Kilder til lykke

Modum Bad
19. januar 2017

Ragnhild Bang Nes

Arbeidslivet?

1 **Hvor fornøyd er du med livet sånn i alminnelighet?** Sett ett kryss på en skala fra 1 til 10, der 1 er svært misfornøyd og 10 er svært fornøyd.

1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Svært misfornøyd									Svært fornøyd

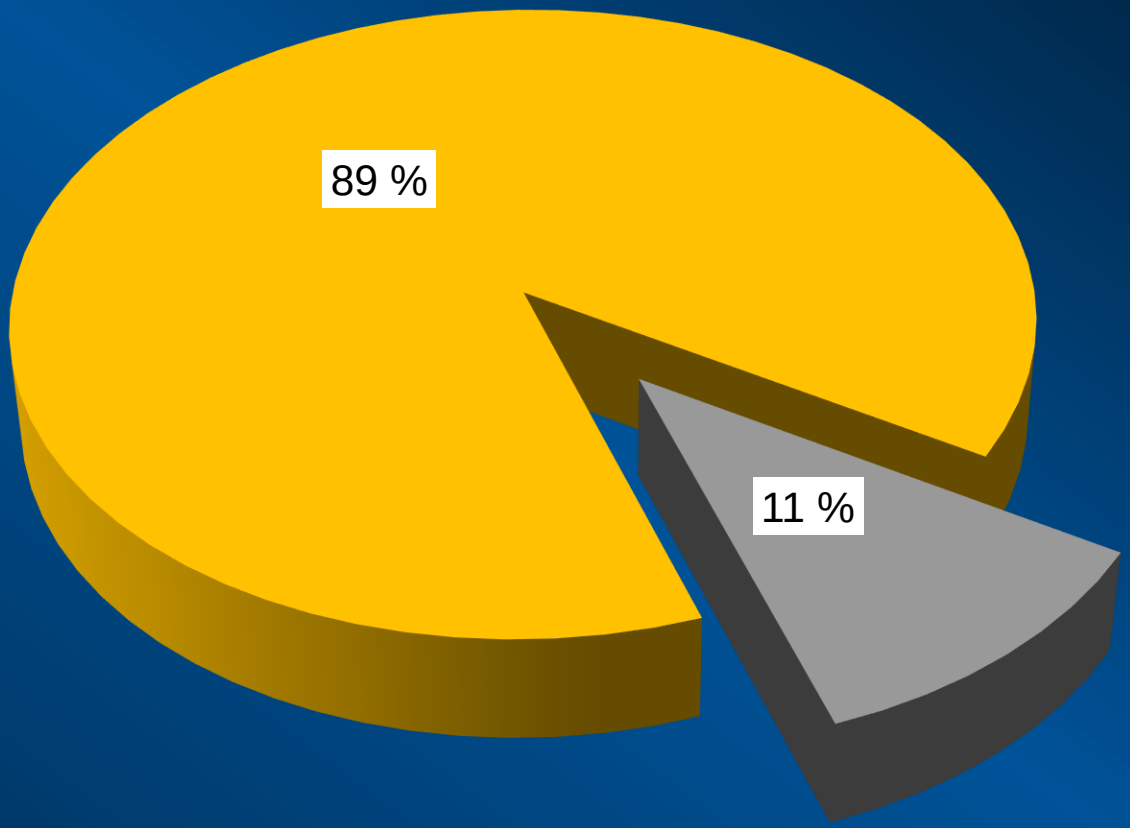
Arbeidslivet er jo en del av det store livet

Espen Røysamb

Arbeidslivet - og livet

Arbeid
7,5 timer
230 dager
44 år (23-67)
=75 900 timer

Livet
24 timer
365 dager
81 år
=709 560 timer



Arbeidslivet - og livet

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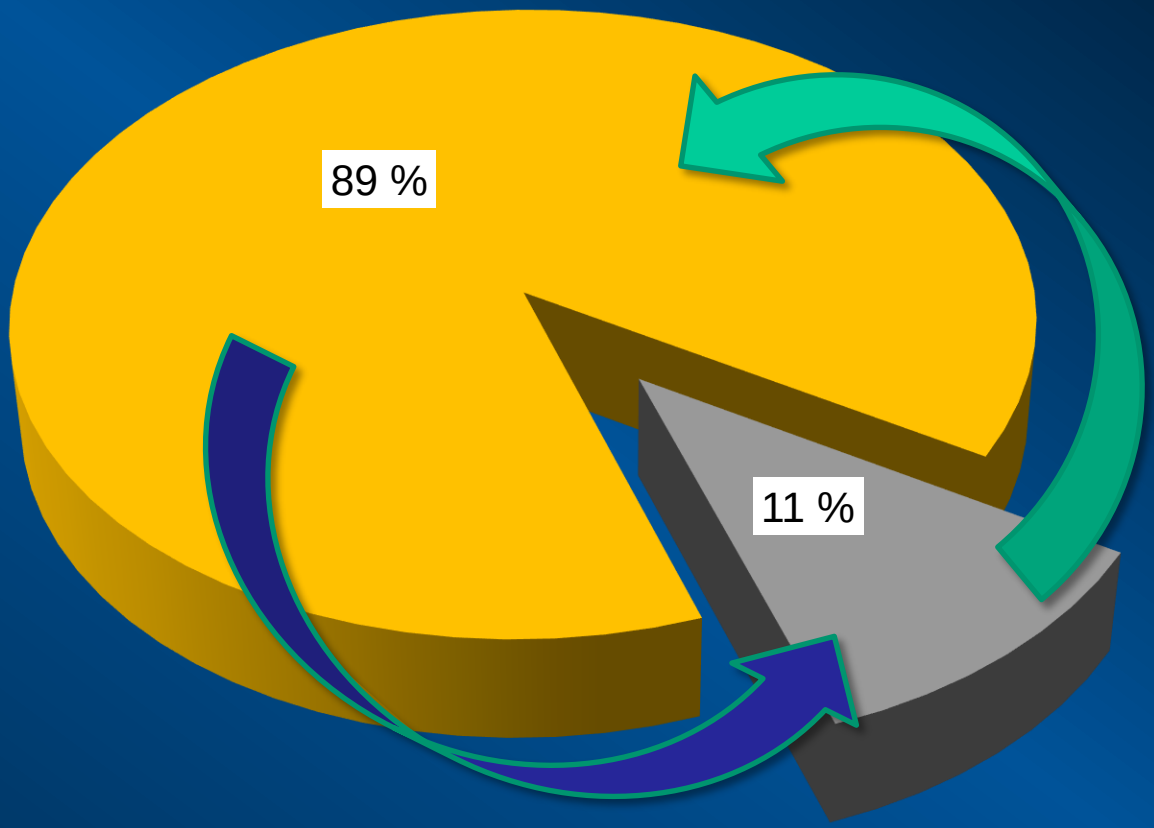


- Lykke i forskning og forvaltning
- Hva er egentlig lykke?
- Kilder til lykke
  - Generelle - individuelle
  - Variasjon og samspill

JACKPOT
SPILL HER!
VIKING LOTTO

Sveitsere er mest happy, Norge kommer på fjerde plass

- Det dreier seg ikke om penger alene. Les mer

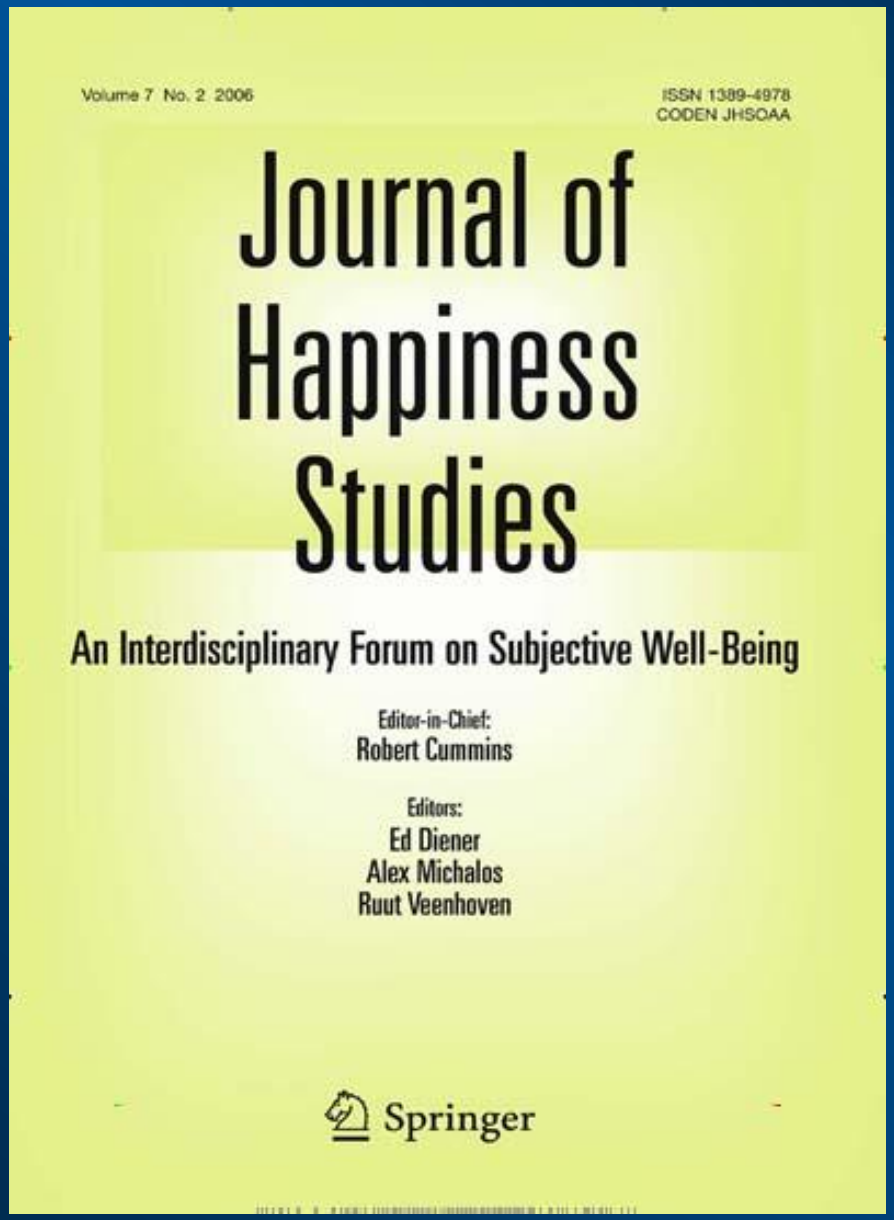
Fortsatt glade, men minst fornøyd i Norden

Ungdom i Østerrike og gamle i Sveits synes de har det aller best. Les mer

Lykkeligst i hele verden

Her er folk og land som feier dansker og nordmenn ned fra lykketoppen. Les mer

JACKPOT
SPILL HER!
VIKING LOTTO


Volume 7 No. 2 2006
ISSN 1389-4978
CODEN JHSOAA
Journal of Happiness Studies
An Interdisciplinary Forum on Subjective Well-Being
Editor-in-Chief:
Robert Cummins
Editors:
Ed Diener
Alex Michalos
Ruut Veenhoven
Springer

