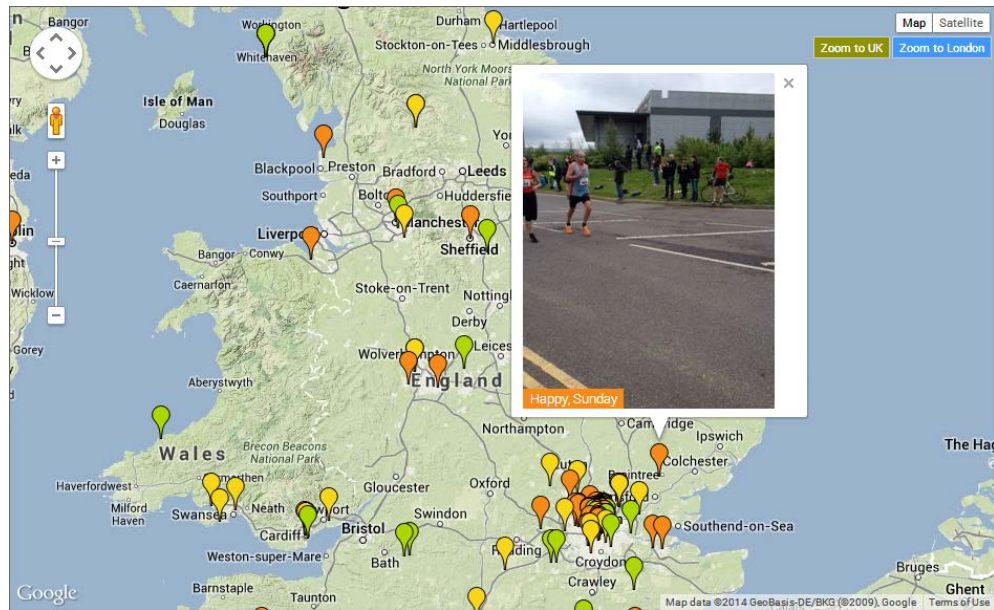


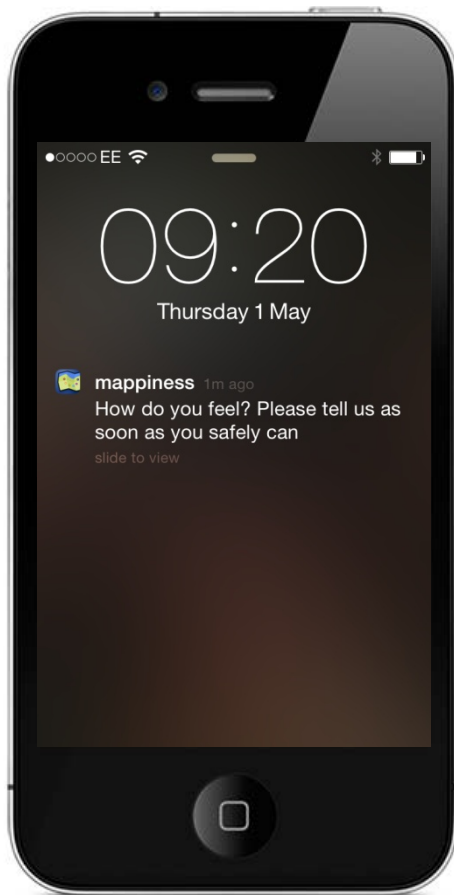
how happy are you right now?

