
Sog Projekt

Geschrieben von Heiko - 09.06.2008 12:55

Der Thread zum Sog-Projekt

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Aw: Sog Projekt

Geschrieben von Aaron - 10.06.2008 18:41

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Aw: Sog Projekt

Geschrieben von wenzl110 - 20.06.2009 04:50

"Happiness, like unhappiness, is a proactive choice." - Stephen Covey

We want it. We strive for it. We envy others who have it. We can see it just beyond the horizon ...as soon as we get richer, thinner, married, divorced, younger, older, find a dream job, or quit a lousy one.

Yet, how many people do you know who "have everything" and still yearn for true happiness? The kind of happiness I'm talking about is that kind that comes from within and is not based on status, position, wealth, or possessions. World of warcraft gold It's a natural resource that is readily available to all. Happiness is a choice.

It had previously been thought that the brain is unchanged by life experiences. Recent breakthroughs in psychology, neurology, and chemistry have revealed that happiness is attainable, and the brain can actually change as a result of conscious selection of thoughts.

Experts in the field have given happiness a nickname -- "subjective well-being." One person's Hell may be Paradise for another. For example, bungee jumping would be sheer torture for me to endure. For a thrill-seeker friend of mine, this activity represents ultimate joy. Clearly our set points are based on different subjective criteria.

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Each of us is born with a genetically coded happiness "set point" which is not based entirely on what happens to us. This explains why some people are naturally cheerful most of the time, while others walk around with a permanent scowl on their faces – determined in part by their genetic predisposition. However, according to University of Minnesota professor emeritus of psychology David Lykken, "Happiness is genetically influenced, although it is not genetically fixed. The brain's structure can be modified through practice. If you really want to be happier than your grandparents provided for in your genes, you have to learn the kinds of things you can do, day by day, to bounce your set point up and avoid the things that bounce it down."

A study conducted with identical twins raised in different environments suggests that an individual's set point determines about 50% of their disposition to happiness. In other words, some people are happy , regardless of their less-than-ideal circumstances, while others are unhappy , even when they seem to "have it all."

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According to Ed Diener, a professor of psychology at the University of Illinois and coeditor of the Journal of Happiness Studies , a number of tools can be used to raise subjective well-being. Here are some examples:

Getting enough sleep

Getting enough exercise

Nurturing close relationships -- connection, physical touch

Maintaining an optimistic outlook – choosing positive thoughts

Keeping a gratitude journal

Forgiving others and letting go

Utilizing signature strengths (honesty, kindness, ingenuity, love of learning, etc.) in service of something larger than yourself

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Acting happy by changing your physiology -- Put on a happy smile!

Meditation*

*Meditation is a very effective way to change subjective well-being. Richard Davidson, professor of psychology at the University of Wisconsin, found in his research that high levels of activity at the left frontal area of the cerebral cortex coincided with feelings of happiness, joy, and alertness. Activity on the right frontal area corresponded to feelings of sadness, anxiety, and worry. Since meditation generates more left-brain activity, studies have concluded that it offers a way to produce more positive emotion.

Even in the midst of hardship, one can experience simple pleasures by using some of the tools listed above.

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