THE JOURNAL OF
Positive Psychology
Dedicated to furthering research and promoting good practice
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Acacia Parks
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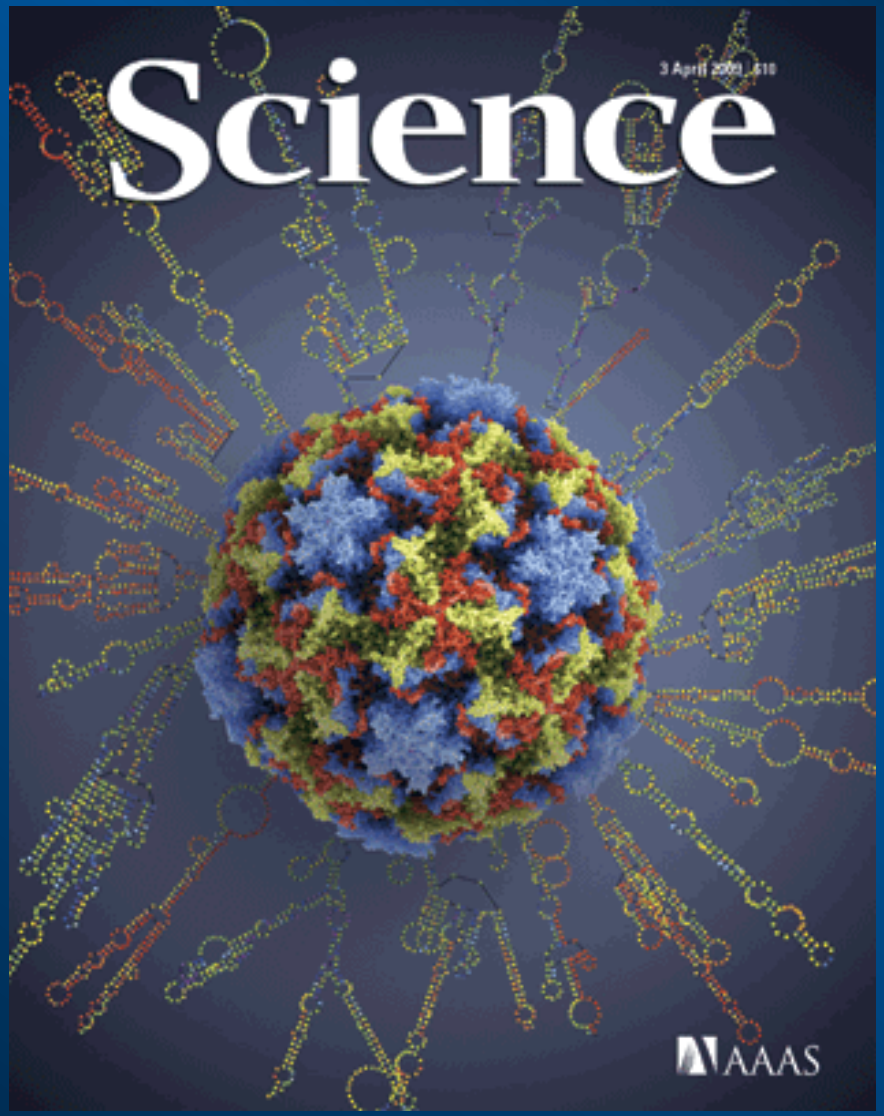
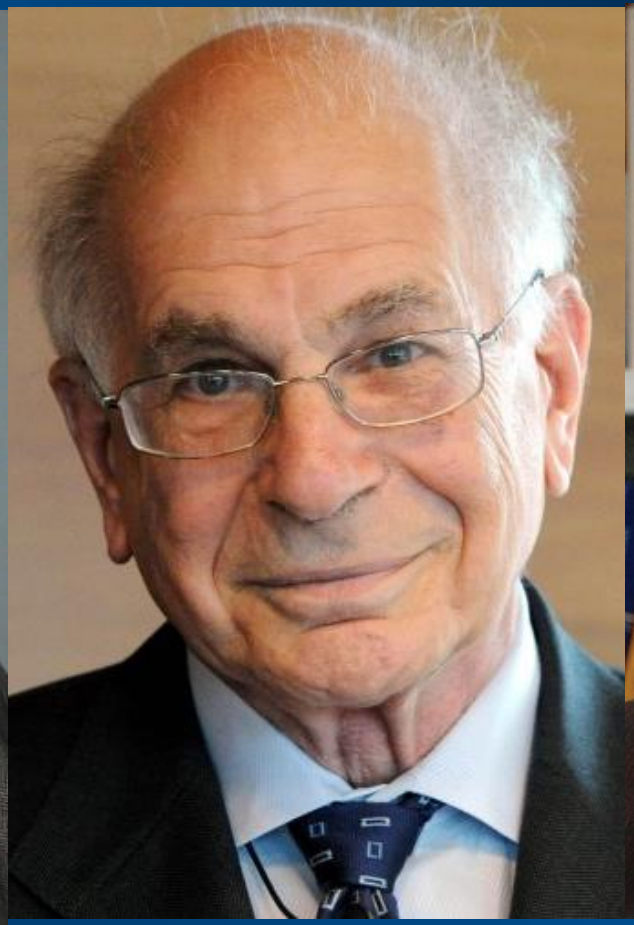
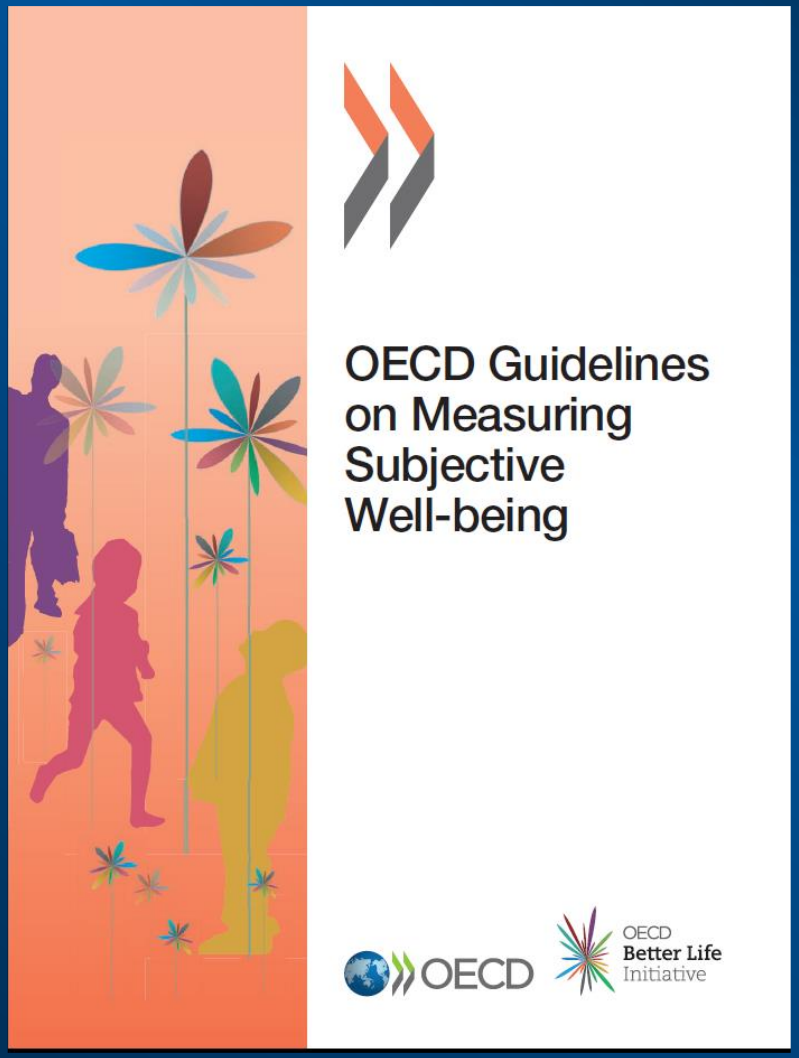
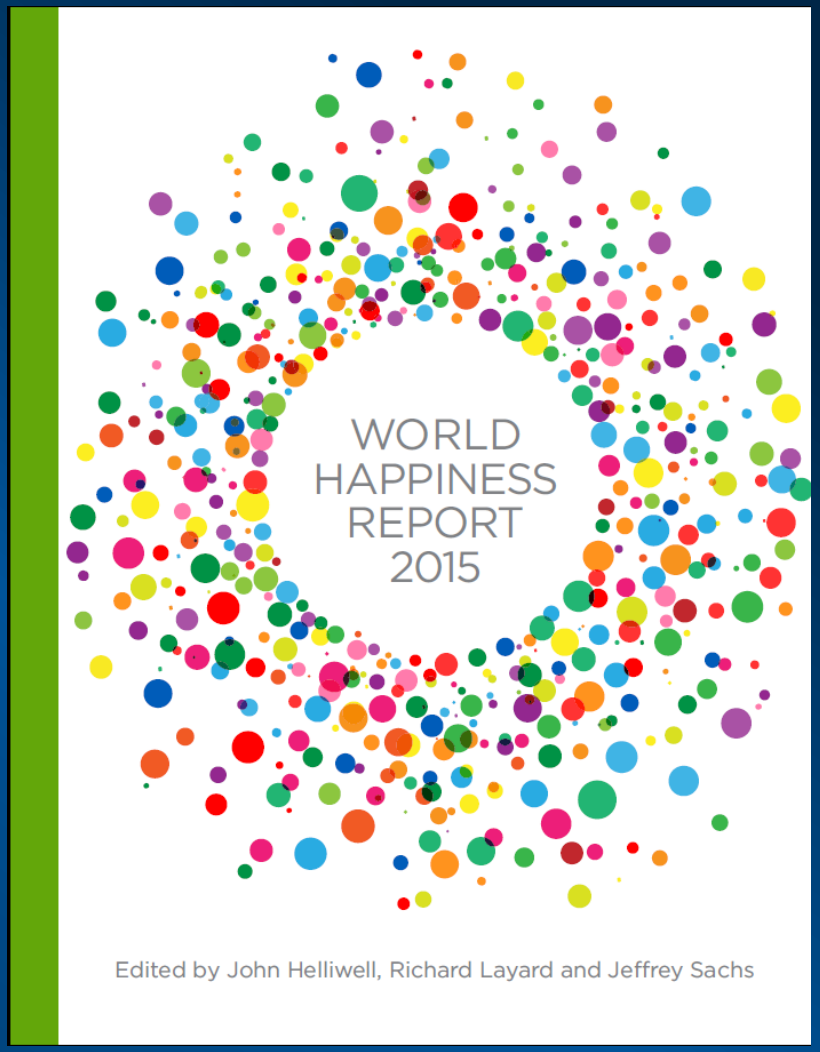

Science
3 April 2009
AAAS

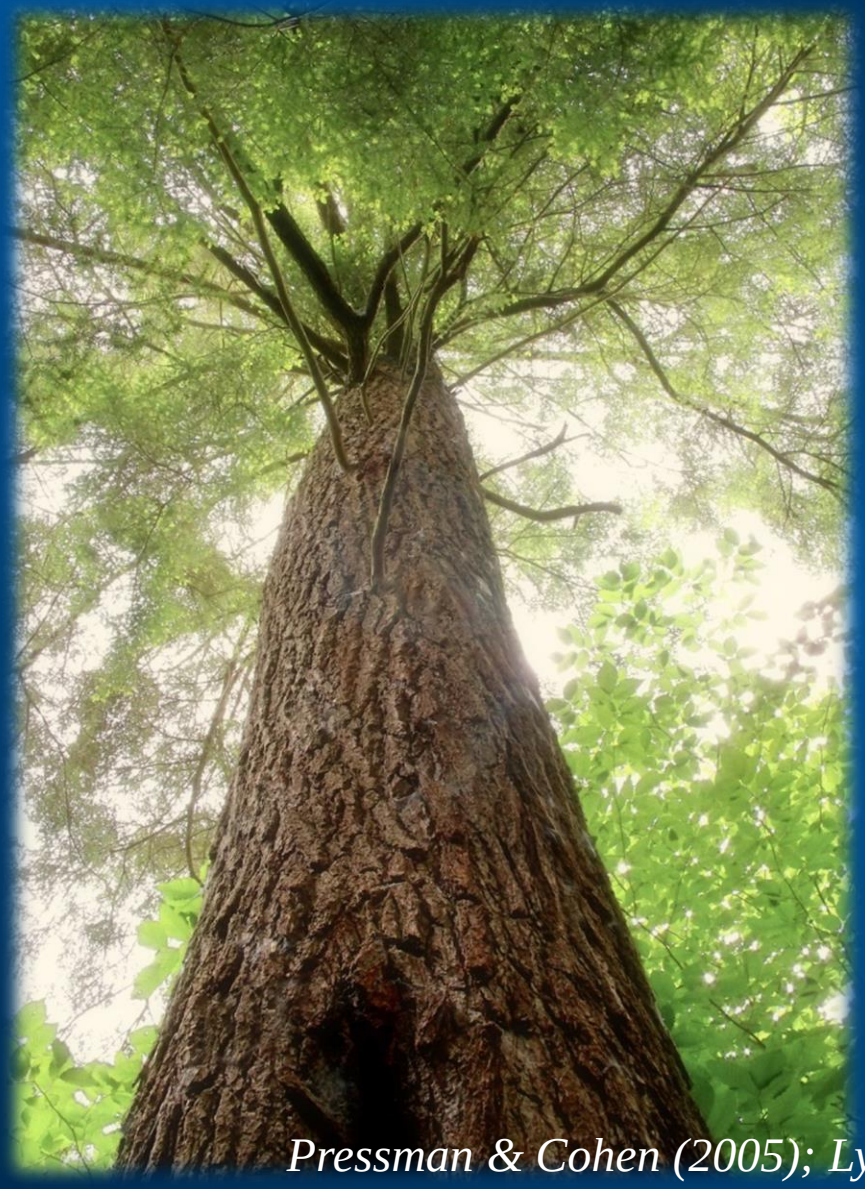
OUTLOOK
nature
THE INTERNATIONAL WEEKLY JOURNAL OF SCIENCE
GERM-CELL TUMOUR GENOMICS
The evolution of chemoresistance in germ-cell cancers PAGE 114
PLANETARY SCIENCE
PLUTO'S ICY HEARTLAND
A closer look at the Sputnik Planitia basin
CELL BIOLOGY
INSIDE MITOCHONDRIA
GLOBAL FOOD SUPPLY
MAKING MORE OF FOOD




OECD Guidelines on Measuring Subjective Well-being
OECD
OECD Better Life Initiative


WORLD HAPPINESS REPORT 2015
Edited by John Helliwell, Richard Layard and Jeffrey Sachs

1 NO POVERTY
2 ZERO HUNGER
3 GOOD HEALTH AND WELL-BEING
4 QUALITY EDUCATION
5 GENDER EQUALITY
6 CLEAN WATER AND SANITATION
7 AFFORDABLE AND CLEAN ENERGY
8 DECENT WORK AND ECONOMIC GROWTH
9 INDUSTRY, INNOVATION AND INFRASTRUCTURE
10 REDUCED INEQUALITIES
11 SUSTAINABLE CITIES AND COMMUNITIES
12 RESPONSIBLE CONSUMPTION AND PRODUCTION
13 CLIMATE ACTION
14 LIFE BELOW WATER
15 LIFE ON LAND
16 PEACE, JUSTICE AND STRONG INSTITUTIONS
17 PARTNERSHIPS FOR THE GOALS
SUSTAINABLE DEVELOPMENT GOALS



- Sentral verdi
- Har viktige konsekvenser
  - Sunnere livsstil
  - Bedre relasjoner
  - Høyere produktivitet
  - Bedre helse
  - Lengre liv

Pressman & Cohen (2005); Lyubomirski et al. (2005); Diener & Chan (2009); Steptoe et al. (2015)

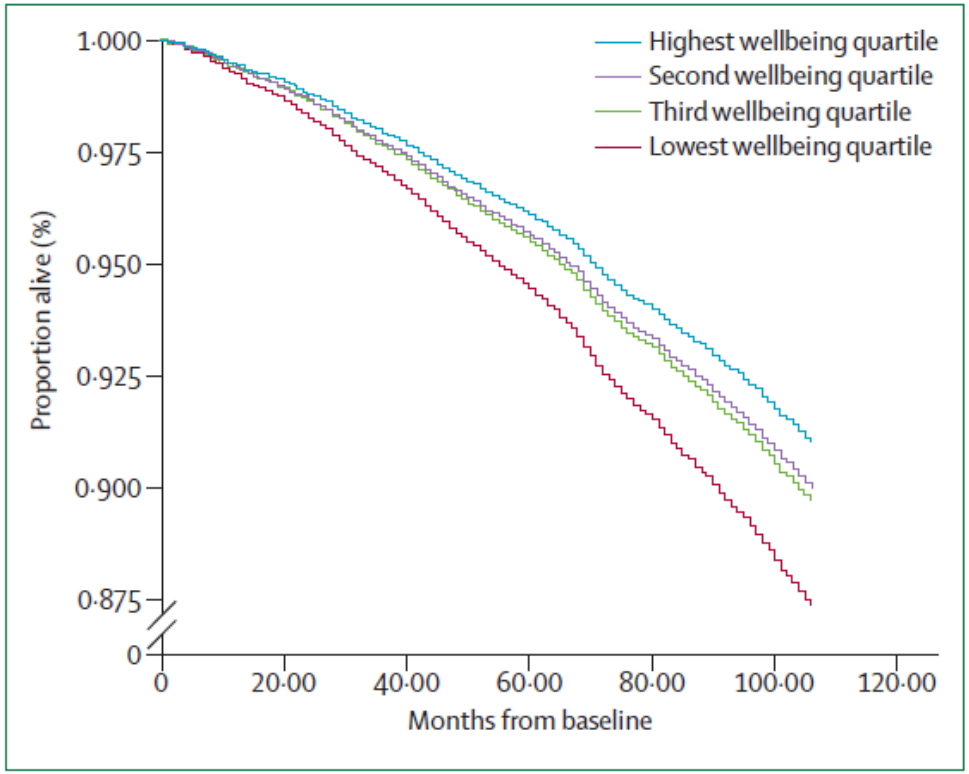


Figure 7: **Eudemonic wellbeing and survival**
Kaplan-Meier survival curves for the four quartiles of eudemonic wellbeing in the English Longitudinal Study of Ageing.[31] Survival in months from baseline is modelled after adjustment for age, sex, demographic indicators, baseline health indicators, history of depressive illness and depression symptoms, and baseline health behaviours.