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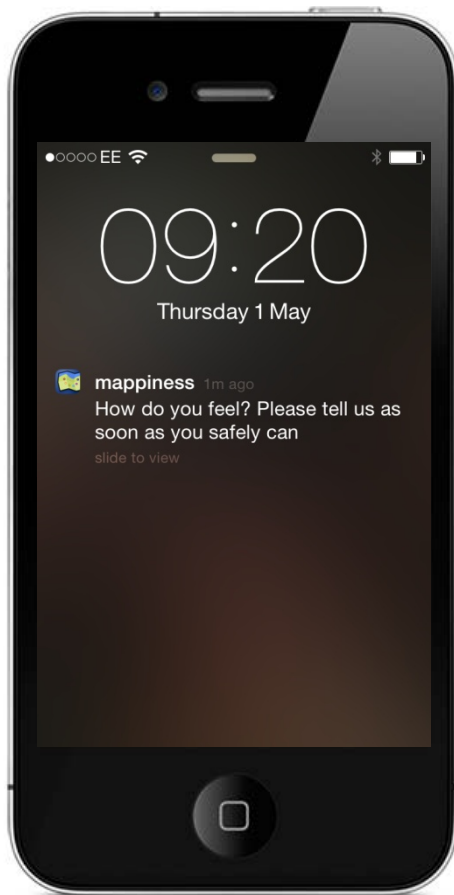
...not just a feeling in the
moment, but also a
social and contextual
expression about quality
of life...





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

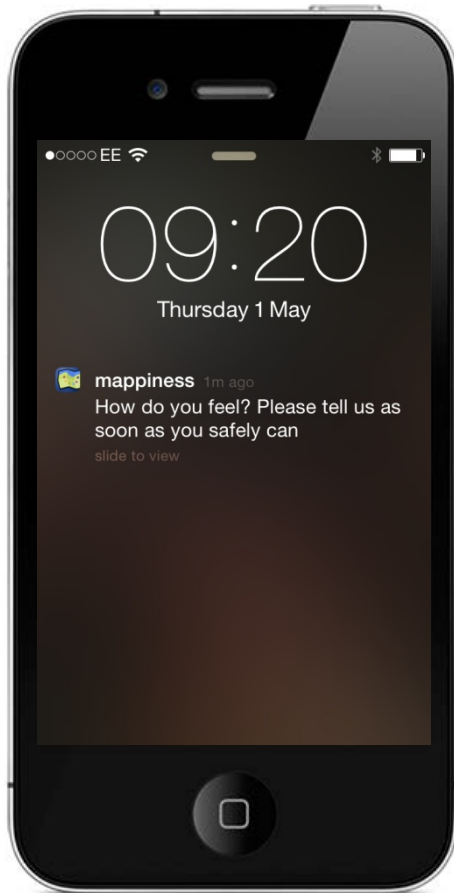


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- **Interesting information about your own happiness**, which you can download or see charted inside the app – including when, where and with whom you're happiest
- The warm glow of helping increase the sum of human knowledge

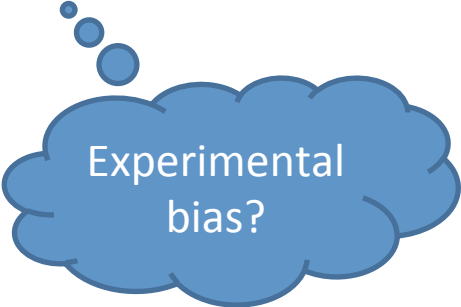


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Experimental
bias?

measuring things changes things...



happy or unhappy?



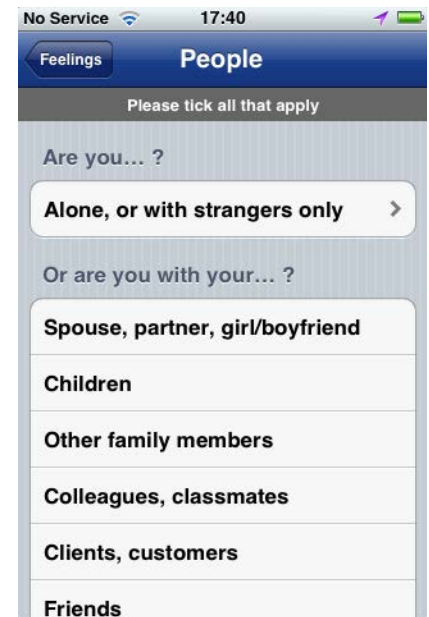
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happy or unhappy?



I get on the scales,
and then I get
happy or unhappy
- because of my
thoughts and
beliefs...

