Psychology: Stress & Happiness Unit Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Happy* documentary notes

Take brief notes on the following concepts from the documentary. **Consider: What do you plan to adopt from the documentary?**

* Nature versus nurture
* “Variety is the spice of life.”
* Dopamine and happiness
* Flow: being “in the zone:”
* Good and bad events: impacts on our happiness
* Money and happiness
	+ Hedonic treadmill:
* External versus intrinsic rewards
* Least happy wealthy, industrialized nation, reasons why
* Bhutan: Gross National Happiness (GNH)
* Happiest country on earth, reasons why
* Lessons from Okinawa
* Bullying
* Lessons from the !Kung Bushmen in Namibia
* Lessons from the Dalai Lama
* Effective meditation exercises
* Happiness as a skill