

The Neurology of Happiness



Shanghai Putou Women's Federation

上海市普陀区妇联联合会

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The Neurology of Happiness

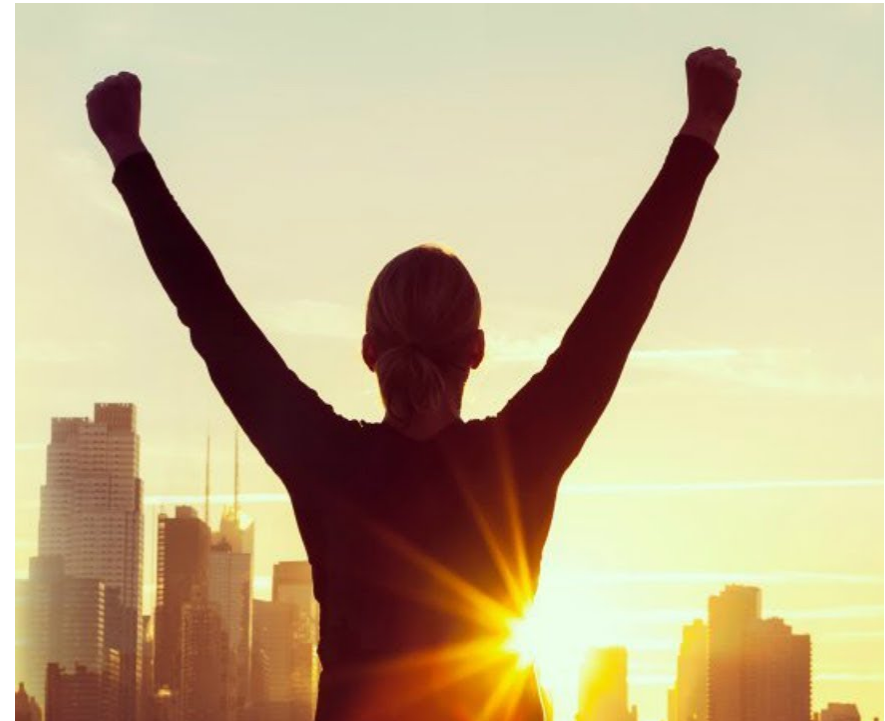
What is Happiness? 幸福是什么？

The experience of joy, contentment, or positive well being, combined with a sense that one's life is good, meaningful, and worthwhile.

幸福是一种快乐，满足，或积极的体验，是一种能够体会到生活是美好的，有意义的，而且有价值的感觉

Benefits of Being Happy: 快乐的好处

- have better marriages 有更好的婚姻
- get sick less often 少生病
- have more friends 有更多的朋友
- donate to charity more 更多的向慈善机构募捐
- volunteer more often 更多当志愿者
- exercise more 锻炼更多了
- **SMILE** more!! 更加爱笑了