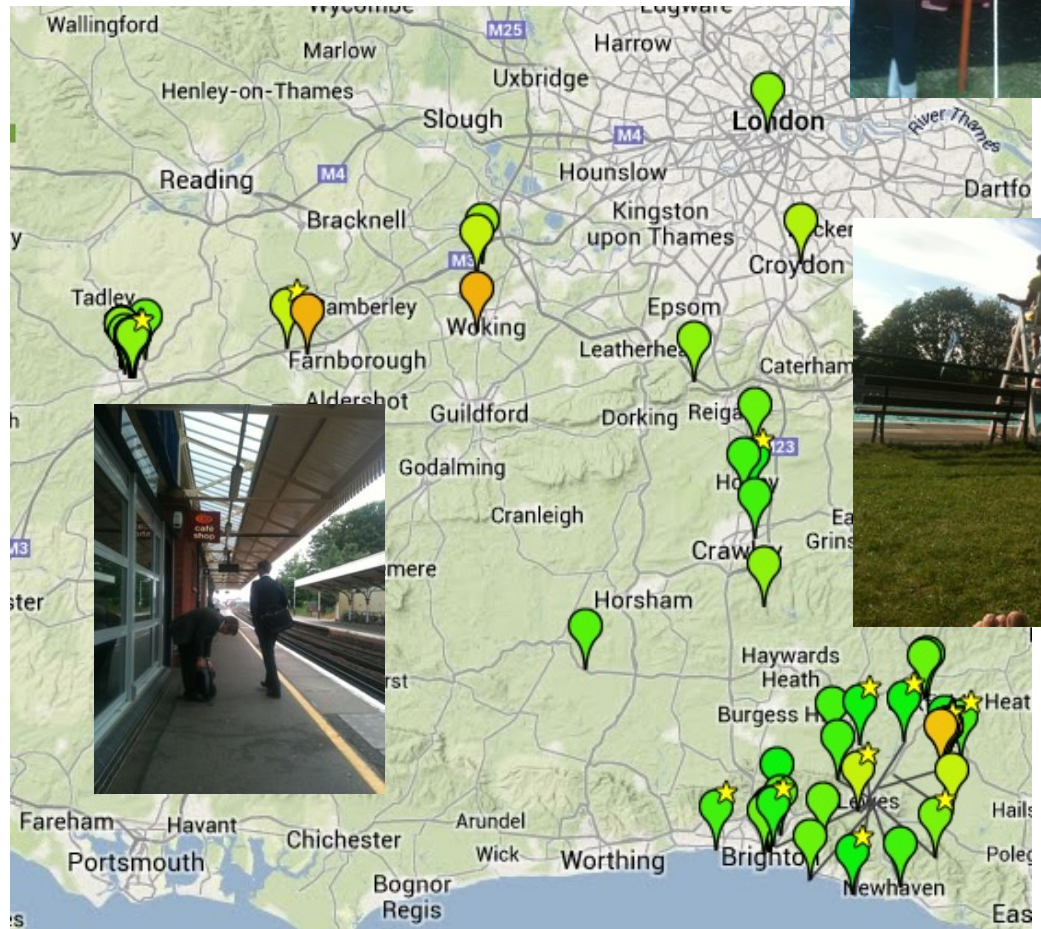
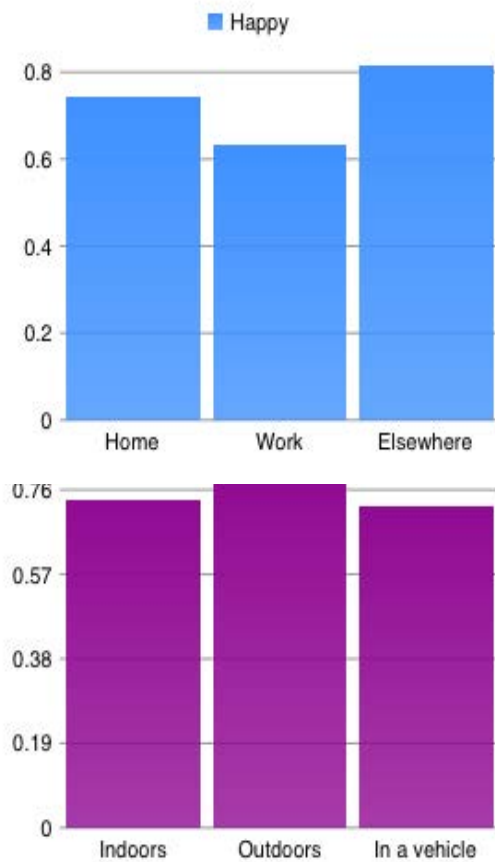
rating my happiness several times per day...



charting my personal results...

