

# Happiness Toolkit

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## Online Courses on Happiness:

UC Berkeley offers a free 9 week online course entitled “The Science of Happiness”. to register, go to <https://ggsc.berkeley.edu>. This course is self-paced and is offered several times a year.

Yale also offers a free online course based on their extremely popular **Psych 157 Psychology and the Good Life**. You can access and take an online version of this course at <https://www.coursera.org/learn/the-science-of-well-being>.

## Online Personality/Happiness Assessments:

Want to know how you rate in areas such as optimism, life satisfaction, happiness etc?

Martin Seligman offers an Happiness Quiz at <http://www.pursuit-of-happiness.org/history-of-happiness/martin-seligman-psychology/> . You can also find at this website several other tools to use to increase your base happiness level.

The University of Pennsylvania offers a whole battery of personality assessments including the **Authentic Happiness Inventory**, **General Happiness Scale**, an **Optimism test** and more. You can take any of these surveys and they will track your scores. Go to: <https://www.authentichappiness.sas.upenn.edu/testcenter>.

Want to participate in a Happiness study? Download the app **Track Your Happiness** to your smart phone. You will get random daily questions regarding what you are doing and how you feel. Over 18,000 people in 80 countries are contributing to this study. This study is conducted by Dr. Matt Killingsworth - google him for lots more information on the study.

How **grateful** are you? This assessment will tell you your current “gratitude score” [https://greatergood.berkeley.edu/quizzes/take\\_quiz/gratitude](https://greatergood.berkeley.edu/quizzes/take_quiz/gratitude)

## Online articles on Happiness - Related subjects:

For great information on the studies done with **oxytocin** go to : <https://www.optimallivingdynamics.com/blog/25-effective-ways-to-increase-oxytocin-levels-in-the-brain>. This article give extensive directions on how to increase the level of oxytocin in your brain.

Want to know more about **endorphins**? Go to <https://bebrainfit.com/increase-endorphins/#breathing-exercises>.

Are you interested in looking further into **Compassion training**? This web-site takes you through an entire, easy to follow training program. <https://positivepsychologyprogram.com/compassion-focused-therapy-training-exercises-worksheets/>

Want to know more about the **Harvard Study on Happiness**? Go to : <https://news.harvard.edu/gazette/story/2017/04/over-nearly-80-years-harvard-study-has-been-showing-how-to-live-a-healthy-and-happy-life/> for a complete review of the study.

## Books:

Emmons, Robert. *Thanks! How the New Science of Gratitude Can Make you Happier*

Hanson, Rick. *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence*

Haidt, Jonathan. *The Happiness Hypothesis: Finding Modern Truth in Ancient Wisdom*

Lyubomirsky, Sonja. *The How of Happiness: A Scientific Approach to Getting the Life You Want.*

Pinker, Stephen. *Enlightenment Now: the Case for Reason, Science, Humanism, and Progress.*

Seligman, Martin. *Authentic Happiness: Using Positive Psychology to Realize Your Potential for Lasting Happiness.*