Steptoe et al., 2015 (Lancet)

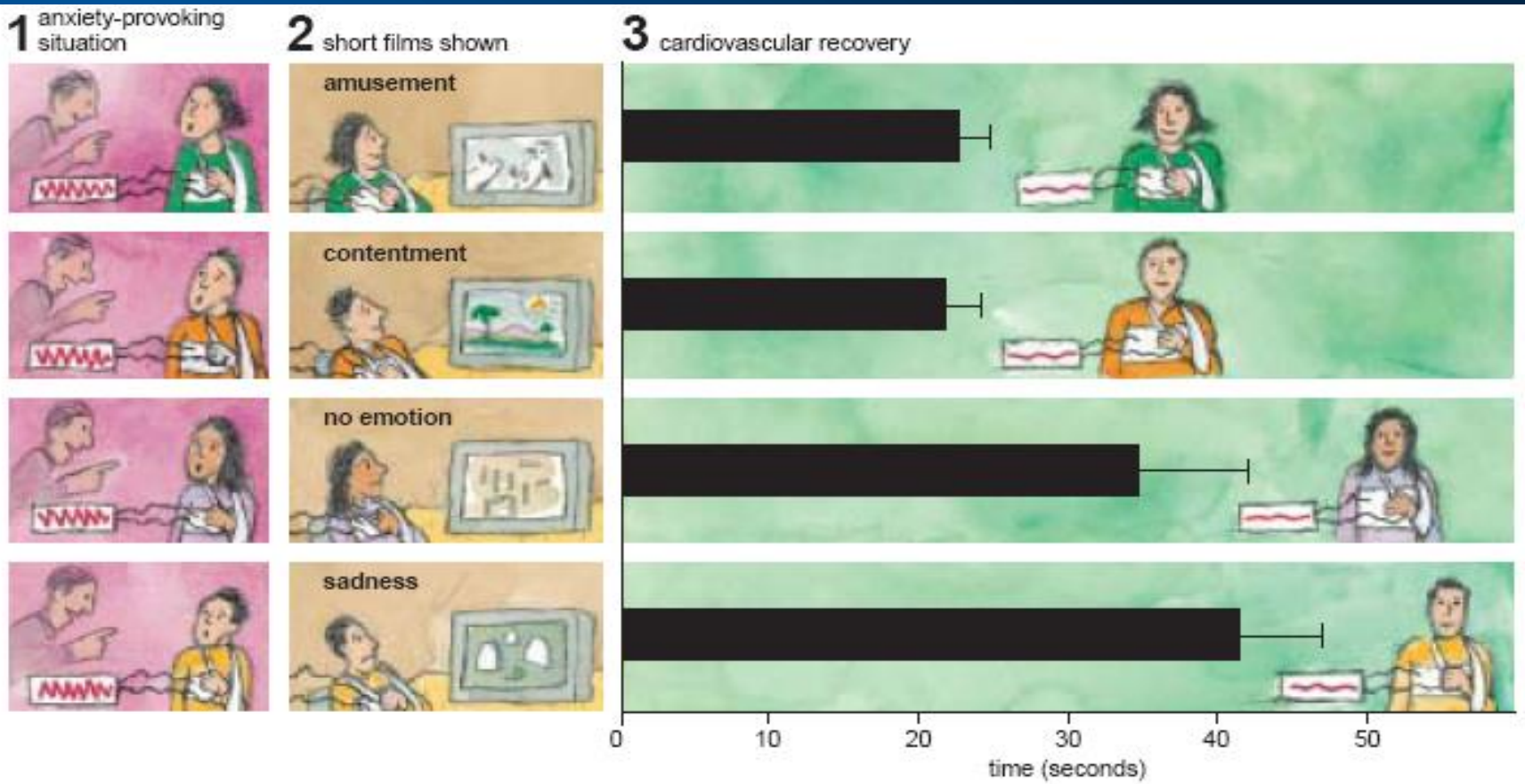
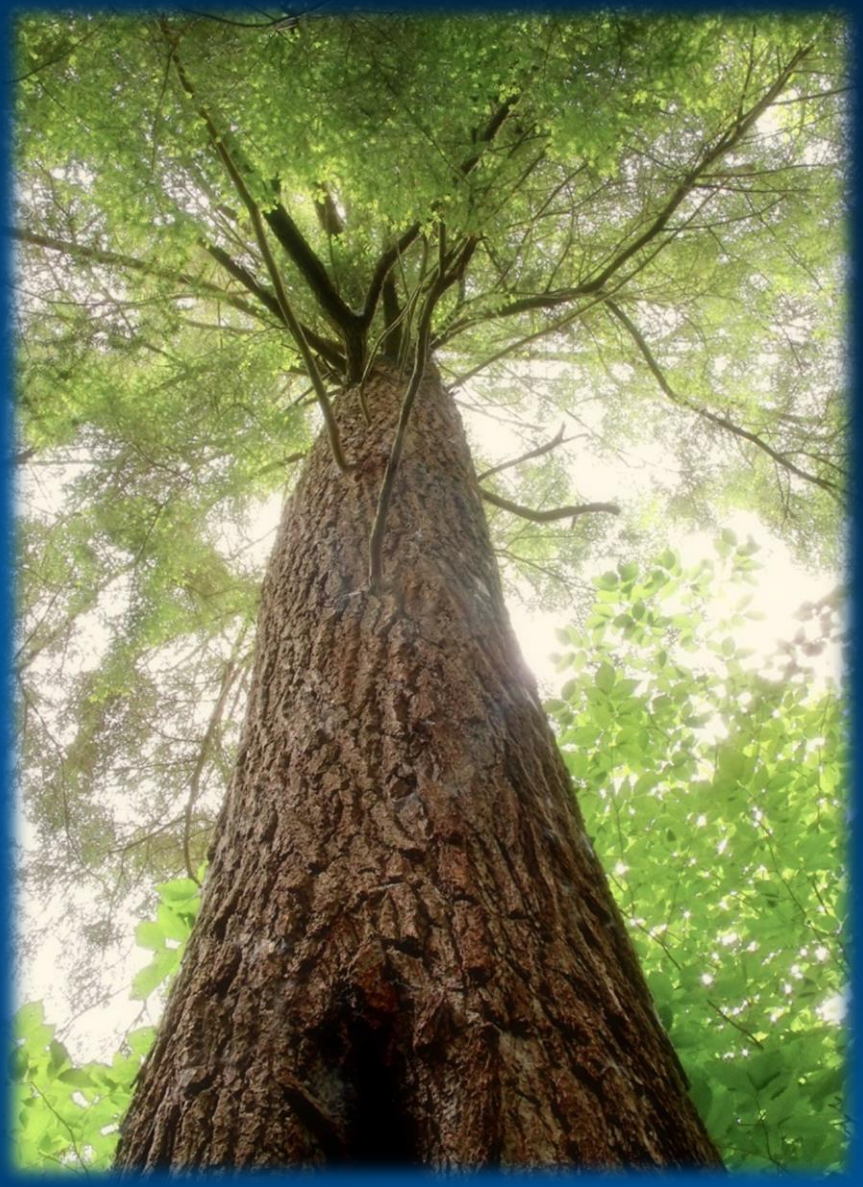


Figure 5. Undoing hypothesis suggests that positive emotions "undo" the lingering effects of negative emotions. This was examined by provoking anxiety in a group of participants by asking them to prepare a speech under time pressure. After learning that they did not have to deliver their speeches after all, the participants were shown one of four films, eliciting either amusement, contentment, no emotion or sadness. Measurements of the participants' heart rate, blood pressure and peripheral vasoconstriction revealed that feeling positive emotions leads to the quickest recovery to baseline measures obtained before they were placed in the anxiety-provoking situation. These undoing effects may partly explain the longevity of people who experience positive emotions more often.

Mål for folkehelsearbeidet i Norge

- **Flere leveår**
  Norge skal være blant de tre landene i verden som har høyest levealder
- **Bedre leveår**
  Befolkningen skal oppleve flere leveår med god helse og trivsel
- **Jevnere kår**
  Vi skal skape et samfunn som fremmer helse i hele befolkningen og reduserer sosiale helseforskjeller

Systematisk utvikling av befolkningen lykke, livskvalitet og psykiske ressurser vil antakelig forebygge mer psykisk uførhet enn tiltak rettet direkte mot forebygging av psykiske lidelser



Oppdrag i folkehelsemeldingen

«Helsedirektoratet skal i samarbeid med Folkehelseinstituttet og Statistisk Sentralbyrå lage en strategi for måling av livskvalitet og trivsel i tråd med kunnskap og utvikling på feltet.»

Statistisk sentralbyrå
Statistics Norway

folkehelseinstituttet

ungdata

Helsedirektoratet

Avhenger av teoretisk og vitenskapelig perspektiv….

Hedonisk

Glede, nytelse, behag, velvære, tilfredshet

Eudaimonisk

Utvikle potensiale, bruke styrker, føle interesse, engasjement, mening, retning, autonomi, vekst

«Liking»

- Behagelige sanseopplevelser
- Konsummering
- Redusert aktivering
- Opioidsystemet, GABA

«Wanting»

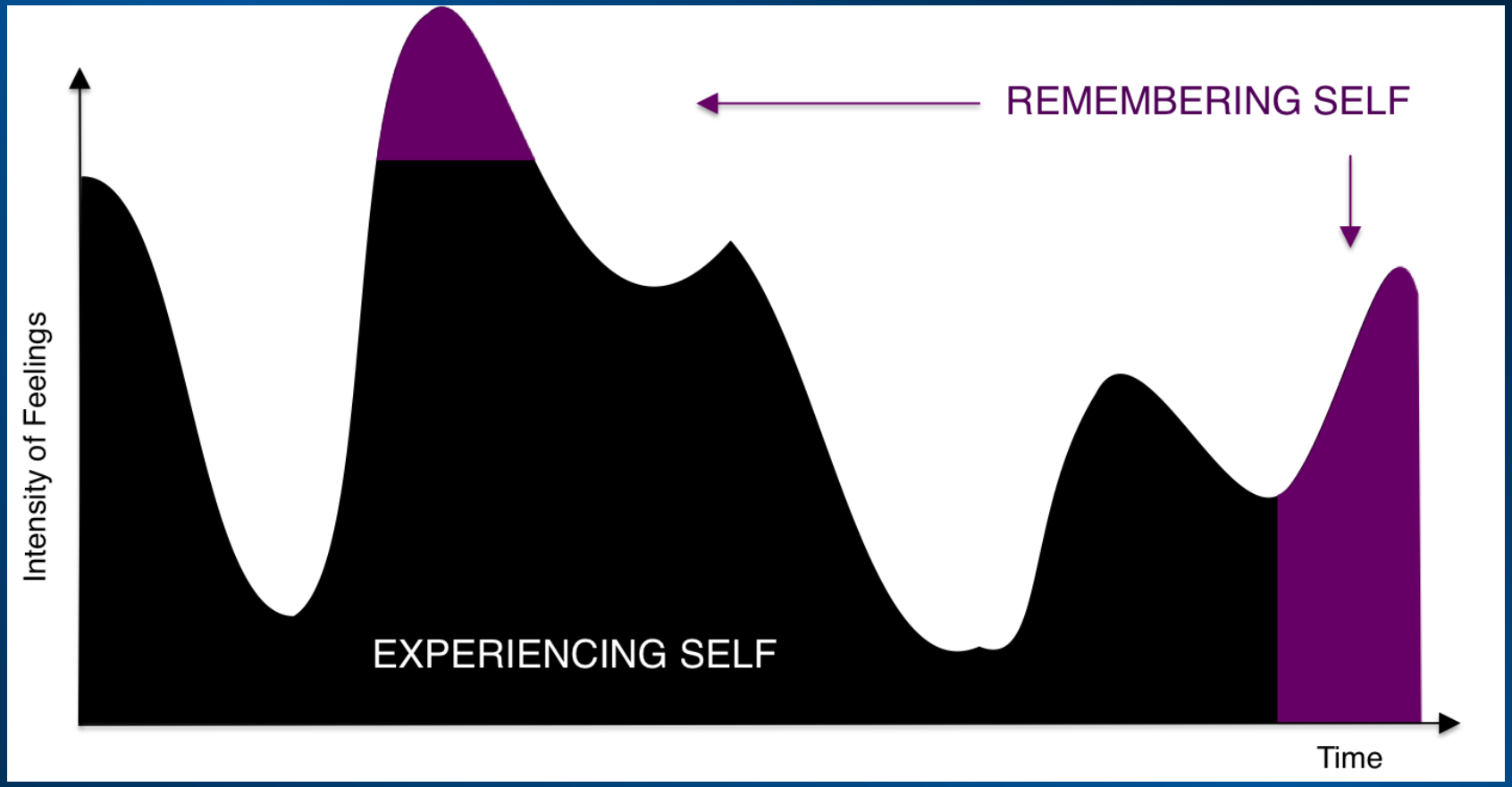
- Interesse, engasjement
- Motiverer handling
- Økt aktivering
- Dopamin

- **Korttidslykke**

  En følelsesmessig respons til noe godt eller morsomt (tilstand)

- **Langtidslykke**

  En stabil grunnstemning (trekk, tendens, tilbøyelighet)

