety, and substance abuse than their younger counterparts."



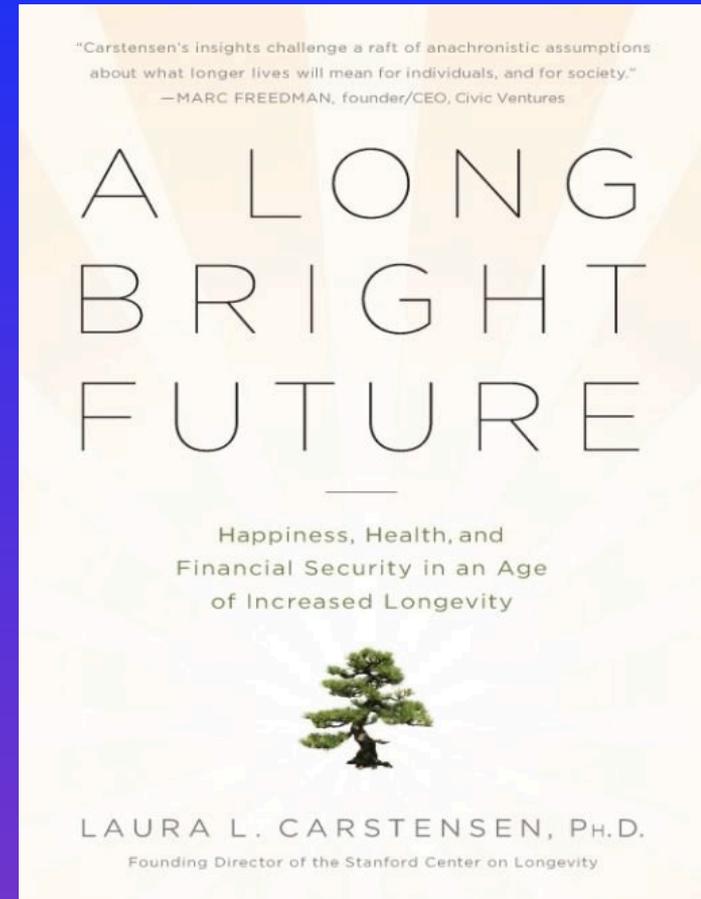
Laura Carstensen, PhD, in *A Long Bright Future*

"As we age, we sense the clock winding down and our attention shifts to savoring the time that is left, focusing ... on depth of experience, closeness, a smaller set of goals, and a highly selected group of loved ones."



Laura Carstensen, PhD,
in *A Long Bright Future*

"This change in perspective seems to bring with it a new way of evaluating what is worth one's time, attention, worry, or wrath."



Questions? Comments?
General Happiness to Share?

