FRIDAY, JAN. 11
SONJA LYUBOMIRSKY
UC Riverside

Whither Happiness? When, How, and Why Might Positive Activities Boost vs. Undermine Well-Being

Happiness not only feels good; it is good. Happy people have more stable marriages, superior health, and higher incomes. Fortunately, experiments have shown that people can intentionally increase their happiness. In this presentation, I will introduce the positive activity model (Lyubomirsky & Layous, 2013), which describes when and why positive activities like gratitude or kindness can promote well-being. Finally, I will propose several ways by which engaging in presumably happiness-increasing activities may backfire.