how happy are you right now?
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...not just a feeling in the moment, but also a social and contextual expression about quality of life...
what's in it for us?

- We're particularly interested in how people's happiness is affected by their local environment — air pollution, noise, green spaces, and so on — which the data from mappiness will be absolutely great for investigating.
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- The warm glow of helping increase the sum of human knowledge.
Experimental bias?

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measuring things changes things...

http://www.snorgtees.com/wanted-dead-and-alive
happy or unhappy?
happy or unhappy?

I get on the scales, and then I get happy or unhappy - because of my thoughts and beliefs...
rating my happiness several times per day...
charting my personal results...

Where am I happiest?

These charts compare your average happiness in different locations.
what am I happiest doing?

#1. Sports, running, exercise ×7
#2. Walking, hiking ×2
#3. Something else ×4
#4. Theatre, dance, concert ×1
#5. Waiting, queueing ×5
#6. Drinking alcohol ×4
#7. Birdwatching, nature watching ×1
#8. Childcare, playing with children ×5
#9. Talking, chatting, socialising ×36
#10. Sleeping, resting, relaxing ×13
#11. Drinking tea/coffee ×7
#12. Intimacy, making love ×1
#13. Shopping, errands ×5
#14. Watching TV, film ×8
#15. In a meeting, seminar, class ×5
#16. Cooking, preparing food ×18
#17. Listening to music ×2
#18. Reading ×9
#19. Housework, chores, DIY ×10
#20. Travelling, commuting ×29
#21. Eating, snacking ×17
#22. Admin, finances, organising ×16
#23. Texting, email, social media ×4
#24. Browsing the Internet ×5
#25. Working, studying ×50
...it was quite hard work rating my happiness 3x per day!
...but what is happiness anyway?
what is happiness?

A. a feeling or assessment we make about our current feelings

B. an assessment we make about the ‘tone’ or ‘quality’ of our life in general
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For me: my rating was often a cognitive outcome brought about by thinking about:
• my ambitions and goals
• my responsibilities
• my values and my faults of character
• wanting to be a good person
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For me: my rating was often a cognitive outcome brought about by thinking about:

• my ambitions and goals
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• my values and my faults of character
• wanting to be a good person

Underlying belief: being unhappy helps me to be a better person!
what is happiness? my experience is, basically: I made it up...

“Most folks are as happy as they make up their minds to be”
Abraham Lincoln
so given that its the result of habitual thought... can I change it?

“Happiness is not something ready made. It comes from your own actions”  

Dalai Lama
...not an attempt to banish unhappiness, but an experiment in behaviour change

“Be happy for this moment. This moment is your life.”

Omar Khayyam
engineering a cognitive habit:

“How do you feel?”

• Relax
• Become present
• Become mindful
• Be grateful
• Be loving (of self, mainly!)
• Happiness = absence of unhappiness
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what I learnt:

• I can’t measure my own happiness without affecting it

• Happiness is a habitual pattern of assessment

• Habits are open to intentional change

• Outcome is not to banish unhappiness forever, but to be more resilient, less a victim.
“Be happy for this moment. This moment is your life.”
Omar Khayyam

@alextarling
alex.tarling@gmail.com