

Happiness

Below is a curated list of videos that focus on the most important happiness related topics. The author selected these videos for a three month, seasonal, online, weekly discussion group about happiness.

This list is occasionally updated and can be found at –

<https://myseasonalcommandments.com/happiness>

Happiness: Being happy makes for better health, better relationships, and a longer life.

Video (5:52) Shawn Achor and Michelle Gielan on the TODAY SHOW: “How Happy Are You?”

2020-04-06 – <https://www.youtube.com/watch?v=H06U4YNYbxY>

Relationships & Social Connections (Community): Joining others in high quality friendship and in meaningful and fun ways is the best recipe for happiness and satisfaction.

Video (12:38) “The Secret to a Happy Life” by Dr. Robert Waldinger 2023-07-25 –

<https://www.youtube.com/watch?v=IULhd1UuicA>

Gratitude: Happiness and mental health are most highly linked to GRATITUDE! Making a habit of paying attention to what’s good is good for you.

Video (10:02) “Kiss your brain: The science of gratitude” by Christina Costa at TEDxUofM 2021-06-

03 – <https://www.youtube.com/watch?v=wZWN6lfVYtw>

Mindfulness: Practicing meditation to be and become more aware and mindful. Being mindful helps being engaged in the moment to savor and enjoy life. Being mindful also helps in interrupting negative mental patterns for more positive, happy outcomes.

Video (15:56) “Meditation - The Single Most Important Skill Needed Today” by Dr. Shyam Bhat at

TEDxLavelleRoad 2018-01-05 – <https://www.youtube.com/watch?v=RZrdUuEARXA>

Optimism: The optimistic point of view frames negative events as impermanent, non-pervasive, and impersonal while framing positive events as more permanent, pervasive, and personal. Being optimistic helps people live better, happier lives.

Video (9:56) “PNTV: Learned Optimism by Martin Seligman (#8)” 2009-12-16 –

<https://www.youtube.com/watch?v=Me9TI9JhvZw>

Helping and Giving: Giving help, love, care, kindness, and concern typically results in the goodness of seeing those gifts passed along and in receiving those same gifts from others.

Video (14:29) “Helping others makes us happier – but it matters how we do it” by Elizabeth Dunn

2019-05-20 – <https://www.youtube.com/watch?v=lUKhMUZnLuw>

Exercise: Physically active people are happier and less likely to become depressed.

Video (15:14) “The Exercise Happiness Paradox” by Chris Wharton at TEDxSevenoaks 2021-09-30 –

<https://www.youtube.com/watch?v=8so1WZ4j1oQ>

Small, Tiny, Mini, or Atomic Habits: A tool for successful change. The small habits strategy helps to build an upward cycle with the tiny wins of tiny habits (versus the downward spiral that many people experience with getting excited about a big goal, taking a few steps, losing willpower, then quitting only to end up repeating this losing strategy).

Video (9:15) “TINY HABITS by BJ Fogg” by Core Message 2020-11-15 –

https://www.youtube.com/watch?v=S_8e-6ZHKLs

Discipline & Resilience: To lead a happy life antifragility is essential.

Video (7:13) “Don’t chase happiness. Become antifragile” by Tal Ben-Shahar at Big Think 2022-01-26 – https://www.youtube.com/watch?v=e-or_D-qNqM

Sleep: How much quality sleep we get is strongly linked to our overall happiness and to our mental and physical health.

Video (7:39) “Sleep - I Promise You Have Never Heard Some of these Benefits of Sleep Before!” 2020-08-14 – <https://www.youtube.com/watch?v=SEjGWmD1oAc>

Kindness: Kindness is a terrific happiness habit, good for the emotional well-being of others and ourselves.

Video (6:43) “Have You Filled a Bucket Today?” read aloud with author Carol McCloud 2017-09-15 – <https://www.youtube.com/watch?v=JEg38zCOMgk>

Purpose and Fulfillment: Ikigai is the Japanese concept for a long & happy life.

Video (9:03) “Ikigai: Find Your Purpose in 5 Steps | Hello! Seiiti Arata 140” 2020-02-02 – <https://www.youtube.com/watch?v=iPYvZoYSb9o>

Celebrate: A final video to celebrate the International Day of Happiness!

Video (2:10) “International Day of Happiness” 2018-03-20 – https://www.youtube.com/watch?v=_wChPJxtrhY