

Evidenced based ways to create sustained happiness



October 2025



The Secret to Happiness: What 85 Years of Harvard Research Reveals and ways to apply this to your life.

The Harvard Study of Adult Development, one of the longest-running studies on human well-being, has followed participants for over 85 years to uncover what truly predicts long-term happiness and health.

Beginning in 1938 with a group of Harvard students and Boston boys from disadvantaged backgrounds, and later expanding to include spouses and children, the study consistently found that ****close, supportive relationships—not wealth, fame, or career success are the strongest predictors of life satisfaction, physical health, and longevity****.

People who felt securely connected to partners, family, or friends in midlife were healthier and happier in later years, while loneliness and high-conflict relationships proved as harmful to health as smoking or heavy alcohol use.

Importantly, it is the ****quality of relationships****—feeling understood, cared for, and able to rely on others—that matters most. The study's central message is clear: **nurturing meaningful relationships is the most powerful and evidence-based way to build a fulfilling, resilient, and healthy life.**

Ways to increase and support strong connection with others:

1. Prioritize Quality Time

Happiness grows when we make space for the people who matter. Regular dinners, walks, or even quick check-ins strengthen trust. It's less about how long you spend together and more about showing up consistently.

2. Practice vulnerability and listening

Deep connections come from sharing honestly and listening fully. Ask open-ended questions and give your full attention. Vulnerability may feel risky, but it creates closeness and trust.

3. Repair, Don't Aim for Perfection

Conflict is natural, but relationships thrive when we learn to repair. A simple apology, expressing feelings, or starting fresh can turn disagreements into opportunities for growth.

4. Show Up Consistently

Small, steady gestures matter more than big ones. Remembering a birthday, checking in after a hard day, or sending a quick text shows reliability and care. Over time, these build a strong foundation of trust.

5. Create Shared Meaning

Traditions, rituals, and shared activities make relationships more resilient. Whether it's a weekly routine or an annual tradition, these moments bring joy and create a sense of belonging.

In this newsletter you can expect:

The secret to happiness

Gratitude and Happiness

Happiest State in the US

How to help someone else feel happy

Aesthetic connection to happiness

And more!



Gratitude and Happiness: The Science of Feeling Better by Noticing What's Good

Gratitude is more than a polite “thank you” — it’s a powerful mindset that reshapes how we experience the world. Research from positive psychology, including studies by Dr. Robert Emmons and Dr. Martin Seligman, shows that regularly practicing gratitude increases happiness, optimism, and even physical health. People who keep gratitude journals or simply pause to acknowledge three good things each day report higher life satisfaction and lower rates of depression and stress.

On a biological level, gratitude activates brain regions linked to dopamine and serotonin, the same “feel-good” chemicals targeted by many antidepressants. It lowers cortisol (the stress hormone) and improves sleep and immune function. Over time, gratitude helps retrain the brain to focus less on what’s missing and more on what’s meaningful — a key ingredient in emotional resilience

Importantly, gratitude also deepens connection. Expressing appreciation to others strengthens bonds and increases a sense of belonging — a theme echoed by the Harvard Study of Adult Development, which found that strong relationships are the most consistent predictor of happiness and longevity.

In essence, gratitude turns ordinary moments into sources of joy. It’s a daily, evidence-based practice that costs nothing, yet transforms how we think, feel, and relate to others.

Happiest state in the US - and why- Hawaii

Strong Sense of Community:
Residents report high levels of social connection and community belonging.

Active, Outdoor Lifestyle:
The year-round warm weather encourages outdoor activity, beach time, hiking, and nature exposure—all linked to improved mood.

Work-Life Balance: Compared to many mainland states, Hawaii places a higher cultural value on leisure, family, and balance rather than overwork—reducing burnout and stress.

Low Rates of Depression and Anxiety:
Access to nature, vitamin D from sun exposure, and a slower pace of life contribute to better mental health outcomes.

Cultural Values of “Aloha” and Gratitude:
The “Aloha Spirit” emphasizes kindness, compassion, and gratitude—attitudes repeatedly shown in psychology to boost well-being and life satisfaction.

5 ways to begin with gratitude

- 1. Start a “3 Good Things” Habit**
Each night, write down three things that went well today — big or small.
Research shows this simple exercise, when done regularly, can increase happiness for weeks and even months.
- 2. Morning Gratitude Moment**
Before checking your phone, take 30 seconds to think of one thing you’re thankful for — your health, a cozy home, a pet, your morning coffee.
Starting your day with appreciation sets a positive emotional tone.
- 3. Say It Out Loud**
Tell someone — a friend, co-worker, partner, or client — that you appreciate them.
Expressing gratitude not only lifts your mood but strengthens relationships, which are central to long-term happiness.
- 4. Gratitude Jar or Notes**
Write quick notes of thanks or joy and drop them into a jar. Revisit them on hard days or at year’s end — a tangible reminder of the good that often goes unnoticed.
- 5. Reframe Challenges**
When facing stress or setbacks, ask, “What could this teach me?” or “What might I still be grateful for right now?” Reframing helps shift your focus from frustration to perspective, building resilience.

Happiness highlights



Pets and Happiness

Petting a dog (or any furry friend) for just 10 minutes significantly lowers stress hormones and increases oxytocin — the “bonding” hormone.



Happiest ages in life

Studies show people often reach their happiest age around 70 — when stress decreases, gratitude deepens, and perspective broadens.

However, happiness also tends to peak in early adulthood (ages 18–24) and again in later life (around 65–75), forming a gentle “U-shaped curve” across the lifespan.



Fake it until you Make it

Smiling — even when you fake it — can trick your brain. Holding a smile (even with a pencil between your teeth) activates facial muscles that send signals to the brain to release serotonin and dopamine. “Fake it till you make it” actually has biology behind it!



Finding Beauty in the Ordinary

Many people experience joy by paying close attention to small, overlooked details — like the sound of rain on a window, the pattern of light through leaves, or watching steam curl from a cup of coffee. This form of micro-mindfulness helps anchor the mind in appreciation rather than expectation.

How to help someone else feel happy

1. Truly Listen
Active listening — without jumping to fix or advise — is one of the most powerful happiness boosters. Feeling heard activates the same brain regions as receiving a reward.
 2. Express Appreciation Out Loud
Compliments and gratitude light up the receiver’s brain with dopamine. Simple phrases like “I really appreciate how you...” or “You make this place brighter” can shift someone’s entire day.
 3. Do Small Acts of Kindness
Research shows that random acts of kindness increase happiness in both the giver and the receiver.
 4. Encourage Self-Care (Without Judgment)
Instead of telling someone to “cheer up,” help them reconnect to the basics — rest, fresh air, hydration, or doing one small thing that nourishes them. You can gently say: “You deserve to take a little time for yourself today.”
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The connection between happiness and aesthetics

In the world of aesthetics, happiness goes far beyond outer beauty — it's about how people feel when they look in the mirror. Aesthetic treatments can restore confidence, ease self-consciousness, and help individuals reconnect with their best selves. When someone feels good about their appearance, they naturally stand taller, smile more, and engage more fully with the world.

But the true goal isn't perfection — it's empowerment. Treatments like Botox, fillers, or skin rejuvenation are tools that support emotional well-being by aligning how we feel inside with what we see outside.

Research even shows that self-confidence activates brain centers linked to joy and motivation.

At its heart, aesthetics is not vanity — it's self-care. When we nurture our appearance with intention and authenticity, we nurture our happiness, too. Because feeling good in your own skin isn't just about beauty — it's about becoming the best version of yourself.

Thank you for reading!

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