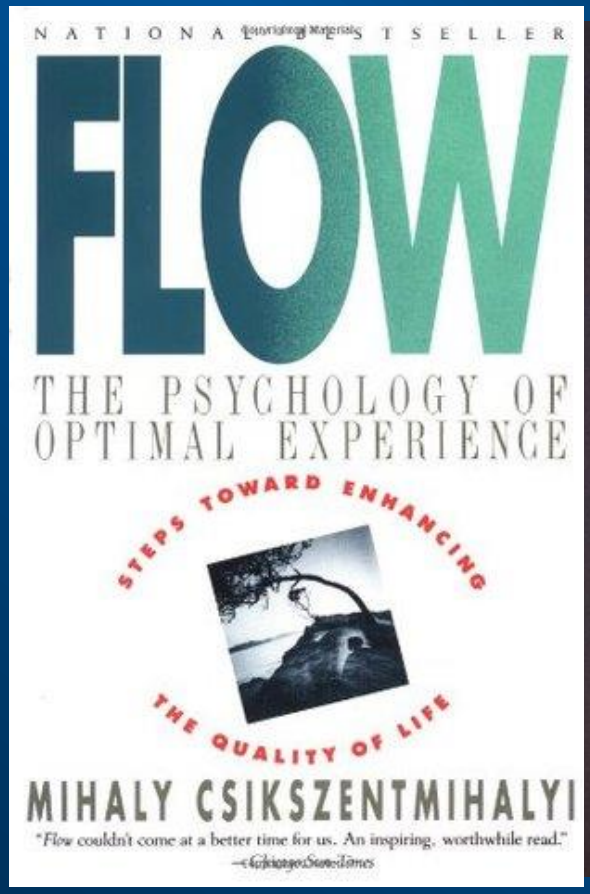

REMEMBERING SELF
Intensity of Feelings
EXPERIENCING SELF
Time

Selvbestemmelsesteori

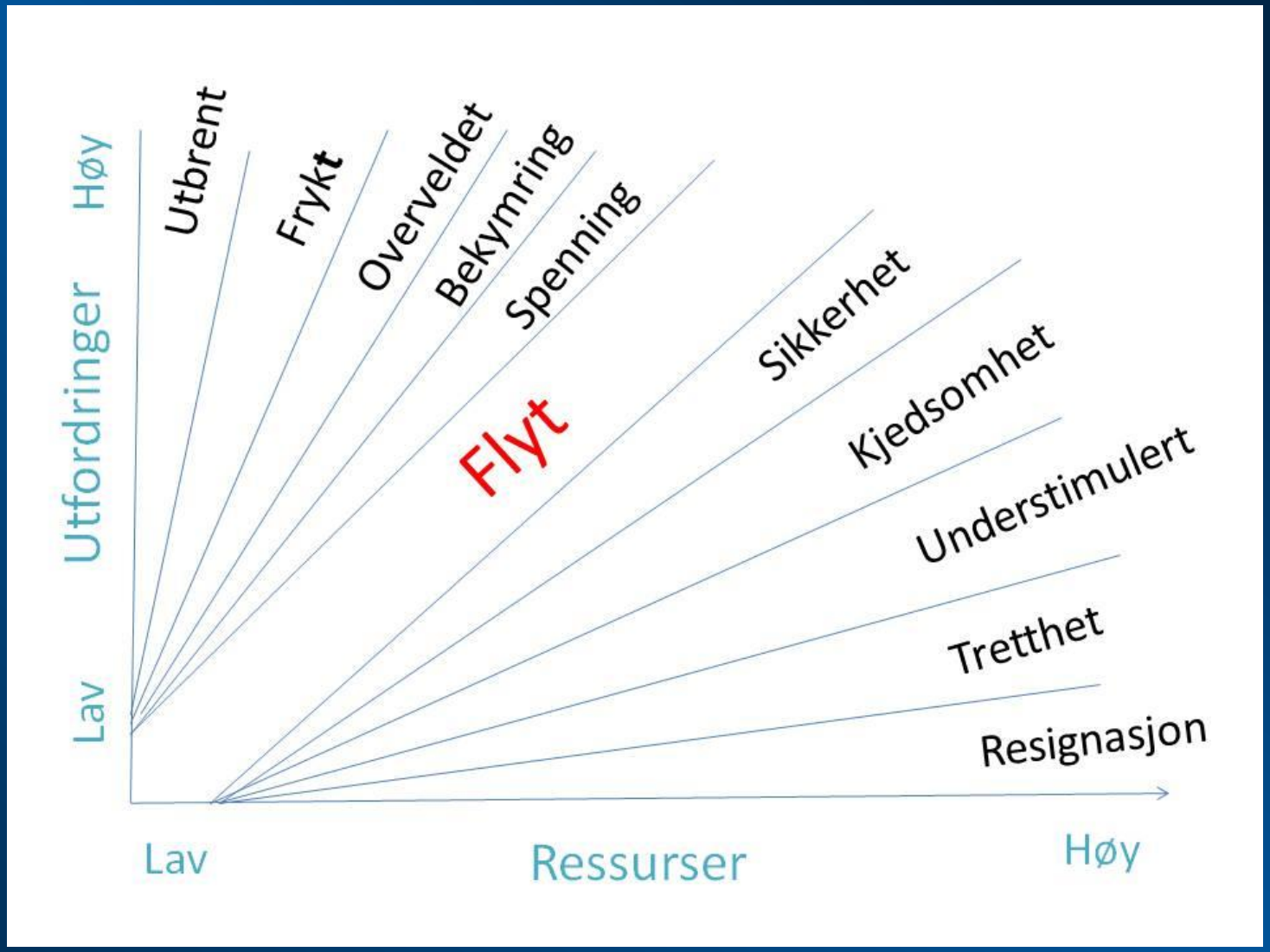
(Indremotivasjon vs ytremotivasjon)

3 grunnleggende psykologiske behov

- Autonomi
- Kompetanse
- Relasjoner



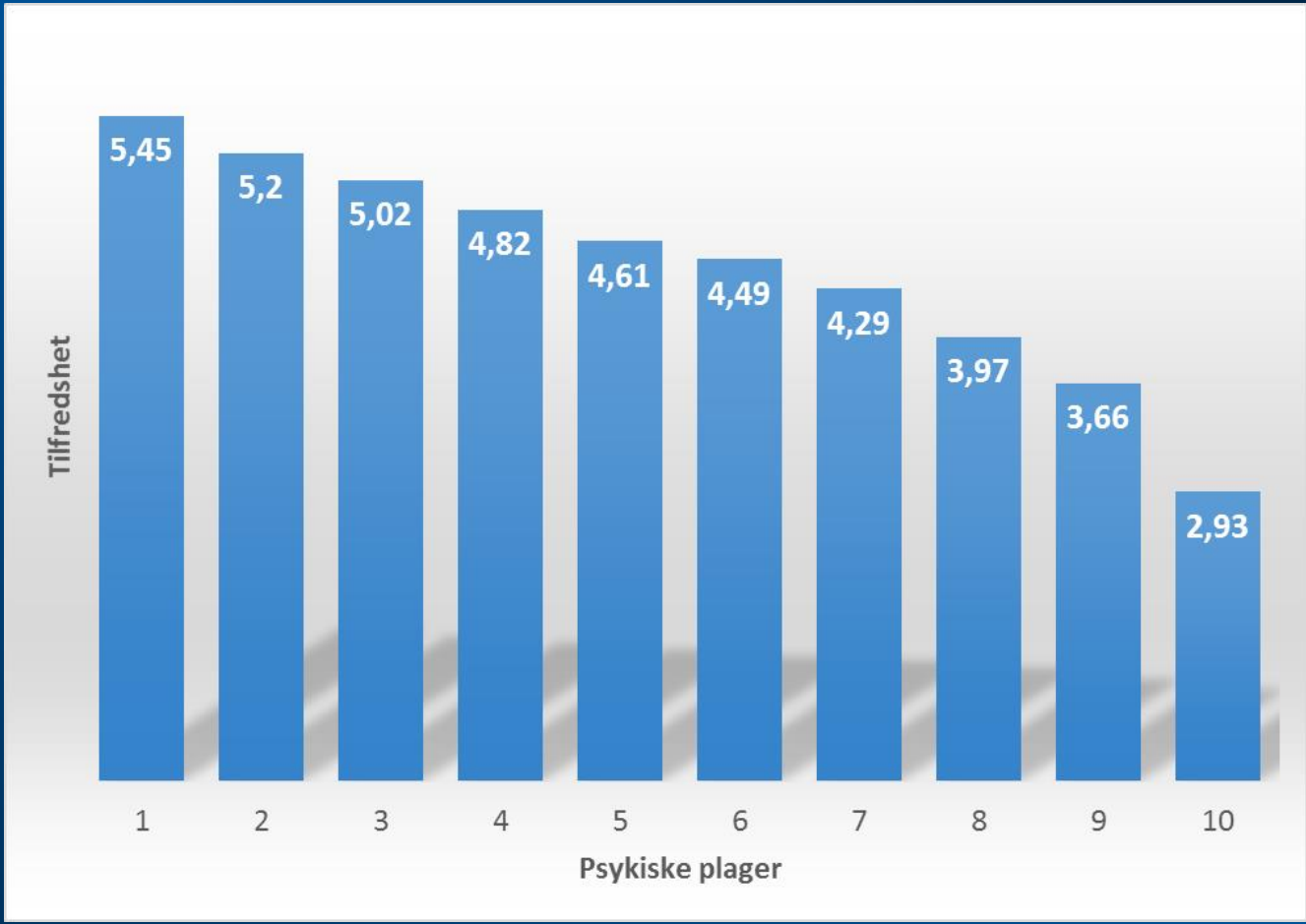
Mihály Csíkszentmihályi


Utfordringer
Høy
Lav
Utbrent
Frykt
Overveldet
Bekymring
Spenning
Flyt
Sikkerhet
Kjedsomhet
Understimulert
Tretthet
Resignasjon
Lav
Ressurser
Høy

«Lykke» - subjektiv livskvalitet

- er *å oppleve å ha det godt* og *oppleve å fungere godt*.
- omfatter dermed både *positive følelser* som glede, *positive vurderinger* som livstilfredshet og opplevelse av *positiv fungering* - som interesse, vitalitet, mestring og mening

Wellbeing-illbeing



SHOT 2014, N = 13 324

Wellbeing-illbeing

Journal of Affective Disorders 144 (2013) 51–58

Contents lists available at SciVerse ScienceDirect

Journal of Affective Disorders

journal homepage: www.elsevier.com/locate/jad

Research report

Major depression and life satisfaction: A population-based twin study

Ragnhild B. Nes [a,*], Nikolai O. Czajkowski [a,b], Espen Røysamb [a,b], Ragnhild E. Ørstavik [a], Kristian Tambs [a], Ted Reichborn-Kjennerud [a,c]

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ARTICLE INFO

Article history:
Received 12 March 2012
Received in revised form
30 May 2012
Accepted 30 May 2012
Available online 28 September 2012

Keywords:
Depression
Internalizing disorders
Well-being
Life satisfaction
Twin study

ABSTRACT

Background: The extent to which positive and negative indicators of mental health share etiological influences has been studied to a limited degree only. This study examines the genetic and environmental influences on association between liability to lifetime DSM-IV Major Depressive Disorder (MDD) and dispositional life satisfaction (LS).

Methods: Two-wave questionnaire data on LS (assessed 6 years apart) and lifetime MDD obtained by structured clinical interviews in a population-based sample of adult twins were analysed using structural equation modelling in Mx.

Results: The prevalence of lifetime MDD was estimated to be 11.1% and 15.8% in males and females, respectively. Individuals fulfilling the criteria for MDD reported significantly lower levels of LS. The co-variation in MDD and dispositional LS was found to be accounted for by genetic and unique environmental influences only. The phenotypic correlation was estimated to be 0.36, of which genetic influences accounted for 74% and environmental factors the remaining 26%. The correlation between genetic factors for MDD and LS was estimated to be −0.55 and the correlation between unique environmental factors to be −0.22. Heritability was estimated to 0.34 and 0.72 for MDD and LS, respectively.

Limitations: The sample consists of twins only and there are limitations associated with the twin design.

Conclusions: Whereas genetic influences on vulnerability to lifetime MDD are considerably shared with liability to (low) LS, environmental influences are more distinct. Thus, environmental factors associated with risk of MDD do not strongly impact on dispositional LS, and conversely, environmental factors influencing dispositional LS do not strongly buffer against MDD.

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Developmental Psychology

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Adaptation to the Birth of a Child With a Congenital Anomaly: A Prospective Longitudinal Study of Maternal Well-Being and Psychological Distress

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Margarete E. Vollrath
Norwegian Institute of Public Health, Oslo, Norway, and University of Oslo

This study explores the stability and change in maternal life satisfaction and psychological distress following the birth of a child with a congenital anomaly using 5 assessments from the Norwegian Mother and Child Cohort Study collected from Pregnancy Week 17 to 36 months postpartum. Participating mothers were divided into those having infants with (a) Down syndrome (DS; $n = 114$), (b) cleft lip/palate (CLP; $n = 179$), and (c) no disability (ND; $n = 99{,}122$). Responses on the Satisfaction With Life Scale and a short version of the Hopkins Symptom Checklist were analyzed using structural equation modeling, including latent growth curves. Satisfaction and distress levels were highly diverse in the sample, but fairly stable over time (retest correlations: .47–.68). However, the birth of a child with DS was associated with a rapid decrease in maternal life satisfaction and a corresponding increase in psychological distress observed between pregnancy and 6 months postpartum. The unique effects from DS on changes in satisfaction (Cohen's $d = -.66$) and distress (Cohen's $d = .60$) remained stable. Higher distress and lower life satisfaction at later assessments appeared to reflect a persistent burden that was already experienced 6 months after birth. CLP had a temporary impact (Cohen's $d = .29$) on maternal distress at 6 months. However, the overall trajectories did not differ between CLP and ND mothers. In sum, the birth of a child with DS influences maternal psychological distress and life satisfaction throughout the toddler period, whereas a curable condition like CLP has only a minor temporary effect on maternal psychological distress.

Keywords: psychological distress, depression, life satisfaction, Down syndrome, congenital anomalies

Ragnhild B. Nes, Division of Mental Health, Norwegian Institute of Public Health, Oslo, Norway. Espen Røysamb, Division of Mental Health, Norwegian Institute of Public Health, Oslo, Norway; Department of Psychology, University of Oslo, Oslo, Norway. Lars J. Hauge, Division of Mental Health, Norwegian Institute of Public Health, Oslo, Norway. Tom Kornstad, Division of Mental Health, Norwegian Institute of Public Health, Oslo, Norway; Statistics Norway, Oslo, Norway. Markus A. Landolt, University Children's Hospital, Zürich, Switzerland. Lorentz M. Irgens, Division of Mental Health, Norwegian Institute of Public Health, Oslo, Norway; Medical Birth Registry of Norway, Norwegian Institute of Public Health, Bergen, Norway; Department of Public Health and Primary Health Care, University of Bergen, Bergen, Norway. Leif Eskedal, Department of Pediatrics, Sørlandet Hospital, Kristiansand, Norway. Petter Kristensen, Department of Occupational Medicine and Epidemiology, National Institute of Occupational Health, Oslo, Norway; Institute of Health and Society, University of Oslo, Oslo, Norway. Margarete E. Vollrath, Division of Mental Health, Norwegian Institute of Public Health, Oslo, Norway; Department of Psychology, University of Oslo, Oslo, Norway.

The Norwegian Mother and Child Cohort Study is supported by the Norwegian Ministry of Health and the Ministry of Education and Research, National Institutes of Health (NIEH)/National Institute of Environmental Health Sciences Contract N01-ES-75558, NIH/National Institute of Neurological Disorders and Stroke Grant 1 UO1 NS 047537-01 and Grant 2 UO1 NS 047537-06A1. We are grateful to all the participating families in Norway who take part in this ongoing cohort study. We also thank Kristin Gustavson at the Norwegian Institute of Public Health for valuable insights and contributions.

