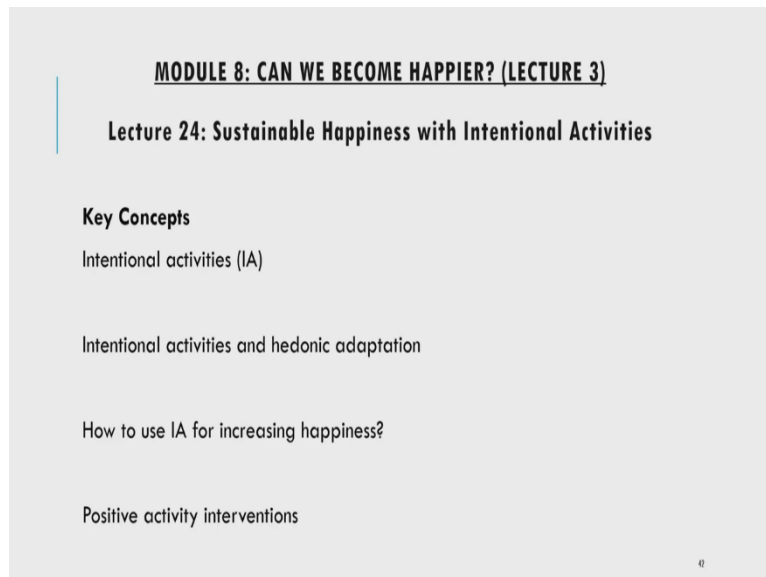


**Psychology of Stress, Health and Well-being**  
**Professor Doctor Dilwar Hussain**  
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**Lecture 24**  
**Sustainable Happiness with Intentional Activities**

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**MODULE 8: CAN WE BECOME HAPPIER? (LECTURE 3)**

**Lecture 24: Sustainable Happiness with Intentional Activities**

**Key Concepts**

- Intentional activities (IA)
- Intentional activities and hedonic adaptation
- How to use IA for increasing happiness?
- Positive activity interventions

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Hello friends, I welcome you to the lecture number 24 of the course titled Psychology of Stress, Health and Well-being. So, today's lecture is lecture number 24 overall, but it is third lecture of module 8. So, today we will talk about the concept of sustainable happiness with intentional activities. So, before we talk about today's lecture, let me briefly give you a recap of the last lecture that is lecture number 23.

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## RECAP: LECTURE 23

Is pursuits of happiness futile?

Sources of optimism for increasing happiness

Sustainable happiness model

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So, in the previous lecture, we talked about a model called the sustainable happiness model, which was proposed by Sonja Lyubomirsky and her colleagues in 2005. As a result, we discussed this concept in the context of two lines of inquiry. According to one line of research, there are some intrinsic limitations in our system that prevent us from increasing our happiness level. So, things like our genetic set point, genetic composition, and hedonic adaptation come to mind.

As a result, these two major obstacles exist, as well as a genetic set point that is linked to our personality traits. So genetics, personality factors, and hedonic adaptation all operate as barriers to boosting our sense of happiness or happiness experience. As a result of these variables, we are unable to sustainably maintain our feelings of happiness or subjective well-being.

However, in many intervention studies, another line of research has shown that it is feasible to improve our happiness level and maintain it over time. So, in the context of these two lines of research, we've spoken about a model called the sustainable happiness model, which discusses three key variables or determinants of happiness. These include genetic factors, life circumstances, and intentional activities.

So, according to this concept, genetics contributes around 50% of our emotional and happiness levels, living circumstances contribute about 10%, and intentional acts contribute the remaining 40%. These percentages, however, are not without controversy. As a result, these are not exact percentages and should not be interpreted as such; rather, they are indicative percentages based on the population sampled.

So, we've gone over these three criteria, and a genetic set point is essentially how our genes set certain limits and establish a baseline level of happiness. So, you may have noticed that some people are generally happy, while others are generally more emotionally depressed and stay that way most of the time, which could be due to our genetic makeup.

The second set of factors, or life circumstances, typically includes incidental but relatively stable facts about our lives, such as the area or regions of the country where you live or where you were born, demographic factors, your personal history, and life status variables such as marital status, income, health, and so on.

So, while all of this is purely coincidental, it is a stable fact of our lives. And, according to most studies, our life circumstances do not have a significant role in our happiness. And most studies demonstrate that life circumstances play a significant role in the variance of happiness in a group, ranging from 8 to 15%. As a result, it is not a very good predictor.

One reason could be that we adapt to our life circumstances despite the fact that changes occur, and we swiftly adapt to them. The final group of characteristics we've addressed are intentional activities, which are basically conscious actions that we perform in our lives on a regular or irregular basis, various activities or practices that we do in terms of how we think and act.

So, fundamentally, it was described as a life circumstance, and how we respond to our life circumstances is defined as intentional activities. So far, we've talked about how intentional behaviors can be divided into three categories: behavioral, cognitive, and volitional. Then, despite the variability of genetic and hedonic adaptation, it is the intentional activities that provide any very significant and logical route to increasing our happiness level.

We can regulate our intentional activities since they are something we can control. Life conditions and genetics are mostly beyond our control, and there is nothing we can do to change them. Intentional activities, on the other hand, are those that we choose to participate in. And we do them purposefully in order to have control over them. As a result, it is one of the most important major routes or interventions where we can improve our pleasure level and keep it over time.