Where am I happiest?

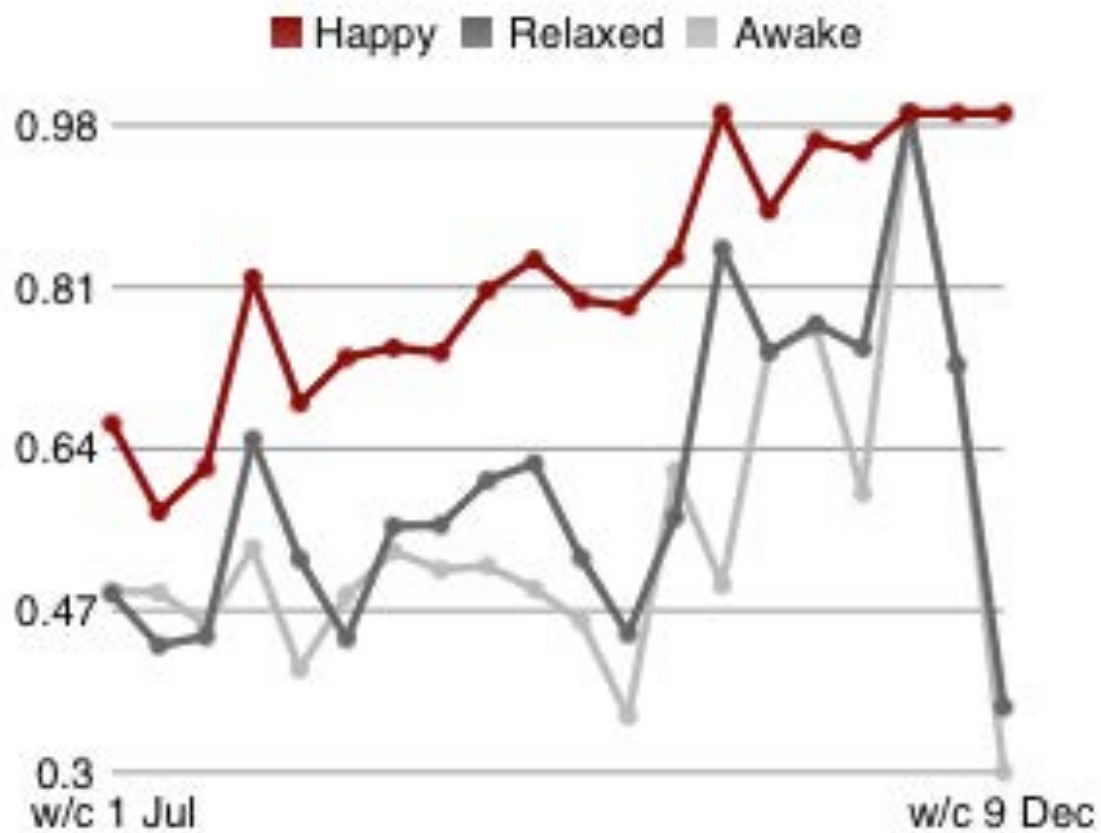
These charts compare your average happiness in different locations.