Correspondence concerning this article should be addressed to Ragnhild B. Nes, Division of Mental Health, Norwegian Institute of Public Health, Pb 4404 Nydalen, Oslo, Norway N-0403. E-mail: raba@fhi.no

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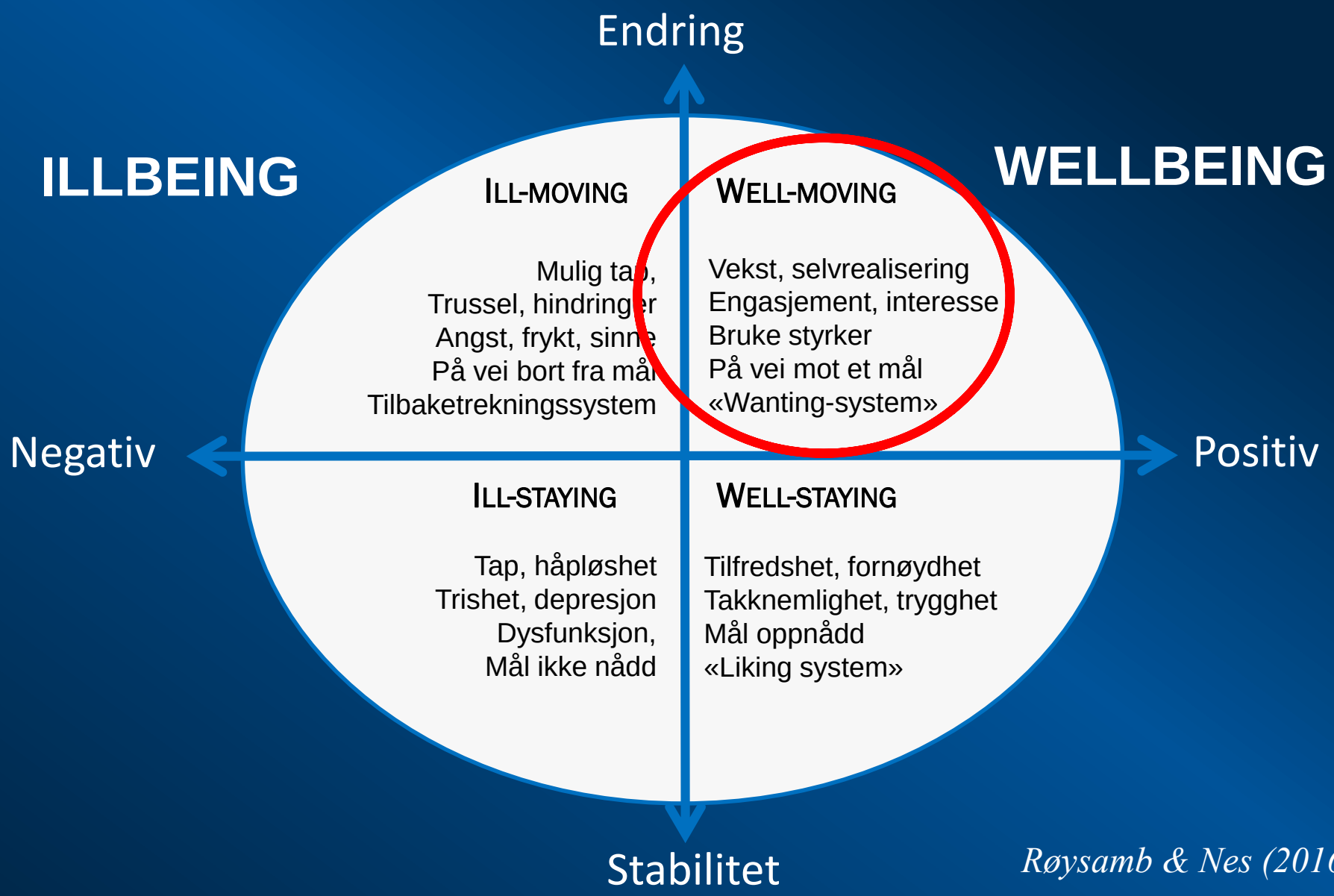
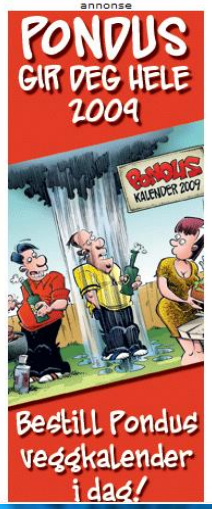


Røysamb & Nes (2016)

Hva?

annonse

Lykken ligger i genene

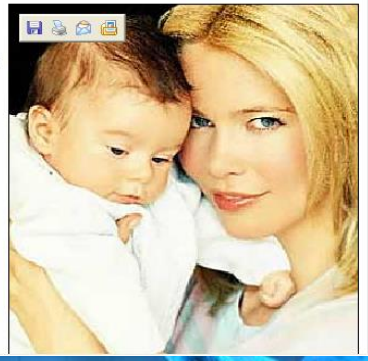
annonse


- Gruppe 1 -->Gift deg, plei vennskap og ønsk deg mindre, og du vil bli et lykkeligere menneske.

LINDA LUND NILSSON
lln@dagbladet.no

Tips en venn | Del | a a a

Ekteskap, vennskap og lavere krav til tilværelsen gjør folk lykkelige. Tenk mindre på image, penger og berømmelse, og du får mindre hodepine.
Det viser en ny studie som omtales i den nyeste utgaven av magasinet New Scientist.



Lykkens opphav

Men selve nøkkelen til lykken - den ligger i genene.

Magasinet rangerer også land etter hvor lykkelige innbyggerne er. Nigeria, et av verdens fattigste land, troner i lykketoppen. Nær

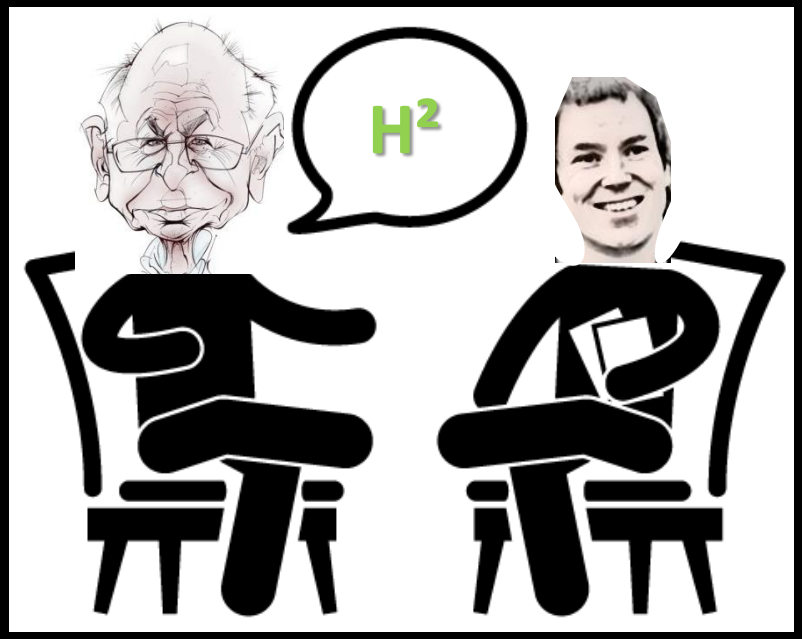
DINSIDE mest brukte emneord
ferie fly hotell hotelltest kulde museum norge reiselivsnyheter sas storbyferie tog turisme usa vær været
SØK
DINSIDE mest lest siste 24 timer

«Kan man se på jenter om de onanerer?»
Er du ung og lurer? Les og spør om sex.

«Kan man se lengden på penis ut i fra hånda?»
Er du ung og lurer?

What is the most important wellbeing-related finding to date?

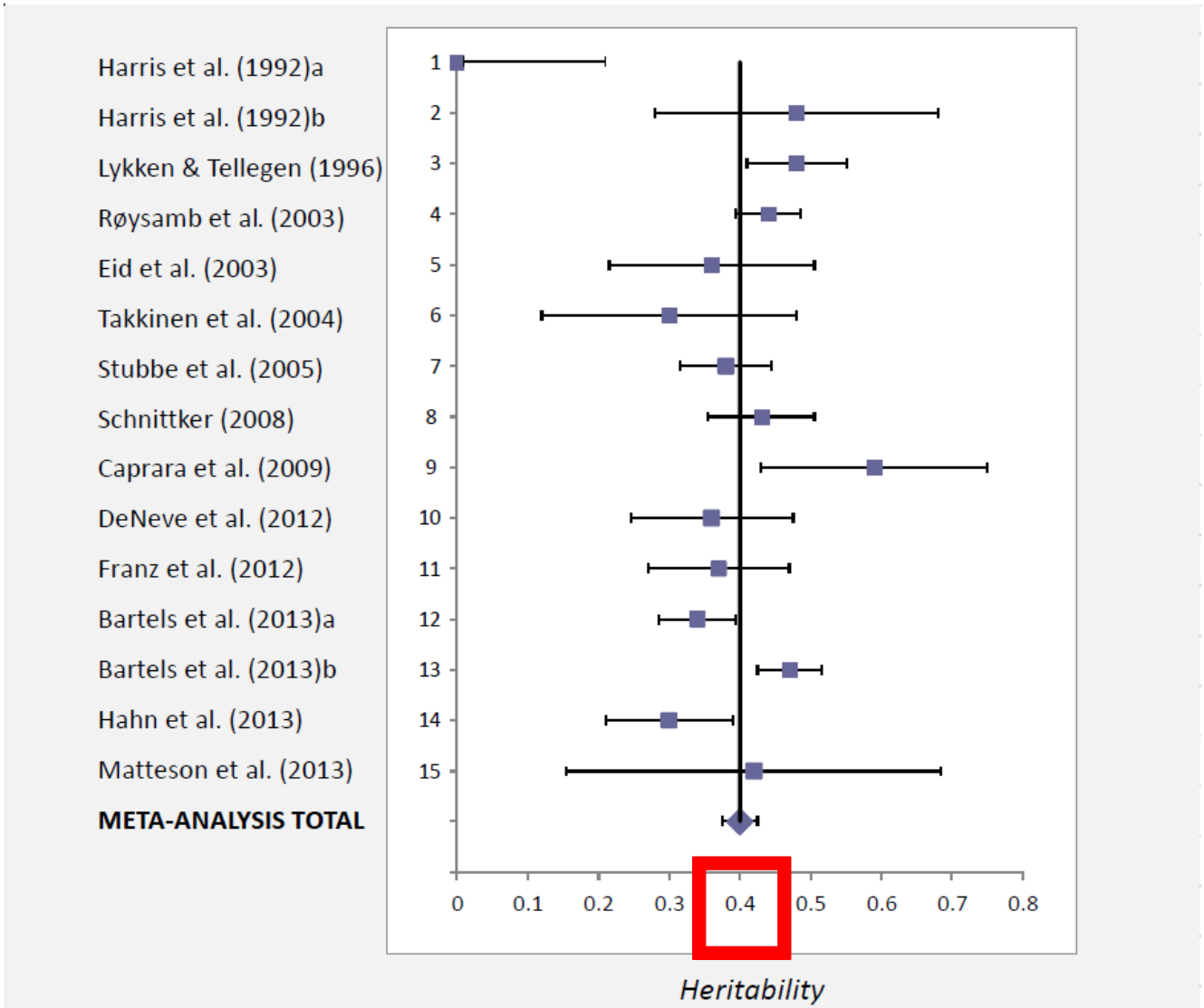
Clearly the most important finding is that wellbeing has a **large genetic component.** If I had to pick one finding, to the best of what we know, certainly in 'experienced happiness', I'd pick that ... Between 33% and 50% of the variance in life satisfaction has been genetically determined – **that's the most important finding.**



Jarden, A. (2011). An interview with Daniel Kahneman, *International Journal of Wellbeing*, *1*(1), 186-188.

SWB	First Author	Year	Study	N	Age	Respondents	Phenotype	Instrument	H^2/h^2	c^2	e^2
Momentary											
	Baker	1992	Independent	1,020	16-98	Twins reared together, families	PA	ABS	-	.22-.56	
	Riemann	1998	Independent	600	18-70	Twins reared together	Positive mood	Mood scale	.00-.21	.07-.16	.71-.84
	Menne-Lothmann	2012	EFPTS	520	M=27	Female twins reared together	Momentary PA	Four items	-	.00-.34	.66-1.0
Time-specific											
	Tellegen	1988	MTFS	804	-	Twins reared together/apart	WB	MPQWB	.40-.48	.13-.22	.38-.40
	Bergeman	1991	SATSA	848	50-87	Twins reared together/apart	LS	LSI-Z	.25	-	.75
	Harris	1992	SATSA	1,448	26-87	Twins reared together/apart	LS	LSI-Z	.00-.50	.00-.17	0.55-.67
	Finkel	1997	MTFS	5,556	>17	Twin Families	WB	MPQWB	0.40	-	0.60
	Røysamb	2002	NIPHTP	5,140	18-31	Twins reared together	SWB	SWB index	.46-.54	-	.46-.54
	Røysamb	2003	NIPHTP	6,576	18-31	Twins reared together	SWB	SWB index	.44	-	.56
	Eid*	2003	Independent	278	18-70	Twins reared together	PA	PA scale	.36	-	.64
	Takkinen	2004	Independent	434	64-76	Twins reared together	WB	CES-D WB	.30	.08	.61
	Stubbe	2005	NTR	5,668	14-88	Twins and siblings	LS	SWLS	.38	-	.62
	Nes	2005	NIPHTP	8,045	18-31	Twins reared together	SWB	SWB index	.45	-	.55
	Nes	2006	NIPHTP	8,045	18-31	Twins reared together	SWB	SWB index	.42-.56	-	.44-.58
	Johnson	2007	MIDUS	1,438	25-74	Twins reared together	LS	LS 3 items	.17-.45	.07-.15	.45-.76
	Nes	2008	NIPHTP	8,045	18-31	Twins reared together	LS	LS	.17-.35	.00-.11	.66-.71
	Schnittker	2008	MIDUS	2,330	25-74	Twins and siblings	Happiness (PA)	PA scale	.36	.06	.57
	Weiss	2008	MIDUS	1,946	25-74	Twins reared together	SWB	SWB 3 items	.22	.00	.78
	Caprara.	2009	ITR	856	23-24	Twins reared together	SWB	SWLS	.59	-	.41
	Bartels	2009	NTR	5,024	13-28	Twins and siblings	SWB, SH, QoL	SWLS, SHS, Cantril	.36-.47	-	.53-.64
	Paunio	2009	TFTC	19,151	18-95	Twins reared together	LS	LS 4 items	.29-.42	-	.58-.71
	Nes	2010	N/HUNT	60,000	18-80	Twins, siblings, parents	SWB	SWB index	.33-.36	.00-.12	.64-.67
	Bartels	2010	NTR	12,000	12-88	Twins and siblings	SH	SHS	.22-.41	-	.59-.78
	Keyes	2010	MIDUS	1,340	M=45	Twins reared together	EM	Six items, PA/LS	.48	-	.52
	Kendler	2011	MIDUS	1,340	M=45	Twins reared together	EM	Six items, PA/LS	.495	-	.505
	Van der Aa	2012	NTR	6,773	13-20	Twins and siblings	QoL	Cantril	.33-.42	-	.58-.67
	Matteson**	2013	SIBS	615	M=15	Adoptive/nonadptive families	WB	MPQWB	.42	-	.58
	DeNeve	2012	AddHealth	1,098	-	Twins reared together	LS	LS	.33	-	.67
	Hahn***	2012	Independent	698	M=40	Twins reared together	LS	LS	.30	.06	.64
	Franz	2012	VETSA	1,226	51-55	Male twins reared together	PWB, LS, WB	PWB, MPQWB, LS	.19-.50	.01-.02	.49-.79
	Bartels	2013	NTR	10,610	12-20	Twins and siblings	SWB, SH, QoL	SWLS, SHS, Cantril	.34-.47	-	.53-.66
	Gatt	2014	TWIN-E	1,669	18-61	Twins	SWB, LS	SWLS, COMPAS-W	.31-.43	-	.57-.69
Stable											
	McGue.	1993	MTFS	254	17-37	Twins reared together/apart	Dispositional WB	MPQWB	.95	-	.05
	Lykken	1996	MTFS	254	17-37	Twins reared together/apart	Dispositional WB	MPQWB	.80	-	.20
	Nes et al.	2006	NIPHTP	8,045	18-31	Twins reared together	Dispositional SWB	SWB index	.80	-	.20
	Nes et al.	2013	NIPHTP	8,045	18-36	Twins reared together	Dispositional LS	LS	.72	-	.28