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**MODULE 8: CAN WE BECOME HAPPIER? (LECTURE 3)**

**Lecture 24: Sustainable Happiness with Intentional Activities**

**Key Concepts**

- Intentional activities (IA)
- Intentional activities and hedonic adaptation
- How to use IA for increasing happiness?
- Positive activity interventions

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So, today, we'll kind of pick up where we left off. We'll also go over the concept of intentional activities in greater depth. Because it is critical to comprehend because it is the most essential determinant in which we can truly make adjustments and, as a result, raise our happiness level over time. Other elements, like as genetics and life circumstances, are largely out of our hands.

As a result, let us learn a little bit more about the concept of intentional activities in more detail. As a result, today we'll discuss deliberate activities and how they relate to hedonic adaptation. And how to use purposeful activities to boost our happiness levels. Then, in the very end, we'll discuss positive activity interventions. So, let's see what happens.

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**Intentional Activities as the Basis of Sustainable Happiness**

Sustainable happiness model indicates that intentional activities offer the greatest potential to sustainably increase happiness as it is under our control unlike genetic and circumstantial factors.

Intentional activities are effortful actions or practices that include the variety of things people think and do (Lyubomirsky et al. 2011; Lyubomirsky et al. 2005). Intentional means effortful or people choose to engage. For example, gratitude, optimistic thinking, prosocial behavior

However, one significant question is what about hedonic adaptation of intentional activities? Do we get adapted to intentional activities also? How are they then different from life circumstances?

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As a result, intentional activities are the foundation of long-term happiness. So, according to a sustainable happiness model, which we described in the previous lecture, intentional activities offer the greatest potential to sustainably boost happiness, simply because they are within our control, whereas other aspects are not. Genetic and situational factors, on the other hand, are not the same.

So, purposeful activities are commonly characterized as effortful behaviors and practices that involve a variety of things people think and do, as we discussed it in the last lesson. So, it may be at the cognitive level or at the behavioral level, depending on what you're thinking about. As a result, intentional activities encompass a wide range of thought processes as well as a wide range of acts.

So, when we talk about intentional activities here, we're usually referring to those that are important in terms of raising our happiness level. Because there are many activities that are not ideal for happiness or raising our subjective well-being or happiness, intentional activities could also be activities that increase our misery. However, we are discussing activities that are important for increasing our happiness or well-being in this context. As a result, intentional denotes deliberate, or people who choose to participate. As a result, these are

time-consuming, and most people have a choice. Gratitude, optimistic thought, and prosocial action are examples of such activities. These are some instances of intentional activities that can improve our happiness.

In the following modules, we'll discuss more about non-specific actions like gratitude and acts of kindness before getting into specific activities. We're talking about intentional activities as a group of activities here. So, one significant question is that it has been discovered that people adapt to their life circumstances, regardless of whether they are favorable or negative adjustments.

A considerable hedonic adaptation to living conditions exists. Is it possible for hedonic adaptation to occur in intentional activities as well? If intentional actions experience any hedonic adaptation, I mean, it's not a very important or major area where we can use it to improve our pleasure. So, what about hedonic adaptation of intentional activities? This is an essential subject.

Do you adapt to intentional activities as well? What distinguishes them from real-life situations? So, as we've seen, our life circumstances don't really contribute much to our happiness, owing to the fact that we adapt to them. So, do you adapt to activities planned as well? We adapt to activities that we actively perform and put effort into bringing about particular activities in our lives; if so, how are they different from life circumstances?

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### Hedonic Adaptation to Intentional Activities?

Lyubomirsky et al. (2005) suggested that hedonic adaptation undoubtedly can constrain the happiness-inducing effects of intentional activities, just as it does for circumstances, however, this effect seems to be much weaker in case of intentional activities.

**Why?**

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Now, in a 2005 publication discussing this model, Sonja Lyubomirsky and her colleagues argue that hedonic adaptation can occur in intentional activities to some level, but the effect appears to be much smaller in intentional activities. As a result, in the case of deliberate actions, hedonic adaptation is significantly weaker and the effect of hedonic adaptation is much less. So, what could be the cause of this? Let's have a look.

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### Advantages Of Intentional Activities

Lyubomirsky et al. (2005) suggested following advantages of intentional activities-

**Episodic nature:** Intentional activities are transient and episodic. It is not a chronic or permanent aspect of one's life. People engage in them only in certain time. Therefore, we are less likely to adapt to a transient episodic activities. For example, we experience or practice gratitude sometimes.

**Varied nature:** People can vary intentional activities according to their wish. This nature reduces adaptation as we are less likely to adapt to a variable or changeable stimuli or activity. For example, we can vary ways of expressing gratitude such by writing, or speaking.

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So, what exactly are they? Hedonic (adaptation) has two distinct advantages: intentional behaviors that make it less resistant to, and it is it that makes it more resistant to hedonic adaptation. We are less likely to adapt to intentional actions as a result of these two crucial features.

One reason is that intentional activities are episodic in nature. What this means is that life circumstances, if you look at them, are mainly constant aspects of your existence; it's like a persistent undercurrent or background in your life that is constantly there. When something is present in your life on a regular basis, we tend to adapt to it.

Because how much time can you devote to thinking about something that is always occurring in your life? After a while, you just get adopted and don't give it any thought; we become accustomed to them. So there you have it: the definition of adaptation. However, intentional activities are usually episodic because you can't do it all of the time.