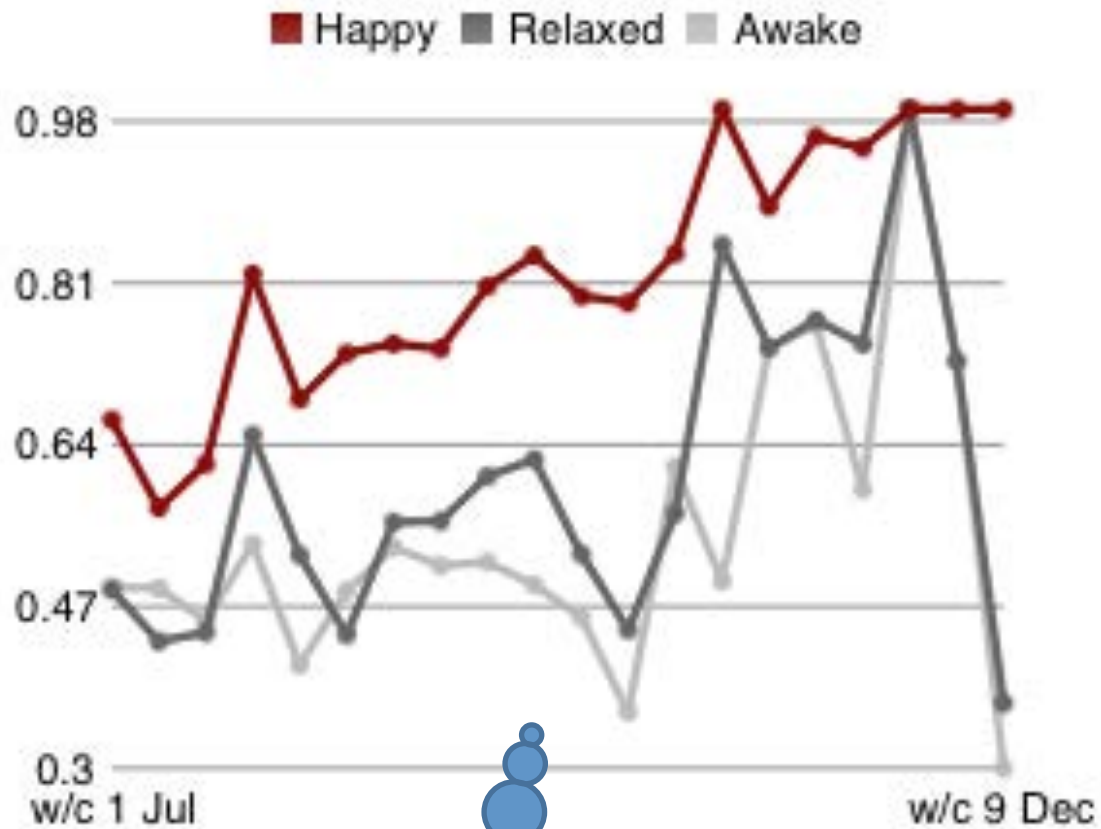


what am I happiest doing?