Nes & Røysamb, 20



Nes & Røysamb, 2015

Molecular genetics and subjective well-being

Cornelius A. Rietveld[a], David Cesarini[b,c], Daniel J. Benjamin[d], Philipp D. Koellinger[a], Jan-Emmanuel De Neve[e,f], Henning Tiemeier[g], Magnus Johannesson[h], Patrik K. E. Magnusson[i], Nancy L. Pedersen[i], Robert F. Krueger[j,1], and Meike Bartels[k,l,1,2]

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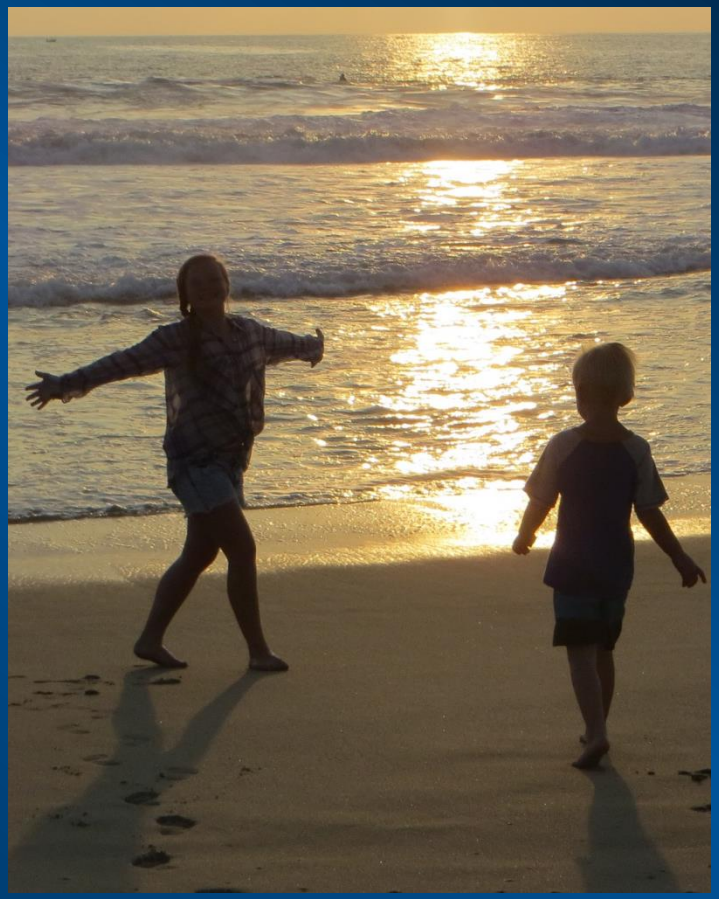
Edited* by Richard A. Easterlin, University of Southern California, Los Angeles, CA, and approved April 23, 2013 (received for review December 29, 2012)

12-18%

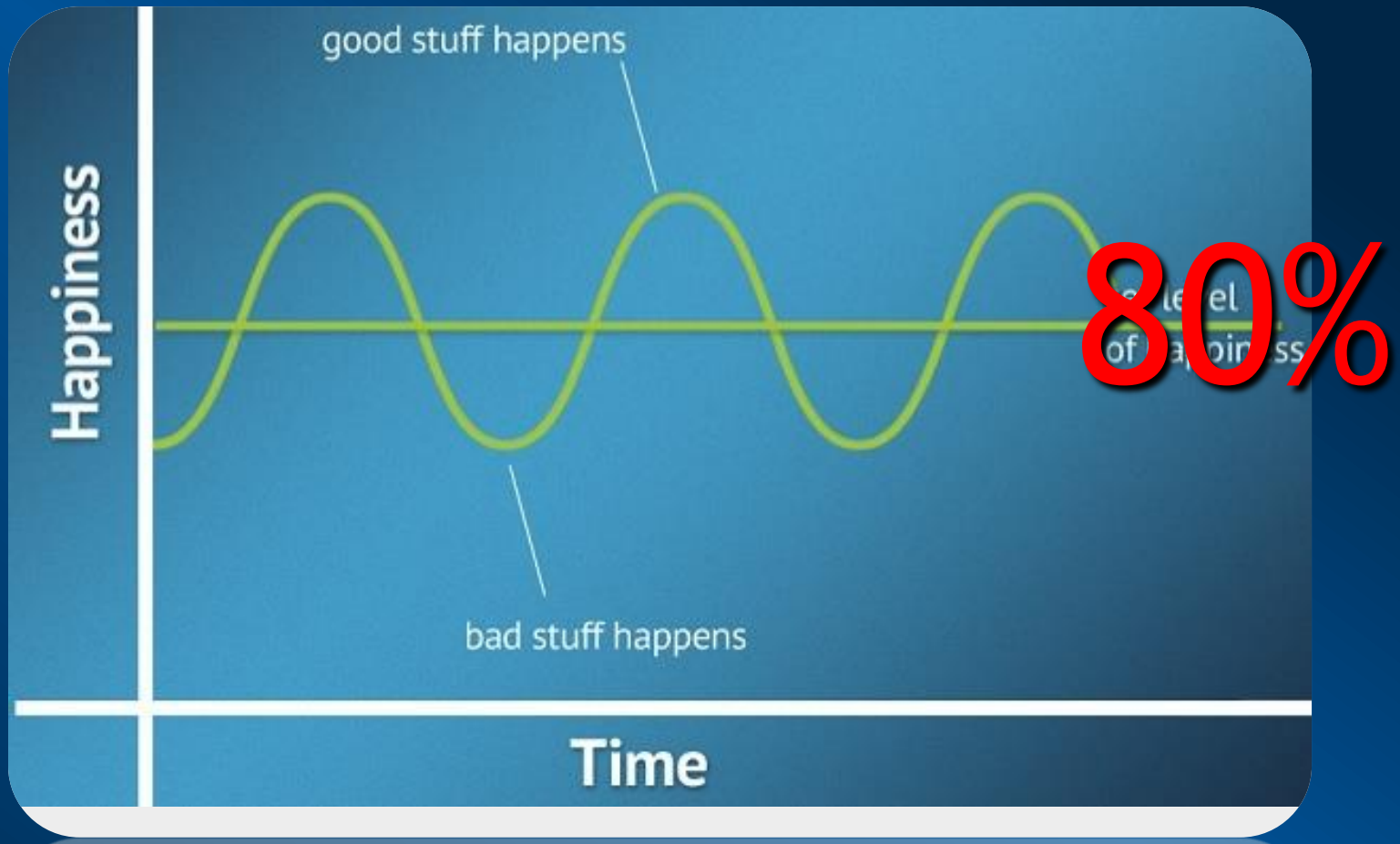
Subjective well-being (SWB) is a major topic of research across the social sciences. Twin and family studies have found that genetic factors may account for as much as 30–40% of the variance in SWB. Here, we study genetic contributions to SWB in a pooled sample of ≈11,500 unrelated, comprehensively-genotyped Swedish and Dutch individuals. We apply a recently developed method to estimate "common narrow heritability": the fraction of variance in SWB that can be explained by the cumulative additive effects of

association (20), but follow-up work on an augmented sample from the same data did not replicate the finding (21). This lack of success is not surprising, given the lessons that have emerged from genetics research across a range of medical and social-science traits. Among the central challenges for complex traits, such as height and probably even more so SWB, is that the heritability of these traits appears to be comprised of a huge number of tiny genetic effects. Consequently, large samples of individuals—



e.g., Nes et al., 2010; Krueger et al., 2008; Johnson & Krueger, 2006

e.g., Baker et al., 1992; Menne-Lothmann et al., 2012



Lykken & Tellegen, 1996; Nes et al., 2006; 2013

PSYCHOLOGICAL SCIENCE

Research Report

Happiness Is a Personal(ity) Thing

The Genetics of Personality and Well-Being in a Representative Sample

Alexander Weiss,[1] Timothy C. Bates,[1,2] and Michelle Luciano[1,2]

[1]The University of Edinburgh and [2]Genetic Epidemiology Unit, Queensland Institute of Medical Research, Brisbane, Australia

nature genetics

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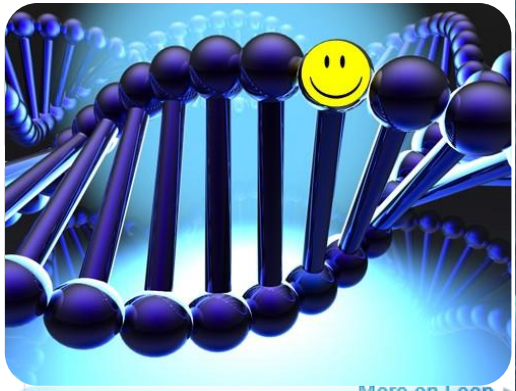
NATURE GENETICS | ARTICLE

日本語要約

Genetic variants associated with subjective well-being, depressive symptoms, and neuroticism identified through genome-wide analyses

Aysu Okbay, Bart M L Baselmans, Jan-Emmanuel De Neve, Patrick Turley, Michel G Nivard, Mark Alan Fontana, S Fleur W Meddens, Richard Karlsson Linnér, Cornelius A Rietveld, Jaime Derringer, Jacob Gratten, James J Lee, Jimmy Z Liu, Ronald de Vlaming, Tarunveer S Ahluwalia, Jadwiga Buchwald, Alana Cavadino, Alexis C Frazier-Wood, Nicholas A Furlotte, Victoria Garfield, Marie Henrike Geisel, Juan R Gonzalez, Saskia Haitjema, Robert Karlsson, Sander W van der Laan + *et al.*

Affiliations | Contributions | Corresponding authors



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Quality Data
Fast Turnaround Times
Cost Effective

- **Gen-miljø interaksjon**
  - Interaksjon mellom spesifikke genvarianter og spesifikke miljøfaktorer
  - Nb! Ulike individer reagerer forskjellig på en og samme miljøfaktor fordi de har ulike genotyper