The Neurology of Happiness 幸福的神经学

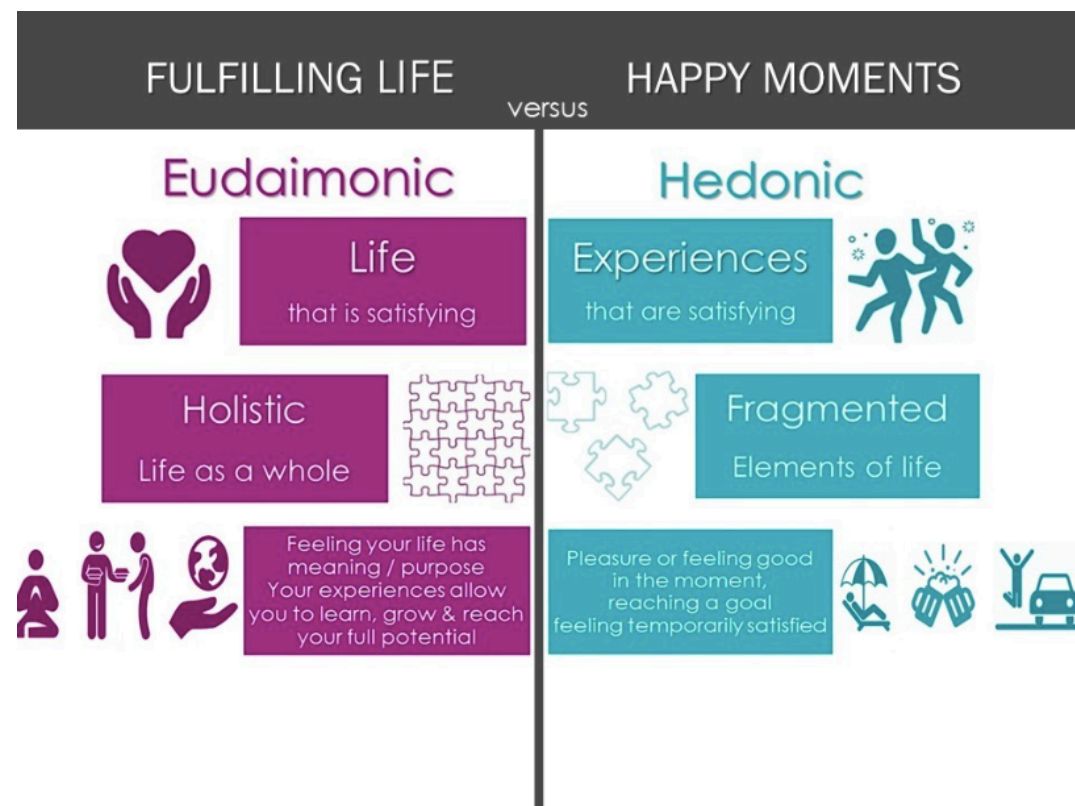
The Two Types of Happiness 幸福的两种类型

Eudaimonic: meaning and purpose in life 实现论：生命的含义和意义

❖ pursuing personal development and growth
追求个人的发展和成长

▪ **Hedonic:** pleasure and enjoyment 快乐论：愉悦和享受

❖ a good meal, an entertaining movie 一顿美餐，一场快乐的电影



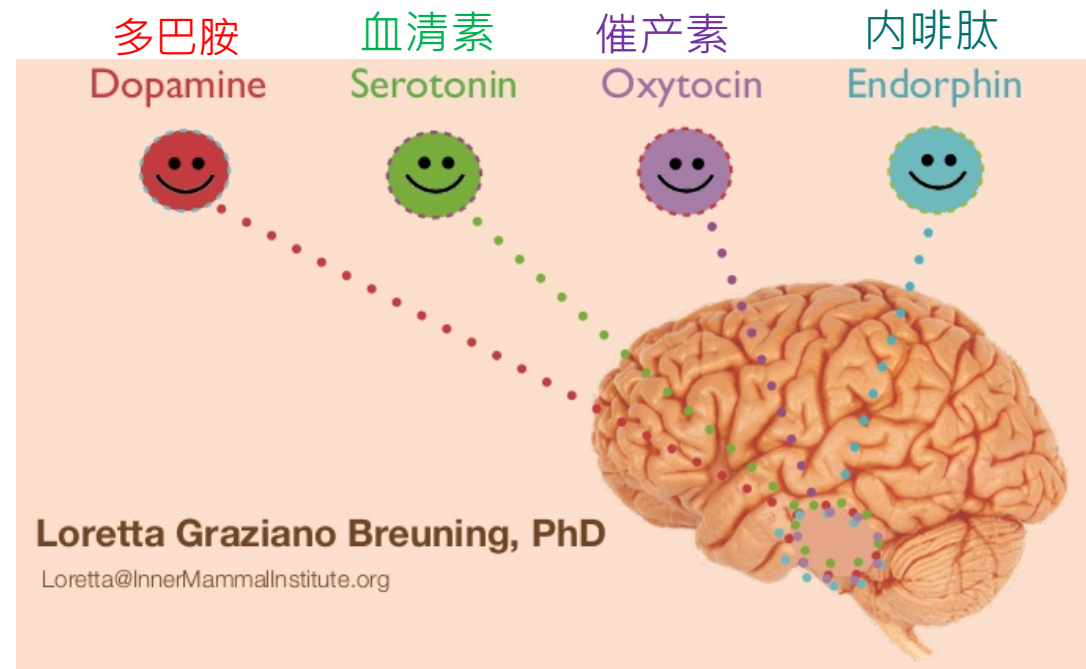
Both kinds of happiness are necessary to maximize well-being
这两种幸福的方式对幸福最大化十分重要

The Neurology of Happiness 幸福的神经学

The Neurophysiology of Happiness (what makes us happy) 幸福的神经生理学 (是什么让我们变得开心)

- Practice Gratitude and Optimism 学会感恩和乐观
 - ❖ serotonin and oxytocin 血清素和催产素
- Observe Self-Compassion 自我同情
 - ❖ oxytocin 催产素
- Practice Mindfulness or Meditation 练习正念或冥想
 - ❖ dopamine 多巴胺
- Reward Approach 奖励的方式
 - ❖ dopamine 多巴胺
- Exercise 锻炼
 - ❖ endorphin and serotonin 内啡肽和血清素

Your 'Happy' Chemicals



The Neurology of Happiness 幸福的神经学



**Remember: Smiling and laughing make you happy
– so smile and laugh more!
记住:微笑和大笑会让你开心——所以笑的更多一些吧！**