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The Science of Happiness

Laughing, giggling, and smiling are all signs of happiness. There are many things in our lives that affect our happiness. The science of happiness will be forever changing with new discoveries and studies, along with the evolution of what makes people happy as they grow older. First I will enlighten you on the physiology behind happiness; then delve into the explanation of what makes us happy, as human beings; and finally state the importance of happiness.

The physiology behind happiness is found in various things one example being the higher levels of serotonin which are correlated with increased happiness. Dopamine also contributes to good mood, and in addition causes an increase in activity and willpower (Biology). According to Roberta Gately from the Huffington Post the physiology of a smile releases endorphins, those happiness signals that surge through our bodies and brains and convince our inner selves that we are happy, confident, and satisfied, and when we take the time to direct a genuine smile at another person, our endorphins spin through our brains and we feel almost immediately a tiny ripple of happiness (Huffington). There are various chemicals released in the brain to cause the reaction of happiness and there are different things that make us happy to release these chemicals.

Who wouldn’t want to be happy? It’s known as one of the best emotions to feel. Good fortune, pleasure, contentment, and joy all describe happiness (Definition). There are many ways to obtain happiness. A few examples of these are vitamin D, exercising, and positive thinking. Vitamin D has been shown in many studies according to [www.psychologytoday.com](http://www.psychologytoday.com) to help increase the level of chemicals to create happiness. Exercise has been shown in plenty studies to create happiness. But is it true happiness if it only last for a short time period? People often throw around terms like "endorphin rush" or "runner's high" to explain the mood lift that can occur during or after working out. But rather than a sudden burst of euphoria, research has found that a mere 20-minute workout can produce more subtle mood benefits that last as long as 12 hours according to www.selffitness.com. This is a great example of something as easy as a 20-minute workout to create happiness that is long lasting. As stated earlier smiling can affect one’s happiness but so can positive thinking. When one is experiencing positive emotions like joy, contentment, and love, you will see more possibilities in your life. When thinking positively you create positive things to happen in your life. Research is beginning to reveal that positive thinking is about much more than just being happy or displaying an upbeat attitude. Positive thoughts can actually create real value in your life and help you build skills that last much longer than a smile according to James Clear (Huffington). So the emotion of happiness and the ways to achieve it can greatly affect one’s life.

Studies have found happy people are more likely to have fulfilling relationships and marriages, higher incomes, superior work and study performance, be involved more in their community, and live longer. So the importance of happiness is shown to have a great effect on someone’s life. By just feeling happy people do better and feel better.

In conclusion, I enlightened you on the physiology behind happiness, then I delved into the explanation of what makes us happy, as human beings, and finally stated the importance of happiness. In life try to be the happiest person you can be because it will greatly influence your life in a positive way.

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