e.g., Caspi et al., 2003; Pluess & Belsky, 2012; Hankin et al., 2011

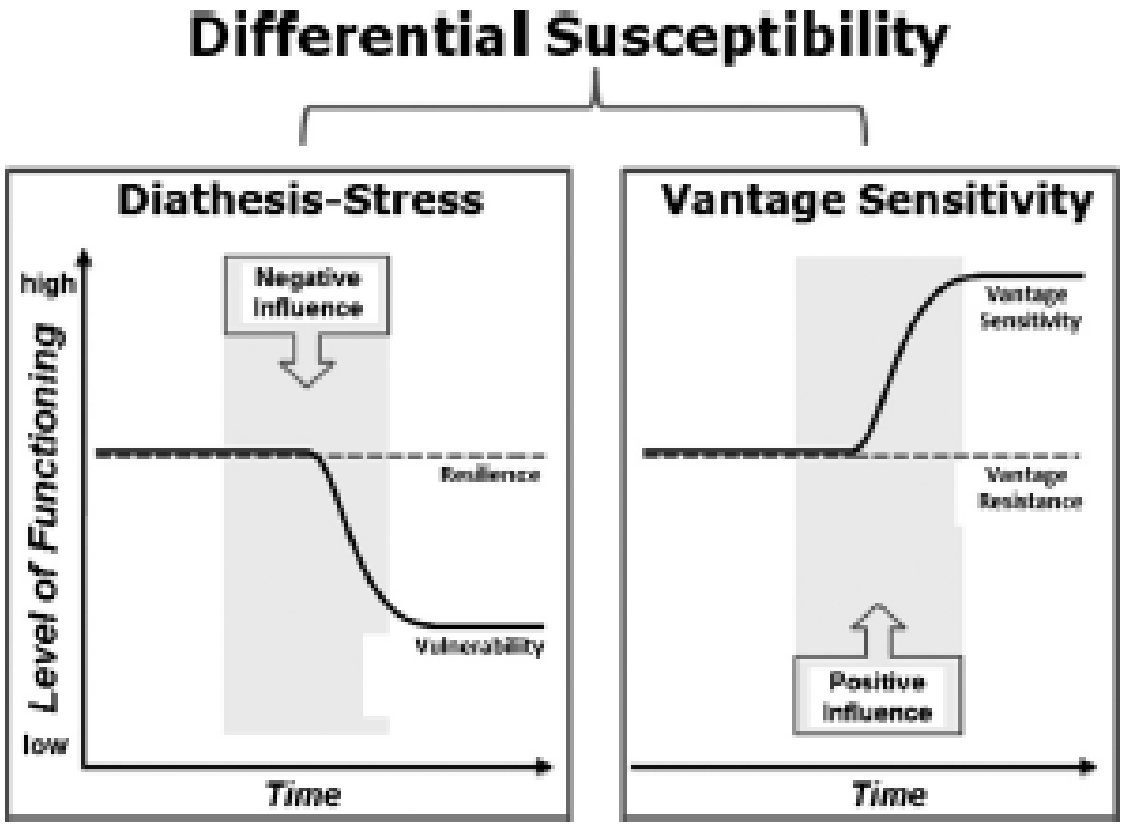
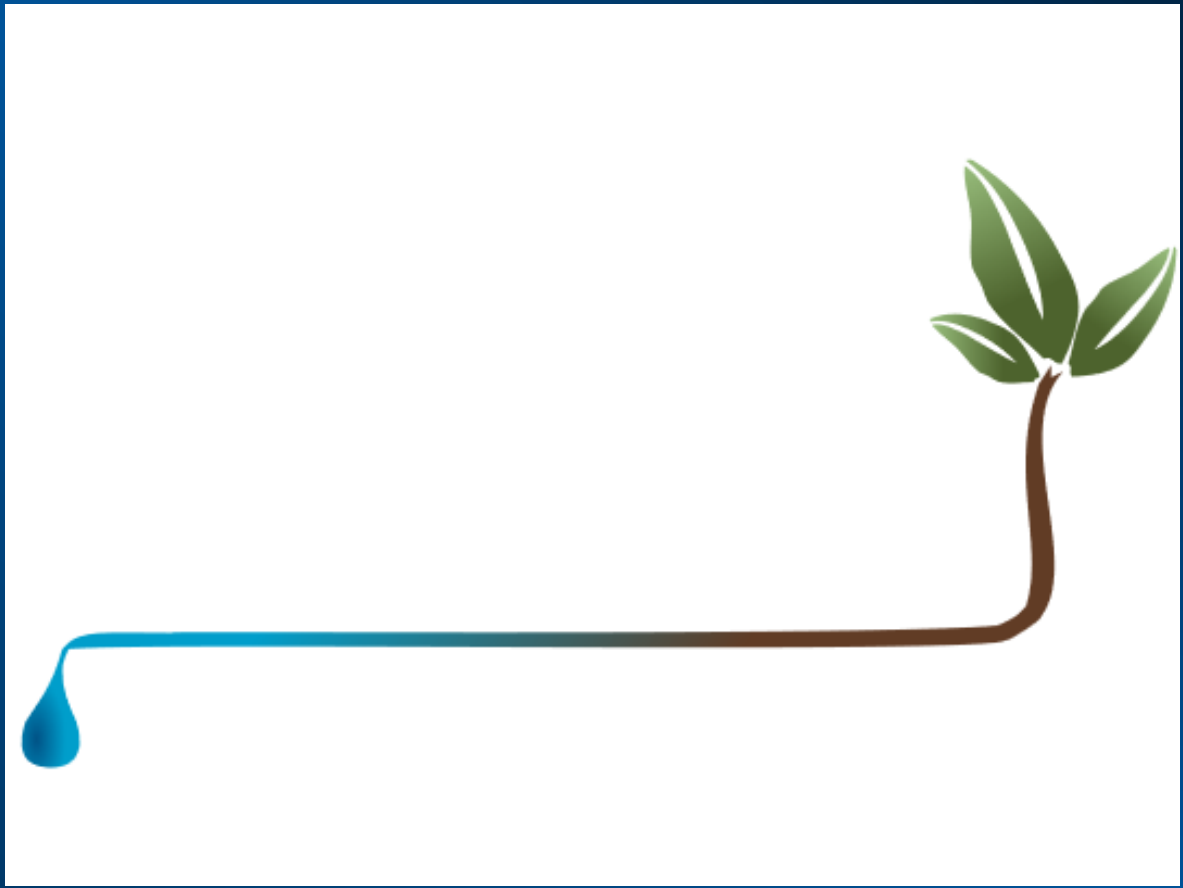
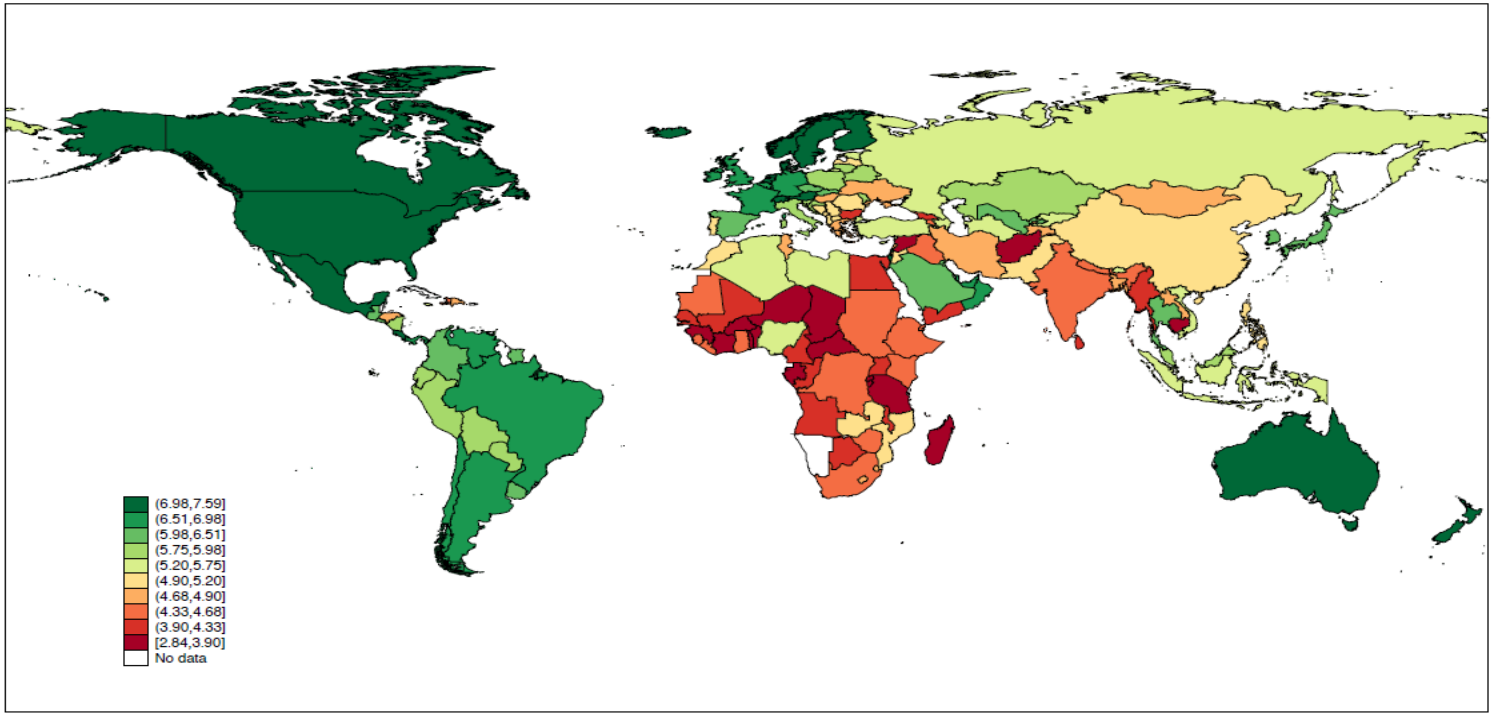


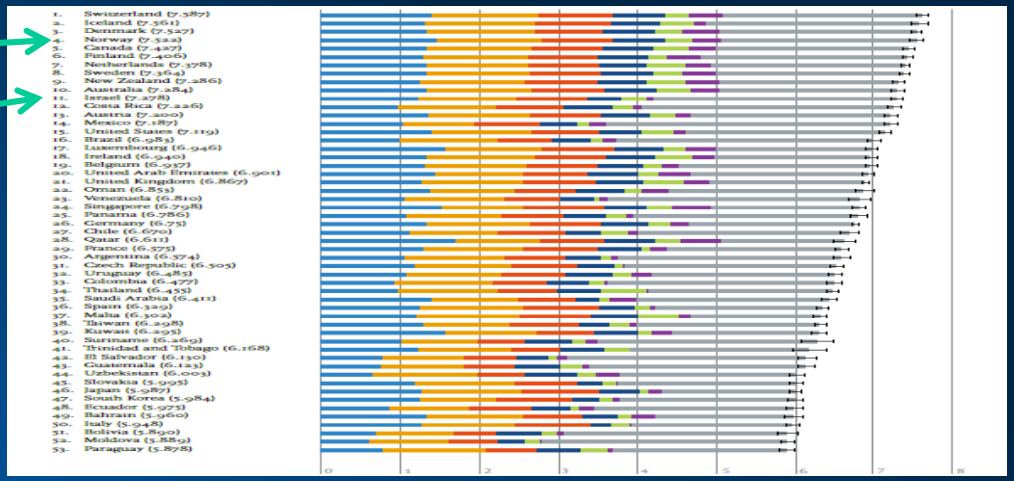
Figure 1. Illustration of three patterns of environmental sensitivity. *Diathesis-stress* describes individual differences in response to exclusively negative influences, whereas *vantage sensitivity* (VS) refers to variability regarding positive influences only. *Differential susceptibility* represents the combination of diathesis-stress and VS as a function of the same sensitivity factor.

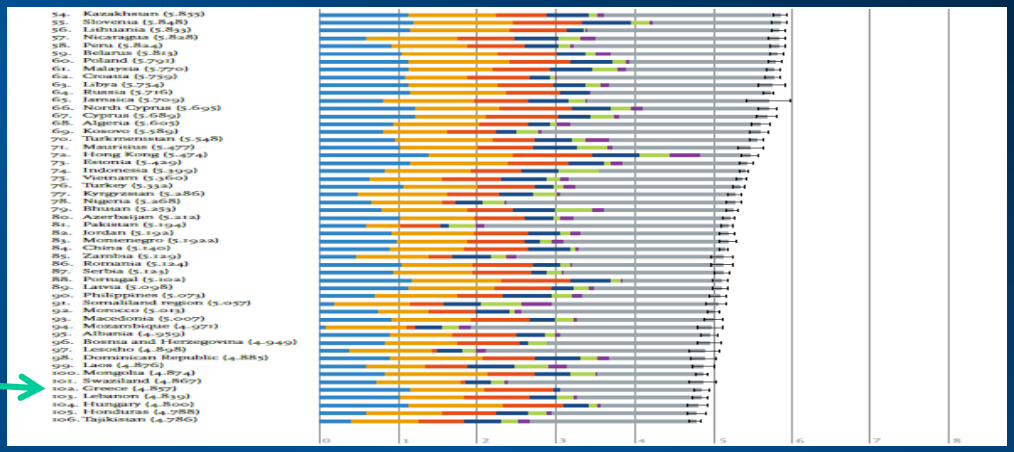



(6.98,7.59]
(6.51,6.98]
(5.98,6.51]
(5.75,5.98]
(5.20,5.75]
(4.90,5.20]
(4.68,4.90]
(4.33,4.68]
(3.90,4.33]
[2.84,3.90]
No data

4. Norway (7.5)

11. Israel (7.3)





102. Greece (4.9)

108. Palestine (4.7)

156. Syria (3.0)

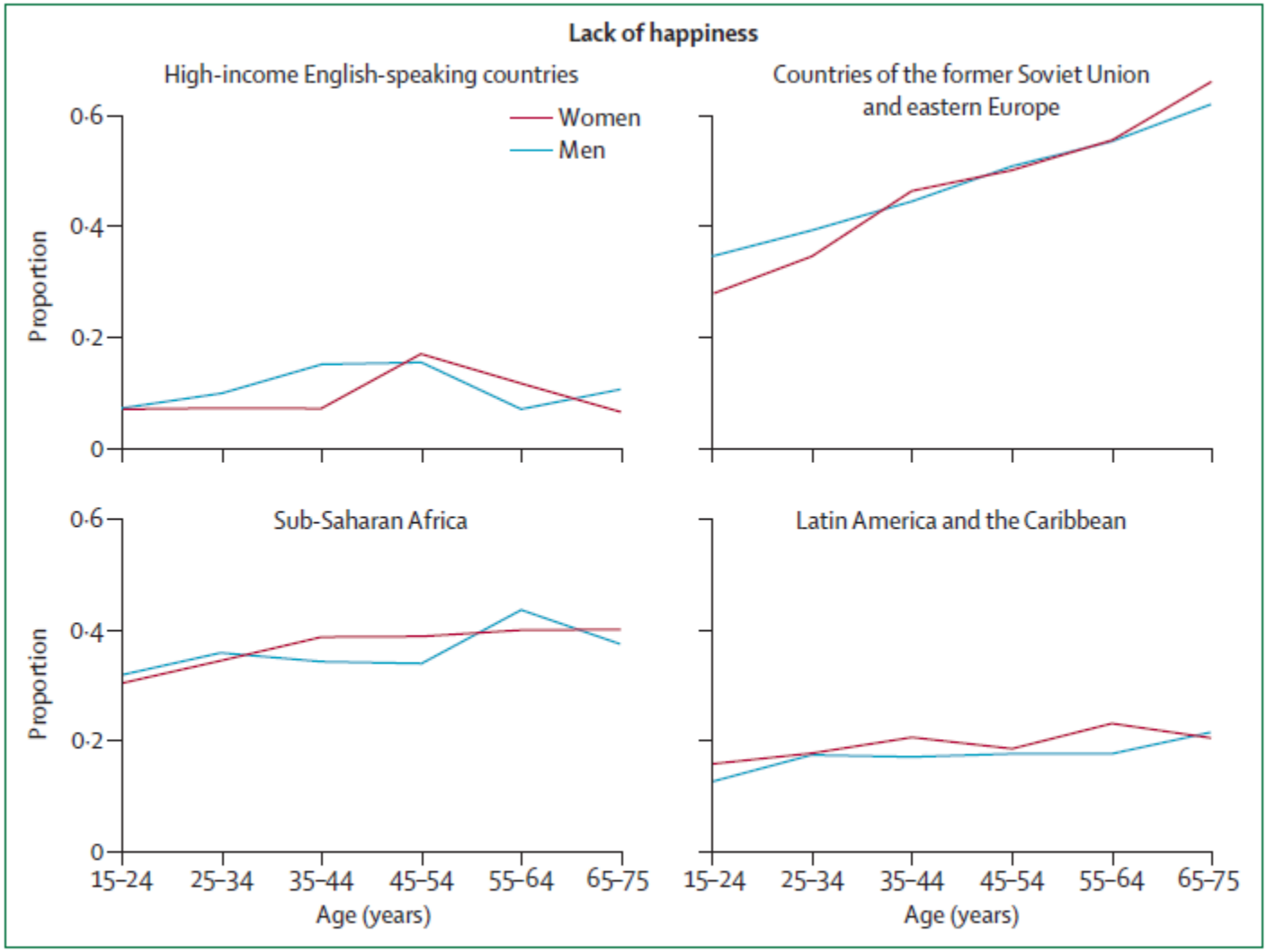


Figure 5: Proportion of people who did not report experiencing a lot of happiness yesterday by age in four regions
See figure legend 1.