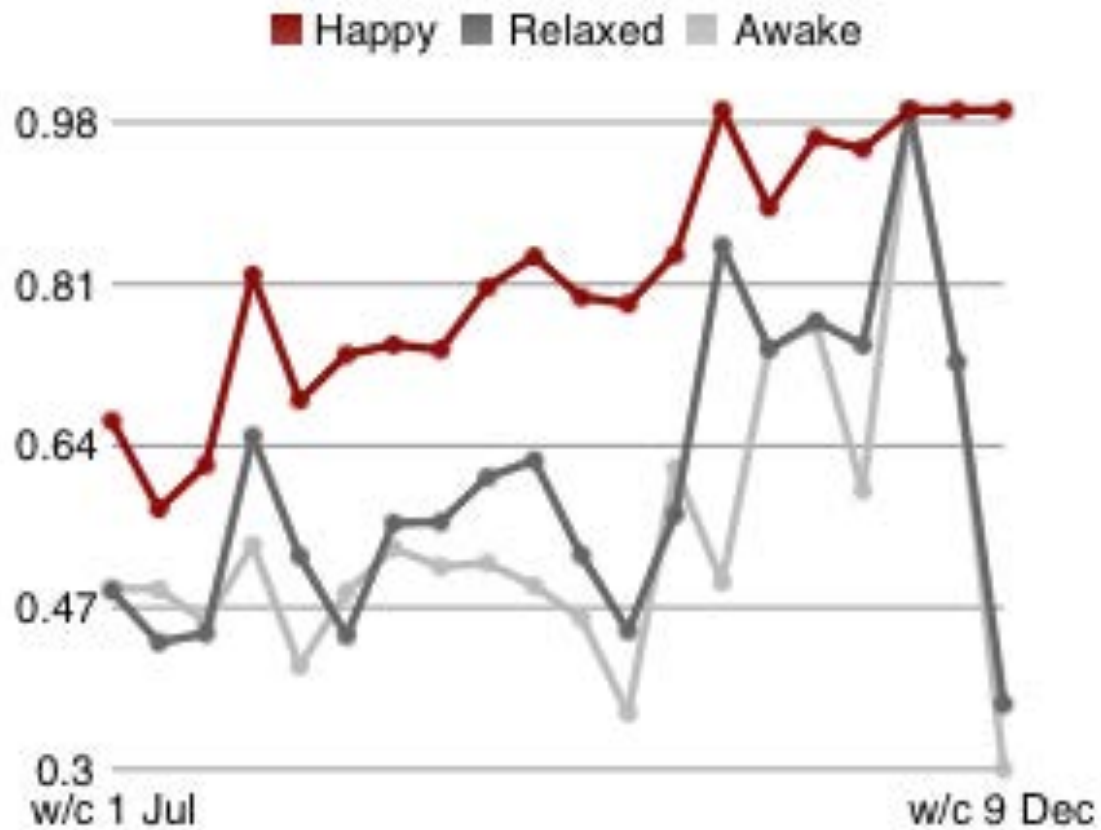
- #1. Sports, running, exercise ×7 :)
- #2. Walking, hiking ×2
- #3. Something else ×4
- #4. Theatre, dance, concert ×1
- #5. Waiting, queueing ×5
- #6. Drinking alcohol ×4
- #7. Birdwatching, nature watching ×1
- #8. Childcare, playing with children ×5
- #9. Talking, chatting, socialising ×36
- #10. 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:

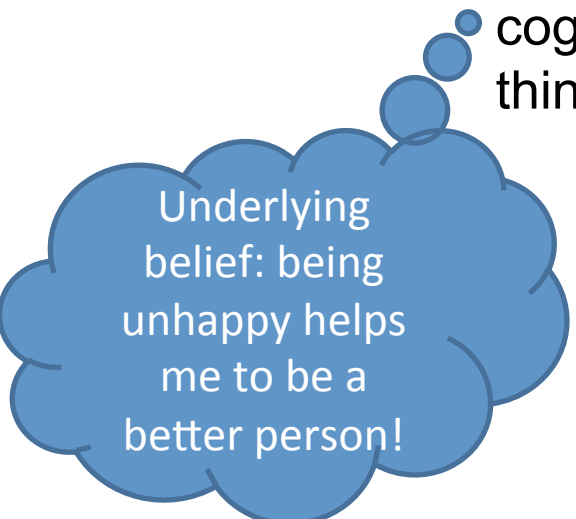
- my ambitions and goals
- my responsibilities
- my values and my faults of character
- wanting to be a good person

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For me: my rating was often a cognitive outcome brought about by thinking about:

- my ambitions and goals
- my responsibilities
- 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?”

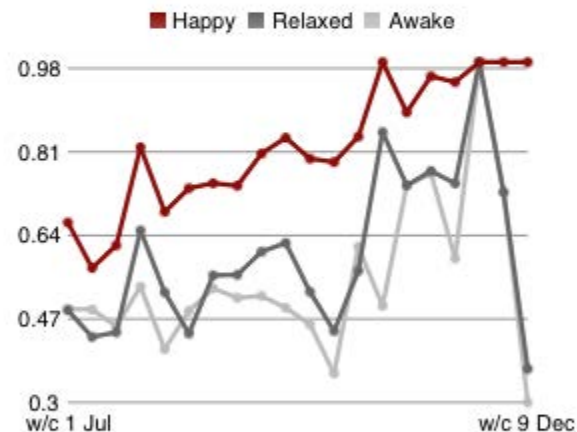
- Relax
- Become present
- Become mindful
- Be grateful
- Be loving (of self, mainly!)
- Happiness = absence of unhappiness

engineering a cognitive habit:

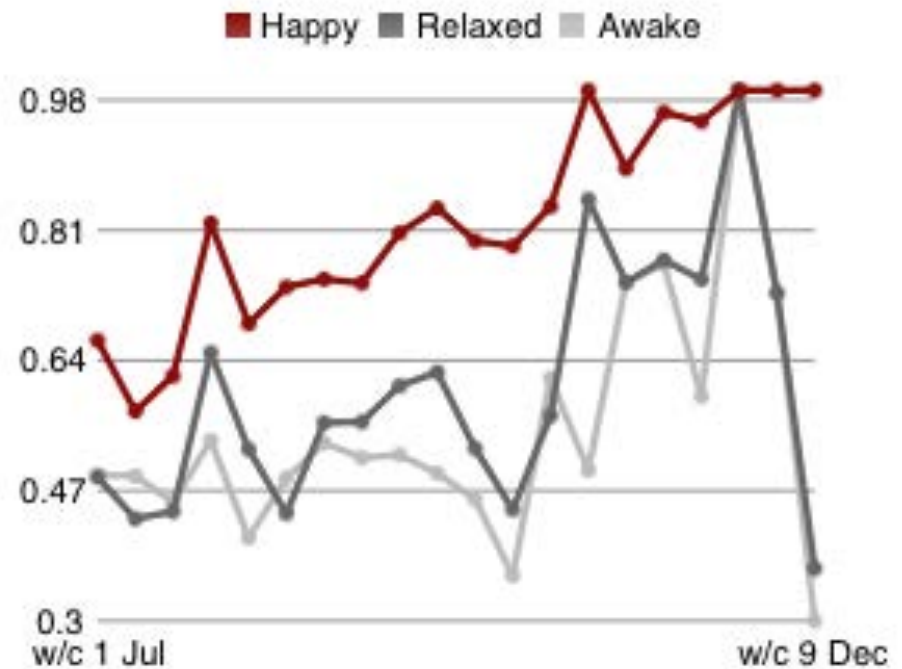


“How do you feel?”

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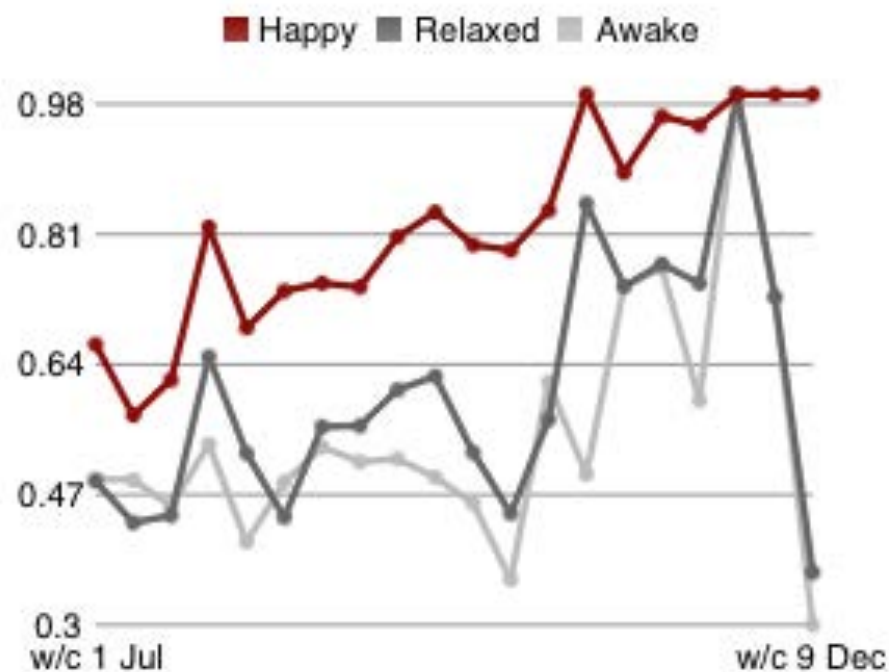


engineering a cognitive habit:



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

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alex.tarling@gmail.com