So, every now and then, we engage in activities that have a favorable impact on our minds or improve our subjective well-being. As a result, they are usually temporary and episodic. We may undertake certain things on occasion, such as once a day, once a week, or once a month. For example, some people practice cultivating gratitude, which basically means expressing gratitude to others, but we don't do it all of the time.

You may like to show your gratitude once a week or during a specific period of time when you come across certain people. As a result of its episodic nature, it is less likely to be adapted to. As a result, it is not a chronic or persistent condition. When you engage in an effortful activity, it cannot be done all of the time; it must be limited to a certain amount of time.

As a result, people only participate in them for a limited period of time. As a result, we are less likely to adapt to fleeting episodic activities, such as gratitude experience or practice. Therefore, we can practice gratitude, but we can't do it all of the time, so it's primarily an episodic activity. So, we'll talk about the practice component further later.

So, unlike life circumstances, which are a type of continual background in your existence, intentional activities are often episodic. The second distinguishing feature of intentional



activity is that it is diverse in nature. So, if intentional activities aren't something you perform all the time and every day, you're less likely to adapt. As a result, we can generally change it because it is under our control. You can, for example, change the way you express gratitude by practicing gratitude. You can express gratitude by talking to someone personally and expressing your gratitude for any great things that person has brought into your life. Sometimes all you need to do is write a thank-you letter. It's possible that you'll just text it. As a result, you have a variety of options for expressing your gratitude. As a result, we are less inclined to adapt to them because they are within our control. We didn't always do things in the same way. So, while we are less likely to adapt to something that is variable, we are more likely to adapt to something that is steady and consistent.

As a result, this nature inhibits adaptation because you are less likely to adapt to variable or changing stimuli or activities. So, for example, we can communicate gratitude in a variety of methods, such as writing or speaking. We are less likely to adapt to intentional actions as a result of these two crucial characteristics. As a result, adopting some deliberate activities to improve our happiness level is a very crucial and major method through which we can sustainably maintain our happiness level.

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### How Can We Use Intentional Activities For Increasing Happiness?

If happiness is rooted in our intentional activities, what activities we should do?

According to Lyubomirsky et al. (2005), for the best result of intervention, diagnosis of person-activity fitness is essential.

#### Person-activity fit

Any one particular activity may not be suitable for all person. People have different strengths, interests, values, that will predispose to benefit more from some activities than others. For example, extraverts may benefit more from outgoing activities and connecting with others as compared to an introvert.

So, how might we employ intentional activities to boost happiness? So, now that you know that intentional activities are important for happiness, how can you put them to use? As a result, we shall discuss specific activities later. Now we're talking about intentional activities as a group of activities collectively. As a result, when we discuss certain activities, you will enjoy learning more about how to conduct one particular activity.

Here are some of the more common characteristics. So, how might we increase our happiness by engaging in intentional activities? So, if happiness is rooted in intentional activities, as many studies suggest, what activities, what kinds of things should we undertake under intentional activities to increase our happiness level?

So, according to Sonja Lyubomirsky and her colleague in the same publication where they suggest their model, diagnosis of person-activity fitness is very important for the optimal effect of any happiness intervention. As a result, because people differ in temperament, values, belief systems, and motivation, not all of the same activity can be good to everyone. As a result, each person is unique. So, you can't just do one activity and expect it to be beneficial to almost everyone. There may be some activities that are beneficial to almost everyone, but the majority of activities may not be appropriate for everyone. As a result, people differ. So, whether this activity is acceptable for that person or not, this fitness between the person and the activity is really significant.

Are they compatible in terms of activity and person? It will be useful to that person if it matches; else, it may not bring about the desired positive improvements. As a result, not every activity is appropriate for everyone. People have various strengths, interests, and values, therefore some activities will help them more than others.

As a result, certain predispositions and personal qualities will dictate which activities are appropriate for one individual and which activities are appropriate for another. When compared to an introvert, persons who are very extrovert may profit from outward activities and connecting with others.

So, as previously stated, extrovert is a personality trait in which people who are extrovert are often outgoing, social, more energetic, and gregarious in nature, and they prefer to be among their own people and interact with others. People who are very extrovert may benefit from

activities that are linked to social activities or provide opportunities to engage with others. As a result, it could be any social or welfare action. Extroverts are more likely to gain from such activities than introverts.

In comparison to an introvert who is not extroverted and wants to live in his or her own personal, private world, such people may benefit from various types of activities that are not always creative individual pursuits. As a result, certain activities may be suitable for some persons but not for others, depending on their unique traits. As a result, this person-activity fitness is critical.

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**Ways To Do Person-activity Fit**

According to Lyubomirsky (2008), some ways to do person-activity fitness include-

- ✓ **Fit with the source of your unhappiness:** People may be unhappy for a variety of reasons. Find the source of unhappiness and match it with activity that addresses the specific source. For example, a pessimist may benefit from cultivating optimism.
- ✓ **Fit with your strengths:** Person-activity fitness can also be done by identifying strengths and talents. For example, a creative person may express love, gratitude through painting or writing.
- ✓ **Fit with your lifestyle:** Choose activities that can be adapted and fit with your lifestyle. For example, if you have a hectic lifestyle, choose activities that can be done in short duration. If you are a spiritual person, choose activities associated with it (such as meditation).

