



### **We Are Smarter When We Are Happier**

### **We Are More Resilient When We are Happier**

The Broaden and Build Theory, developed by Barbara L. Fredrickson, Ph.D., states that the better you feel (happy as opposed to depressed and so on) the better your ability to think and the more likely you are to act.

At lower emotional levels a state of helplessness sometimes occurs that makes an afflicted individual unable to think well and unable to act in ways that would be considered normal, even if such actions might improve their circumstances. "Positivity broadens our minds and expands our range of vision. ... Just as water lilies retract when sunlight fades, so do our minds when positivity fades. Threatened with negativity our minds constrict even further. ... As positivity and negativity flow through us, the scope of our awareness blooms and retracts accordingly." And "Positivity opens us. It allows us to consider possibilities that are otherwise hidden from view."

This theory focuses on very important areas that apply to all aspects of life and reflect why increased

happiness and optimism is so important for everyone. It literally translates into "We are smarter when we are happier" It means that problems arrive in tandem with solutions when we are happy but the solutions are nowhere in sight when we are unhappy.

Ever been in a pretty good place yourself (emotionally speaking) and known someone else who had a problem to which the solution seemed so obvious to you but you could not get them to see it or act upon it no matter how determined you were to do so? They were not happy enough to be open to the possibility you could see plainly. The reverse is true as well, "When we are unhappy we do not have access to the same level of intelligence we can access when we are happy". Have you ever been in a very stressful situation when someone wanted an answer from you and you found yourself saying "I can't think"? That is a common example.

The ramifications in all aspects of life are enormous. Reflection upon the above in order to take this scientifically proven information to its logical conclusion shines the light on the importance of making ones own happiness a priority in life. Difficulties that do appear are more easily handled and solved when one is in a better state of mind.

#### Citations:

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Happiness 1st Institute takes the best information from a variety of disciplines including Positive Psychology, neuroscience, quantum physics, emotional intelligence and ancient philosophies to create courses that provide skills and tools individuals can use to make themselves happier, more optimistic, more resilient and more emotionally intelligent.

We teach the skills and techniques that allow you to take charge of your own level of happiness and you can become proficient enough at reaching a level of happiness and well-being, at will, that you will know you can just do that when you are faced with a problem and that when you get to that higher state of happiness the problem will diminish or a solution will become apparent.

Individuals who develop true mastery of the skills and techniques can tap into a higher level of intelligence and a higher level of creativity just by increasing their level of happiness. They know and can rely upon this skill to resolve any problems that arise. 'Problems' are met with equanimity because they know how to get to the solution quickly and easily. Circumstances that cause 'trauma and drama' for individuals who have not yet developed this skill are no more than small speed bumps in the road for those who have learned through repeated experiences that the solution will come faster with an optimistic outlook and a calm demeanor.

Life is more fun when we are happier. The road is smoother. We have better relationships. We are healthier. We have fewer 'problems' than most people. Success comes easily. Creativity is unlimited and makes life more enjoyable. We do more because we believe ourselves capable of more.

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