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Happiness & Resilience

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Many of us strive for happiness. Yet, it is not arriving at a point of complete joy that is most important. Rather, practicing a life of contentment involves a daily decision to commit oneself to basic beliefs or personal ideals and to engage deeply in the potential meaning that comes from life itself. Life is not always a happy or easy place to reside. Nevertheless, it may be helpful to consider the awesomeness of existence itself.

Mindfulness in daily living has much to offer in this area (see Jon Kabat-Zinn). Ultimately, it is when we realize that happiness and sorrow both reside on the same plane of human experience and when we embrace all states of mind and heart that we finally arrive at our most authentic existence. It is not to strive, but to continually arrive with an open heart that we might find a sense of connection to our humanity – and a sense of authentic happiness.

10 tips:

- 1) Develop a set of beliefs and values aligned with your truest self
- 2) Try to find meaning in whatever stressful or difficult
- 3) Try to maintain a positive outlook
- 4) Take cues from someone who is especially resilient
- 5) Don't run away from the things that scare you
- 6) Be quick to reach out for support and keep your support network close
- 7) Learn new things whenever you can
- 8) Find a healthy and reasonable exercise routine you can implement
- 9) Don't beat yourself up or dwell on the past – practice self-compassion
- 10) Recognize what makes you uniquely strong – feel proud and own it

These tips highlight many useful considerations when it comes to living a healthy life and provide important implications for maintaining psychological health as well as a sense of authentic happiness.