

Happiness

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Happiness has a pretty important role in our lives, and it can have a huge impact on our lives. Having a positive psychology can inspire others to be Happier.

Good morning everyone. Today I'm going to talk about happiness. What is the definition of happiness? Happiness is the state of feeling or showing pleasure or contentment. Happiness for everyone has different definitions. Also, happiness has many types; for example, feeling positive emotions. Most regular people consider what is positive emotions and how to be like that?changing point of view. If you usually look at the positive side, it can change your emotions. Because people won't have much negative cogitation. Automatically, psychology can be joyful . Another type of happiness is relationships. Having a favourable relationships is important to people because it is the main happiness source. According to research, hanging out with friends will feel happier than purchase steep products. Because people can share positive or negative events with their friends. Feelings like have many people support you. And,they make you feel confident. So, happiness contains many items. If people have healthy mental, life can be gorgeous.

And why does happiness matter? Happiness is not just make us feel joyful. When people have positive emotions, it can also create our good experiences. For example, Happiness relates to how we feel, but it is more than just a passing mood. In our mind it just memories what happened at that time. Having different mood might influence people have different feelings in the past. On the other hand, sometimes people have negative

emotions, such as fear and anger. Because it can help us get away from danger or defend ourselves. Trying to live a happy life is not about denying negative emotions or pretending to feel joyful all the time. People should enjoy positive emotions and negative emotions in their lives.

Some people might say what happiness at work? Being happier at work have better health and feeling well, more creative and effective problem solving, more productivity and innovation, and faster career advancement. People who are happier at work are more earnest, more ideas. Making us in the work be easier. In the face of adversity and setbacks. It can allow people to become their energy. Even, it makes them less stressed and better at handling and recovering from work strain.

Eventually. I might say Happiness is an inside job. Don't assign anyone else that much power over your life. Many people wait for something to happen or someone to make them happy. If you expect others to make you happy, you will always be disappointed. So, *Happiness depends on ourselves*. Free yourself and be responsible for your happiness. And feeling that there's a fullness in your life. You will be able to deal with the issues of life better.