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How can we get this person-activity fitness? So, Lyubomirsky suggested some ideas for how to go about doing this fitness. You now know how to determine which activities are appropriate for you. You must concentrate on these three critical elements. One is that you must determine whether you are compatible with the source of your misery. So, one thing to remember is that people are sad for many reasons. As a result, there could be tens of thousands of reasons for being unhappy. So, in terms of origins of sadness, people are really diverse. So, how can you figure out what's causing your unhappiness? Why are you sad for

the most of the time, or what is the primary cause or source of your unhappiness for a long period of time, or for the majority of the time?

As a result, self-reflection is critical in order to determine which activity will be most effective in removing your unhappiness, as well as the reason of your dissatisfaction. So, this is a kind of specific self-reflective practice that one must conduct. So, if you investigate closely, you will discover why this is the case.

The cause could be anything in your environment or your social situations, but more often than not, the reason could be something in your mind, how you view the world. How do you go about processing data? External factors, if you recall the ABC model, do not have a direct impact on our emotions. It's all about how we think.

How can you make sense of a situation? What kind of attitude do you have about a situation? This is also very significant. So, figure out why this is happening. So, by identifying the source of unhappiness and pairing it with an activity that treats that source, you can discover the greatest activities for it. A pessimist, for example, would profit from cultivating optimism.

So, for some people, their source of misery may be that they think in a negative manner most of the time. For whatever reason, they are conditioned to think negatively, and most people, a lot of people, are conditioned to be pessimistic very quickly, anytime something negative occurs, and our thoughts automatically turn pessimistic. As a result, it's possible that some people are far more pessimistic than others. So, if someone is particularly pessimistic, such gloomy mindset is responsible for a lot of his suffering. So, cultivating optimism could be really advantageous in that scenario in terms of rooting out, or eradicating, the source of sadness. So, I mean, intentional activity, such as cultivating optimism, will necessitate work; it will not happen spontaneously, as intentional activity implies.

As a result, establishing such a thing necessitated a certain amount of effort and determination in order to sort of remove what is within you and the difficulties that exist. So, one thing to remember is that one of the ways to match it is to identify the reasons of unhappiness and match your activities to them. The second consideration is whether or not the activity is a good match for your skills. Individual activity fitness can thus be achieved by

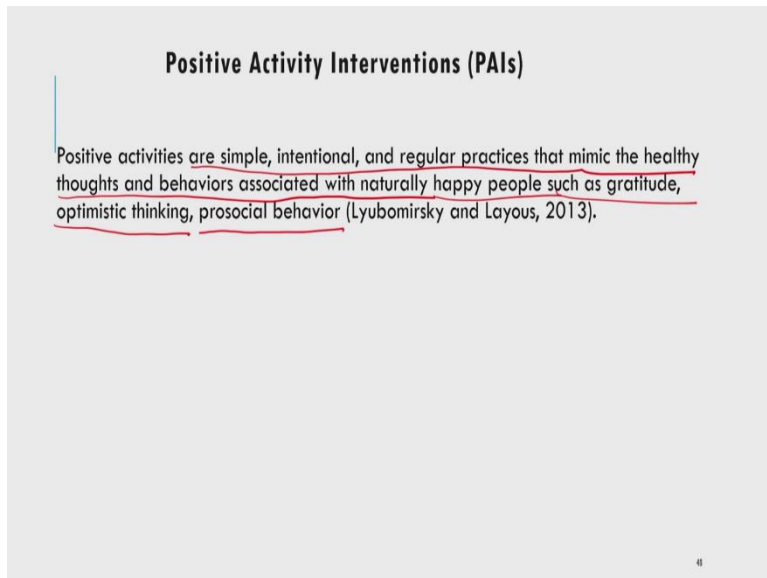
identifying one's abilities and talents. Another point to consider is that everyone has different skills and talents, and everyone will have different strengths and talents throughout their lives. And you can put such talents to good use; in fact, it is always better to put those strengths and talents to good use in order to boost our happiness. And you can use your strength and talent to express such intentional activities in order to conduct some intentional activities.

So, because you're using your strengths, you'll be happier and more inspired to accomplish it. A creative individual, for example, might paint or write to communicate love and thanks. As a result, he is expressing his creativity through painting or writing, as well as other intentional behaviors such as expressing love and gratitude, all of which will stimulate positive emotions and happiness. As a result, his strength is utilized, and he will be more determined to complete the task. As a result, matching your strength is crucial. The last one is fitness to your lifestyle. It's also crucial because you might not be able to participate in all kinds of activities due to the limitations imposed by our way of life. If you have an extremely busy schedule, you won't have much time to do tasks that take a long time.

As a result, you must choose various activities based on your lifestyle. So I'm here largely to talk about activities in general; specific topics will be discussed later. As a result, you can select tasks that take a minimal amount of time. As a result, it is also dependent on your orientation. For instance, if someone is particularly spiritual and wishes to engage in certain spiritual exercises, he may select activities accordingly.

For such type of individual, doing meditations and prayers, for example, could be beneficial. Because his way of life is centered on spiritual matters and aspirations. So, activities that are in keeping with that, such as meditation and prayer, will definitely benefit him more and more as they will fit into his lifestyle. So, these are some of the ways you may use this person-activity fitness to discover the greatest activity that would make you happy.

