

Beyond The Numbers: Psychology Of Happiness

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As part of our ongoing series, we are going to explore the psychology of happiness.

Happiness, often elusive and sometimes difficult to define, is a deeply personal experience that varies from individual to individual. Yet, understanding the psychology behind it can help us enhance our sense of joy and satisfaction. Gretchen Rubin, the author of "The Happiness Project" and other books on happiness says, "One of the best ways to make yourself happy is to make other people happy. One of the best ways to make other people happy is to be happy yourself."



Buy Experience, Not Things

In his book :59 Seconds: Think a Little, Change a Lot, author Richard Wiseman explains that acquiring new things tends to have a short term effect on our happiness. This can be confusing for affluent individuals since they have significant financial resources and the ability to acquire lots of things. But no matter how many things they buy, the associated joy typically fades quickly. Wiseman recommends buying experiences instead and explains why this is a more reliable path to happiness. As he says, "Want to buy happiness? Then spend your hard-earned cash on experiences. Go out for a meal. Go to a concert, movie, or the theater. Go on vacation. Go play paintball. Go bungee jumping. In fact, get involved in anything that provides an opportunity to do things with others, and then tell even more people about it afterward. When it comes to happiness, remember, it is experiences that represent really good value for the money."

Cultivating a Positive Mindset

Adopting a positive outlook on life is crucial to experiencing happiness. Wealth allows us to enjoy the finer things in life but, often, it also gives us more things to worry about. But focusing on our strengths, celebrating

small victories, and practicing gratitude can lead to a more joyful existence. Superbowl-winning coach Tony Dungy says it this way, “Be positive. Your mind is more powerful than you think. What is down in the well comes up in the bucket. Fill yourself with positive things.”

The Power of Relationships

People with a higher net worth tend to have a relatively high number of quality relationships. And this is good for our well-being because maintaining healthy relationships and social connections plays a significant role in our overall happiness. Deep, meaningful relationships can provide a sense of belonging and love, fostering our emotional well-being. As renowned psychologist and author, Dr. Robert Waldinger, says, "Good relationships keep us happier and healthier."

The Pursuit of Goals and Purpose

Having a purpose or pursuing personal goals can give direction to our lives and contribute to a feeling of fulfillment, ultimately enhancing our happiness. According to Angela Duckworth, a psychologist known for her research on grit and self-control, "Purpose is a 'stable and generalized intention to accomplish something that is at the same time meaningful to the self and consequential for the world beyond the self.'"

Practicing Mindfulness

Being present and fully engaged in the moment, a state known as mindfulness, has been shown to increase happiness. This makes sense because, if we are worried about what happened in the past or what the future holds, it is very difficult to enjoy the moment. Renowned mindfulness expert Thich Nhat Hanh explains, "The present moment is filled with joy and happiness. If you are attentive, you will see it."

Caring for Physical Health

Physical health has a significant impact on our mood and overall happiness. Regular exercise, balanced nutrition, and sufficient sleep are critical to our mental health and happiness. In the words of Ghandi, “It is health that is real wealth. And not pieces of gold and silver”.

Understanding the psychology of happiness is just one step in our journey towards a richer and more joyful life. As part of our mission at HB, we hope these insights help enrich your life and promote a greater sense of satisfaction and fulfillment.

We look forward to continuing this journey with you in our series, and we encourage you to share with us any topics you'd like us to explore in the future.

At HB, our commitment to you and your family extends beyond the financial realm. Our team is here to help you and to continue serving you “Beyond the Numbers,” as we explore more ways to enrich your life experience.

To learn more or get help with your life experiences, please call 404.264.1400 or email us at info@homrichberg.com.

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