Happiness across generations

If wellbeing blogs and other similar media are to be believed, happiness is based on a healthy lifestyle, adequate exercise, and a nutritious diet, exercising a conscious presence, gratitude, and meaningful relationships. On the other hand, the idea that external conditions influence happiness is persisting in many people's minds, and other people have the power to make us happy or unhappy. Happiness can be described as feelings of satisfaction, wellbeing, or joy. However, most do not need to read the words of joy and are not as comprehensive as our feelings about it. When we know it, as we know it? Some things are hard to put into words and happiness is one of them after conducting interviews that the true essence of changes with time age, experience, and preferences.

In the first place from the perspective of happiness, it is essential to put money, material, and success into one's perspective. They are important things in life, but they will not make you happy if their pursuit does not stop, as Haynes stated that a new dog or a phone makes her happier(Haynes1). There is not enough money, attention, or success. There is always the next goal, the next step, the next thing. If one gets involved in this cycle, then, in the end, those things will become what one cares about his happiness. The paradox is that success requires hard work and a kind of pipeline look at one's situation. However, when one does that, one starts to get the external success that feeds itself. However, where does the border go? In reality, the limit is almost impossible to find, and people who are willing to "sacrifice" the most, often outwardly, are also the best.

Secondly, it should be remembered that the most substantial feelings of happiness often come from inner joys. Mostly are not what is true happiness, and is it come naturally or not? Age plays a significant role in defining happiness. According to Haynes, happiness comes from good things(Haynes1) comparatively; Mouton, who is 64, says happiness is internal, external factors are temporary(Mouton1). When, despite the intense excitement, one dared to jump toward the unknown. These are lovely moments in life, and reaching them is often behind a rocky road. So anyone can get short-term happiness. Eating a burger or getting liked on social media increases the feeling of happiness momentarily, but often goes down like a cow's tail. Long-term happiness requires more work and also the enduring of unpleasant emotions.

Third, the feeling of fulfillment is often most strongly associated with a lasting feeling of happiness. Rejoicing in small things, being grateful for life, and finding meaning, creates a strong foundation for happiness. Happiness comes in small everyday moments, such as drinking coffee in the morning, are often those tiny but meaningful bright spots in life that add to happiness.

After all, what do we even mean by happiness? Some seem to make the mistake of imagining happiness as a constant stream of positive emotions that nothing particularly unpleasant will ever mix. If one thinks that way, it is no wonder that happiness seems to be far from being out of reach - negative emotions when it is impossible to eliminate life. However, true happiness is some undertone behind feelings, thoughts, interpretations, and practices: of course, a happy person also experiences negative emotions from time to time.

The essence of happiness is in relationships. Of course, there are many more things to do, such as self-esteem and confidence, sensory experiences (for example, in art), maintaining and improving physical health, and developing knowledge and skills through the latter are often related to other people. Activities are the things I most want to learn. Of course, happiness comes from inner good and not from other people or external elements.

Work cited

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