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Now it's time for some positive activity interventions. So, this is a term that is used to describe intentional activities, but the term itself may imply activities that are not solely for the sake of happiness. So, positive activity refer to only those activities that are favorable to increasing happiness or well-being. Positive activities are, in essence, simple, focused, and consistent practices that imitate the healthy thoughts and behaviors associated with naturally happy individuals. So, according to studies, these are the activities that are beneficial for improving happiness and mimic the ideas and actions of naturally healthy or naturally happy people. So, those who are inherently cheerful, they have a joyful temperament, they exhibit certain features, and positive activities are essentially utilized to imitate that.

People who are inherently cheerful, for example, express greater gratitude and are generally more grateful to life and those who contribute to their lives. They also exhibit a lot of positive thinking and engage in a lot of prosocial or helping acts. So, positive activities are basically actions that replicate the behaviors and attitudes of healthy, happy, joyful individuals and encourage happiness in our lives. So, let's take a closer look at some of these positive activity therapies aimed at specific activities.

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Varieties of PAIs have been found to be effective in increasing well-being and reducing negative symptoms in randomized controlled interventions-

- writing letters of gratitude (Boehm, Lyubomirsky, & Sheldon, 2011; Layous, Lee, Choi, & Lyubomirsky, 2012)
- counting one's blessings (Chancellor & Lyubomirsky, 2012)
- practicing optimism (Boehm et al., 2011; Layous, Nelson, & Lyubomirsky, 2012)
- performing acts of kindness (Della Porta, Jacobs Bao, & Lyubomirsky, 2012)
- using one's strengths in a new way (Seligman et al., 2005)
- affirming one's most important values (Nelson & Lyubomirsky, 2012)
- meditation (Fredrickson, Cohn, Coffey, Pek, & Finkel, 2008).

All of these practices are brief, self-administered, and cost-effective.

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So, in terms of interventions, research has been done on a variety of positive activities or positive intentional activities for boosting well-being and happiness while minimizing negative symptoms. So, today, a lot of study is being done in the field of positive psychology to determine the efficacy or implications of various positive activities, and whether they truly promote happiness or raise happiness sustainably. So, these are some instances of such activities, and we'll go over each of them in more detail in the next modules, but first, let's look at some of them. So, different randomized controlled intervention studies have shown that, for example, positive intentional activities or positive activities in general are instances of positive intentional activities. Writing letters of gratitude, according to a lot of study, when people are requested to write letters of gratitude to persons for whom they are grateful for something, they are more likely to do so. As a result, people's happiness levels rise dramatically. So, letters of thanks, or simply expressing thankfulness in general, reveal that those who express gratitude more to people or to whatever life conditions they find themselves in, or in general to nature, God, or whatever it is, are happier.

So, in general, as you can see, our mind set, or human mind set, is conditioned in such a way that we focus more on things that are negative or things that we, as individuals, complain about. So, if you have ten nice things in your life, but one is bad, your entire emphasis will be

on that one thing. We will moan about those, that one particular wrong thing that has happened in our life, primarily because this is how our thinking is conditioned.

As a result, if we continue to complain, the negative emotions will arise, and your happiness will decline. As a result, expressing gratitude has the opposite effect as complaining. So you've just trained your thoughts to search for things for which you should be grateful. So, in life, you may be glad for a variety of things, such as the people who surround you or support you, you may be grateful for certain skills and abilities that you possess, and you may be grateful for the life events that are presented to you.

You can have a lot of good fortune in your life, whether it's in terms of money or materials. So, there are many things for which you might be glad, but we tend to focus on the things for which we should complain rather than the things for which we can be grateful. So, expressing gratitude is a part of this practice, where you intentionally shift since it is an intentional activity, which requires effort because our minds are naturally inclined to complain.

As a result, you must make an intentional transition. So, you move your focus to the things for which you should be grateful, and the instant you look into those things, positive feelings arise, and you become much happier, and this happiness is significant, and it will be sustained if you continue to do so. So, according to a lot of study, sending letters of thanks, or expressing gratitude directly to a person, all of these things increase happiness levels. These are the results of research.

Counting one's blessings is another activity that has been proved to be useful. So, once again, it has something to do with appreciation. So, counting one's blessings reveals the things for which you believe you are, or should be, blessed in life. So, it's largely the things for which you should be grateful, so it's just another gratitude practice. As I previously stated, you can be and feel blessed for a variety of reasons. Counting one's blessings, especially in a crisis or tough situation, can be an effective coping mechanism. And, according to study, people's happiness levels or pleasant emotions improve after participating in such activities. The second step is to practice optimism. Practicing optimism is looking at the bright prospects or positive possibilities in one's, one's life. Exercising optimism has been discovered to be quite crucial for coping with various obstacles in life as well as developing a sense of resilience,



because once you lose hope and become pessimistic, you will lack the energy and motivation to achieve anything. So, fostering optimism, even in difficult situations, is something extremely important that one can nurture through practice, and it has demonstrated a lot of benefits in terms of enhancing our feeling of resilience, happiness, and pleasant emotions. The following step is to perform acts of compassion. Furthermore, studies shows that the more acts of kindness you commit, the happier you will be.

So, kindness is defined as any act you perform or aspire to perform for the benefit of others. So, it could be any act in which you are mostly involved, and your goal is to assist someone else. As a result, all of these actions can be classified as acts of kindness. So, acts of kindness are a universal virtue; in any culture, acts of kindness are regarded as one of the highest virtues, and they are seen as the foundation of our individual as well as societal pleasure. Because if people in society become unkind, the entire society will be filled with sorrow and sadness. So, kindness is critical not just for your personal happiness, but also for our collective social and even planetary happiness. Without it, we lose our sense of community or connection with others; it is a lack of kindness that is wreaking so much havoc.

So, practicing acts of kindness is quite essential, and acts of kindness do not have to be some great work of charity; they may be as easy as smiling at someone or saying a few encouraging words or saying thank you to someone. These are little gestures, yet they are all acts of kindness since your goal is to help someone else.

Acts of kindness need not be viewed as huge acts of generosity; instead, they might be a very basic thing that everyone can do. As a result, basic acts of kindness demonstrated that the more people perform them, the happier they become. Another thing is to find new methods to apply one's strength. Everyone has a unique set of skills and talents that they possess; yet, some people discover their strengths and talents later in life. People sometimes recognize their abilities and strengths early in childhood, yet we all have various talents and strengths.

So, when we talk about strengths, we don't have to limit ourselves to mental abilities or mental strengths; we may have someone who is strong in terms of empathy or emotional connection with others, for example. So, strength can come in a variety of forms, and it does not have to be intellectual.

As a result, the more we employ our strengths and talents, the happier we will be. Because if we have particular strengths, the notion is that if we use them, it will boost our happiness because we are good at it, and it will increase our sense of competence, talents, and thus efficacy.

So, the more you employ your signature strengths, not just a variety of them, in a variety of ways and in a range of life situations, the happier you will be and the more capable and competent you will feel. As a result, this is also an important consideration. Affirming one's most significant values is another matter. Affirmation of values is also essential.

We all have distinct kinds of values that are personally important to us. As a result, we affirming values implies we may reflect on these values, such as what are the most important values in my life, and if we incorporate them more and more into our lives, the more likely we are to feel happier. So, when it comes to reinforcing principles, there could be a lot of them. People may have spiritual values, religious values, or values relating to their friends and family that they wish to put a lot of effort into sustaining, and it may be that someone has romantic values, or that someone has values for social skills. As a result, we all have distinct sorts of values to which we attach a great deal of significance and meaning.

So, if you discover anything useful in your life, you want to incorporate it more and more clearly. Those values must be good in the sense that they should enhance rather than detract from your present state. So, facilitative values are quite important; the more you incorporate them into your life, the better off you will be in terms of increasing your pleasure. The final option is meditation.

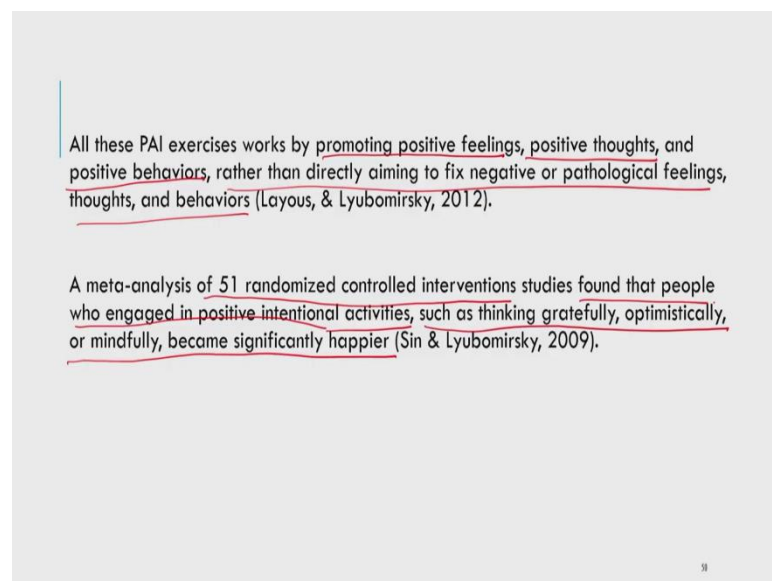
Obviously, we went over meditation in great length in one lesson while talking about coping strategies. So, as we've seen, one of the most significant ways to find happiness within is through meditation and mindfulness. So, the finest part about meditation or mindfulness exercises is that you can discover your own source of happiness without relying on external conditions.

So, basically, you learn to deal with your mind in such a way that, while we all have innate joy and happiness, it is only our mental disturbances and ruminative thoughts that cause so much misery. So, if you can learn to deal with that, joy and happiness will come naturally. As

a result, meditation can assist you with this. As a result, you become content in your own skin. Once you've found that source, you won't need much from the outer world.

As a result, meditation is unique in terms of achieving happiness and coping with various life challenges. So, all of these activities are brief, can be self-administered, and you don't really require expert coaching once you learn them. They're also all cost effective, and research shows that they all increase our happiness level over time.

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What are the mechanisms by which all of these positive or intentional activities function?

What is the mechanism that allows it to function? They work by promoting positive feelings; in fact, the entire activity encourages positive feelings or emotions, as well as positive thoughts. Since thoughts and emotions are inextricably linked, positive emotions stimulate positive thoughts, and positive thoughts stimulate positive emotion. As a result, they are inextricably linked. As a result, positive feelings, positive ideas, and positive behavior are all important. So, if your thoughts and emotions are positive, your actions will undoubtedly reflect that; it cannot be otherwise. Furthermore, these exercises do not concentrate on identifying and correcting harmful attitudes or beliefs. So, this sequence is different in that the focus is not on correcting these issues.

So, as we've already stated, boosting positive emotions essentially (stimuli) or (eliminates) all negative emotions' effects in our bodies and minds. As a result, if you work toward positive

emotions, bad disordered unhealthy feelings will be eliminated immediately, simply because they are diametrically opposed.

People who participate in positive, regretful, and purposeful actions such as thinking gratefully, optimistically, and thoughtfully become significantly happier, according to a meta-analysis of 51 studies controlled randomized control intervention studies. So it's not just one or two research; it's a meta-analysis of 51 studies that all suggest that engaging in positive activities increases our happiness level over time.

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**Factors Affecting Success Of Positive Activities**

According to Lyubomirsky & Layous (2013) Positive activities may work best under certain conditions. It may include-

Characteristics of the activity: Frequency, variety

Characteristics of the person: Motivation, efforts, beliefs, personality traits

Person-activity fit: Certain types of activities are better for certain types of people.

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The slide contains three main points, each underlined in red. The first point, 'Characteristics of the activity', lists 'Frequency' and 'variety', with 'variety' circled in red. The second point, 'Characteristics of the person', lists 'Motivation', 'efforts', 'beliefs', and 'personality traits', with checkmarks in red under each word. The third point, 'Person-activity fit', states that certain activities are better for certain types of people.

Let us now look at the aspects that influence the success of positive activities. As I previously stated, it is not simply completing some activity and some of the crucial aspects that might influence whether or not it would be beneficial to someone. As a result, there could be a number of contributing elements. So, one of the things to consider is what is the nature of the activity you are engaging in. So, how often do you engage in intentional activity? So, one issue is the frequency of the activity; obviously, for many positive activities, research shows that performing them at least once a week, for example, practicing gratitude or something similar, may show a lot of benefits to, benefits in terms of doing these kinds of activities. So, clearly, the more you do particular activities, the better. For example, if you practice meditation or another exercise on a daily basis, the influence will be much greater than if you do it once a week. The second crucial factor is variety. So, while doing things in a variety of

ways is significant in terms of happiness, if you modify your variety, including variation in it, hedonic adaptation is less likely to occur, and you will be less likely to adapt to them.

So, the same activity can be done in a variety of ways, as I've mentioned, for example, in terms of gratitude, or you can do multiple of other varieties of activities together, you can do not just one activity, you can do many other activities, you can practice gratitude exercises, you can do acts of kindness, you can do meditations, and so on.

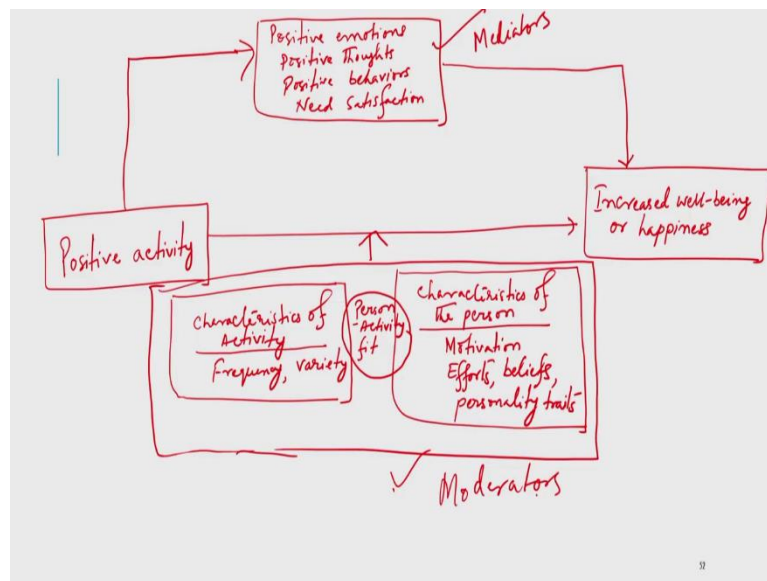
So, what are the characteristics of that activity? What is its frequency? Conduct we do it in a variety of ways or activities? As a result, whether it has a favorable impact or not will be determined by this. Then there are the characteristics of the individual; as previously said, people differ in their values, belief systems, personality traits, motivation, and efforts.

As a result, all of this will influence whether or not the individual will benefit from it. For example, you can't undertake any intentional activity if you don't have motivation. Because it necessitates work. As a result, you must be motivated to make changes in your life. So, first and foremost, you must have the motivation to improve our, my emotional life experiences, and only then will you be able to exert effort in that area.

You must believe that it will work, and once you begin doing it, if you notice benefits immediately, I mean that your belief will be enhanced. As we've seen, a personality trait determines what kind of person you are. Extroverts may require specific types of activities, while introverts may require a wide range of activities.

As a result, all of these elements may influence whether or not an activity or activity will result in a positive benefit. Then, of course, there's the person-activity fit, which we've already discussed: it should match the activity and personal traits in order to get the most out of it.

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So, let me now draw this positive activity model. What are the factors that it takes into account? What causes changes to occur? Let us try if we can show it to you in a diagrammatic approach. So, positive activities lead to enhanced well-being or happiness. To understand how this occurs, let us look at some of the factors that can occur between positive activity and positive outcomes.

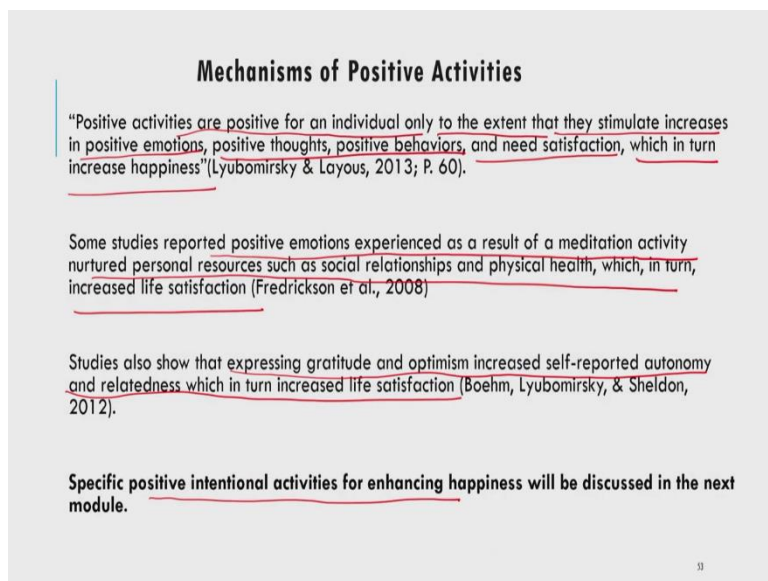
One thing it does is promote positive emotions, positive thoughts, positive behavior, and even the satisfaction of certain psychological needs, all of which contribute to enhanced well-being and happiness. As a result, these are mediators. So, this is the paradigm given by Sonja in one of her papers, in which she described how positive activities lead to changes in happiness.

So, one thing is that positive activity causes these changes, and these changes cause improved well-being or happiness, and there are numerous moderators, other factors that determine whether or not positive activity causes higher well-being. These aspects include activity characteristics, whatever activity we are doing? What distinguishes that action from others?

It could contain, as I already stated, what are the frequency and varieties? So, this is one set of criteria; another set of factors are personal characteristics, such as motivation, effort, beliefs, and personality traits, and whether there is a fit between these two, some person activity fit? For that, they must be compatible with one another, which is one of the most crucial criteria. As a result, all of these factors will have an impact on this relationship.

So, the activity's characteristics, the person's characteristics, and the person-activity fit will moderate this relationship, influencing whether it will bring about higher happiness or not, and these factors, such as positive emotions, positive thoughts, positive behaviors, and need satisfaction, are like mechanisms, causing these after doing positive activity. As a result, these are referred to as mediators and moderators, respectively. This is the model that describes how positive activity can lead to higher happiness and wellbeing, as well as what factors may impact this relationship.

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**Mechanisms of Positive Activities**

- "Positive activities are positive for an individual only to the extent that they stimulate increases in positive emotions, positive thoughts, positive behaviors, and need satisfaction, which in turn increase happiness" (Lyubomirsky & Layous, 2013; P. 60).
- Some studies reported positive emotions experienced as a result of a meditation activity nurtured personal resources such as social relationships and physical health, which, in turn, increased life satisfaction (Fredrickson et al., 2008)
- Studies also show that expressing gratitude and optimism increased self-reported autonomy and relatedness which in turn increased life satisfaction (Boehm, Lyubomirsky, & Sheldon, 2012).
- Specific positive intentional activities for enhancing happiness will be discussed in the next module.

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So, mechanisms, if we look a little deeper into this, how does it bring about positive changes, they are positive for an individual only to the extent that they stimulate an increase in positive emotions, thoughts, and behaviors, and they satisfies certain needs, psychological needs. We have certain psychological needs such as the need to feel autonomous, to feel connected, to feel competent. So, all of these things occur as a result of engaging in positive activities, which enhances happiness. So, these are a few of the possibilities. Positive emotions have been recorded in several studies as a result of meditation, for example. Personal resources that are nurtured, such as social ties and physical health, boost life satisfaction. So, for example, research shows that people who meditate regularly have more positive emotions, and when you have more positive emotions, your relationships will be much better and

satisfying, simply because you will be more connected to people, because it is destructive emotion that creates conflict.

You will have better relationships with people if you have more positive emotions, which will boost your life satisfaction and happiness. According to research, expressing gratitude and optimism boosts self-reported autonomy and relatedness, which boosts life happiness. As a result, engaging in some behaviors such as gratitude and optimism can help you meet psychological needs such as a sense of autonomy, where you don't feel restricted by outside influences and can do things on your own.

As a result of expressing gratitude to someone, those needs are met, and you feel more connected to others. You are, and you have a good relationship with those individuals. As a result, all of your basic needs are met, increasing your life satisfaction and pleasure. So, let's talk about the precise positive intentional activities that can help you be happier.

We'll talk about specific activities in the following module's models. And we'll talk more about things like gratitude; we'll have a presentation on gratitude. Acts of kindness will be the subject of one lecture, while signature strengths will be the subject of two or three talks. As a result, in the next modules, we will go over certain activities one by one.

In this module, we talked more about and specifically addressed the question of whether we can increase happiness. Research shows that, despite the fact that there are inherent barriers in our system such as genetic composition, personality trait, and hedonic adaptation, there is a significant possibility of increasing our happiness level, especially through intentional or positive activities. And in the next lectures, we will go over these constructive activities in greater depth. With that, I'll conclude today's lecture. Thank you very much.