Steptoe et al. (2015) - Lancet.

Indre og ytre lykketyver

- Hedonisk adaptasjon
- Automatiske tanker
- Kontrafaktisk tenking
- Økonomiske problemer
- Korrupsjon, mobbing
- Tidspress/stress
- Konflikt
- Mangel på kontroll
- Lite meningsfulle arbeidsoppgaver

Rapport
IS-2479
Helsedirektoratet
Gode liv i Norge
Utredning om måling av befolkningens livskvalitet

direktoratet

Et **helhetsperspektiv** på livet der viktige kjennetegn er:

- frihet og autonomi
- trygghet og mening
- helse og livsglede
- deltakelse og engasjement
- mestring og selvutvikling
- fravær av unødig lidelse

Disse kjennetegnene representerer mål i seg selv, de er det som «virkelig betyr noe» og ikke bare midler til å nå andre mål.

Livsglede og arbeidsglede forutsetter

Betingelser som skaper mulighetsrom for:

- frihet og autonomi
- trygghet og mening
- helse og livsglede
- deltakelse og engasjement
- mestring og selvutvikling
- fravær av unødig lidelse

Default contentment

Bjørn Grinde

Gene-environment matchmaking

- «Person-activity fit»
- Balansert tilnærming
- Identifisere talenter og utfordringer/lykketyver (indre/ytre)
- Skape omgivelser for å bygge styrker (amplifiserer) og utligne lykketyver (kompenserende)

Røysamb, Nes & Vittersø (2014)

ge 19
Age 47

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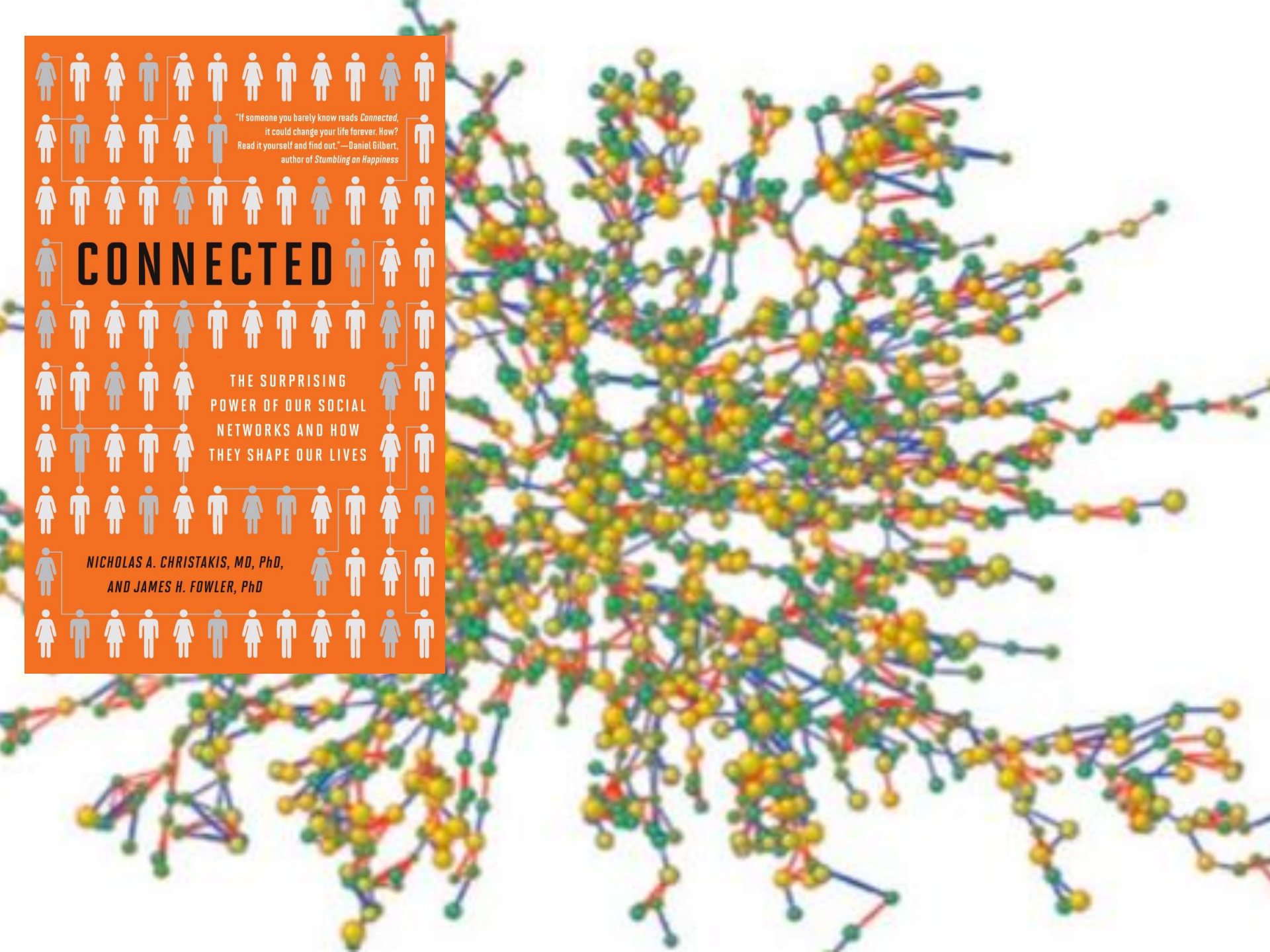
Photo: Iffit Qureshi


"If someone you barely know reads *Connected*, it could change your life forever. How? Read it yourself and find out."—Daniel Gilbert, author of *Stumbling on Happiness*
CONNECTED
THE SURPRISING POWER OF OUR SOCIAL NETWORKS AND HOW THEY SHAPE OUR LIVES
NICHOLAS A. CHRISTAKIS, MD, PhD, AND JAMES H. FOWLER, PhD

Knytt bånd...

Vær aktiv...

Vær oppmerksom...

Fortsett å lære...

Gi...

Foresight

Government Office for Science

A Wandering Mind Is an Unhappy Mind

Matthew A. Killingsworth* and Daniel T. Gilbert

Unlike other animals, human beings spend a lot of time thinking about what is not going on around them, contemplating events that happened in the past, might happen in the future, or will never happen at all. Indeed, "stimulus-independent thought" or "mind wandering" appears to be the brain's default mode of operation (*1*–*3*). Although this ability is a remarkable evolutionary achievement that allows people to learn, reason, and plan, it may have an emotional cost. Many philosophical and religious traditions teach that happiness is to be found by living in the moment, and practitioners are trained to resist mind wandering and "to be here now." These traditions suggest that a wandering mind is an unhappy mind. Are they right?

Laboratory experiments have revealed a great deal about the cognitive and neural bases of mind wandering (*3*–*7*), but little about its emotional consequences in everyday life. The most reliable method for investigating real-world emotion is experience sampling, which involves contacting people as they engage in their everyday activities and asking them to report their thoughts, feelings, and actions at that moment. Unfortunately, collecting real-time reports from large numbers of people as they go about their daily lives is so cumbersome and expensive that experience sampling has rarely been used to investigate the relationship between mind wandering and happiness and has always been limited to very small samples (*8*, *9*).

We solved this problem by developing a Web application for the iPhone (Apple Incorporated, Cupertino, California), which we used to create an unusually large database of real-time reports of thoughts, feelings, and actions of a broad range of people as they went about their daily activities. The application contacts participants through their iPhones at random moments during their waking hours, presents them with questions, and records their answers to a database at www.trackyourhappiness.org. The database currently contains nearly a quarter of a million samples from about 5000 people from 83 different countries who range in age from 18 to 88 and who collectively represent every one of 86 major occupational categories.

To find out how often people's minds wander, what topics they wander to, and how those wanderings affect their happiness, we analyzed samples from 2250 adults (58.8% male, 73.9% residing in the United States, mean age of 34 years) who were randomly assigned to answer a happiness question ("How are you feeling right now?") answered on a continuous sliding scale from very bad (0) to very good (100), an activity question ("What are you doing right now?") answered by endorsing one or more of 22 activities adapted from the day reconstruction method (*10*, *11*), and a mind-wandering question ("Are you thinking about something other than what you're currently doing?") answered with one of four options: no; yes, something pleasant; yes, something neutral; or yes, something unpleasant. Our analyses revealed three facts.

First, people's minds wandered frequently, regardless of what they were doing. Mind wandering occurred in 46.9% of the samples and in at least 30% of the samples taken during every activity except making love. The frequency of mind wandering in our real-world sample was considerably higher than is typically seen in laboratory experiments. Surprisingly, the nature of people's activities had only a modest impact on whether their minds wandered and had almost no impact on the pleasantness of the topics to which their minds wandered (*12*).

Second, multilevel regression revealed that people were less happy when their minds were wandering than when they were not [slope (b) = –8.79, $P < 0.001$], and this was true during all activities, including the least enjoyable. Although people's minds were more likely to wander to pleasant topics (42.5% of samples) than to unpleasant topics (26.5% of samples) or neutral topics (31% of samples), people were no happier when thinking about pleasant topics than about their current activity (b = –0.52, not significant) and were considerably unhappier when thinking about neutral topics (b = –7.2, $P < 0.001$) or unpleasant topics (b = –23.9, $P < 0.001$) than about their current activity (Fig. 1, bottom). Although negative moods are known to cause mind wandering (*13*), time-lag analyses strongly suggested that mind wandering in our sample was generally the cause, and not merely the consequence, of unhappiness (*12*).

Third, what people were thinking was a better predictor of their happiness than was what they were doing. The nature of people's activities explained 4.6% of the within-person variance in happiness and 3.2% of the between-person variance in happiness, but mind wandering explained 10.8% of within-person variance in happiness and 17.7% of between-person variance in happiness. The variance explained by mind wandering was largely independent of the variance explained by the nature of activities, suggesting that the two were independent influences on happiness.

In conclusion, a human mind is a wandering mind, and a wandering mind is an unhappy mind. The ability to think about what is not happening is a cognitive achievement that comes at an emotional cost.

Fig. 1. Mean happiness reported during each activity (**top**) and while mind wandering to unpleasant topics, neutral topics, pleasant topics or not mind wandering (**bottom**). Dashed line indicates mean of happiness across all samples. Bubble area indicates the frequency of occurrence. The largest bubble ("not mind wandering") corresponds to 53.1% of the samples, and the smallest bubble ("praying/worshipping/meditating") corresponds to 0.1% of the samples.

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14. We thank V. Pitiyanuvath for engineering www.trackyourhappiness.org and R. Hackman, A. Jenkins, W. Mendes, A. Oswald, and T. Wilson for helpful comments.

Supporting Online Material
www.sciencemag.org/cgi/content/full/330/6006/932/DC1
Materials and Methods
Table S1
References

18 May 2010; accepted 29 September 2010
10.1126/science.1192439

Harvard University, Cambridge, MA 02138, USA.

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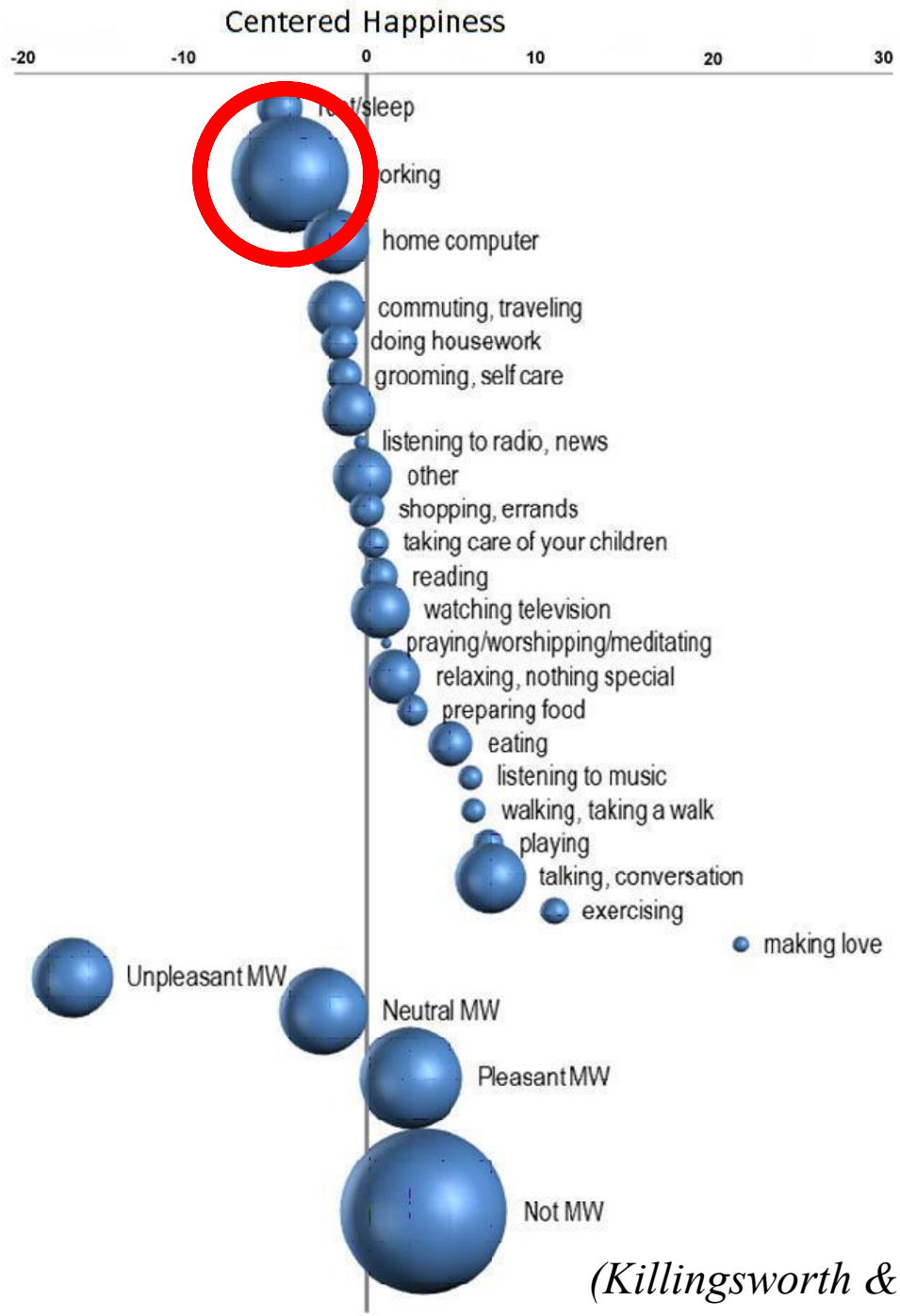
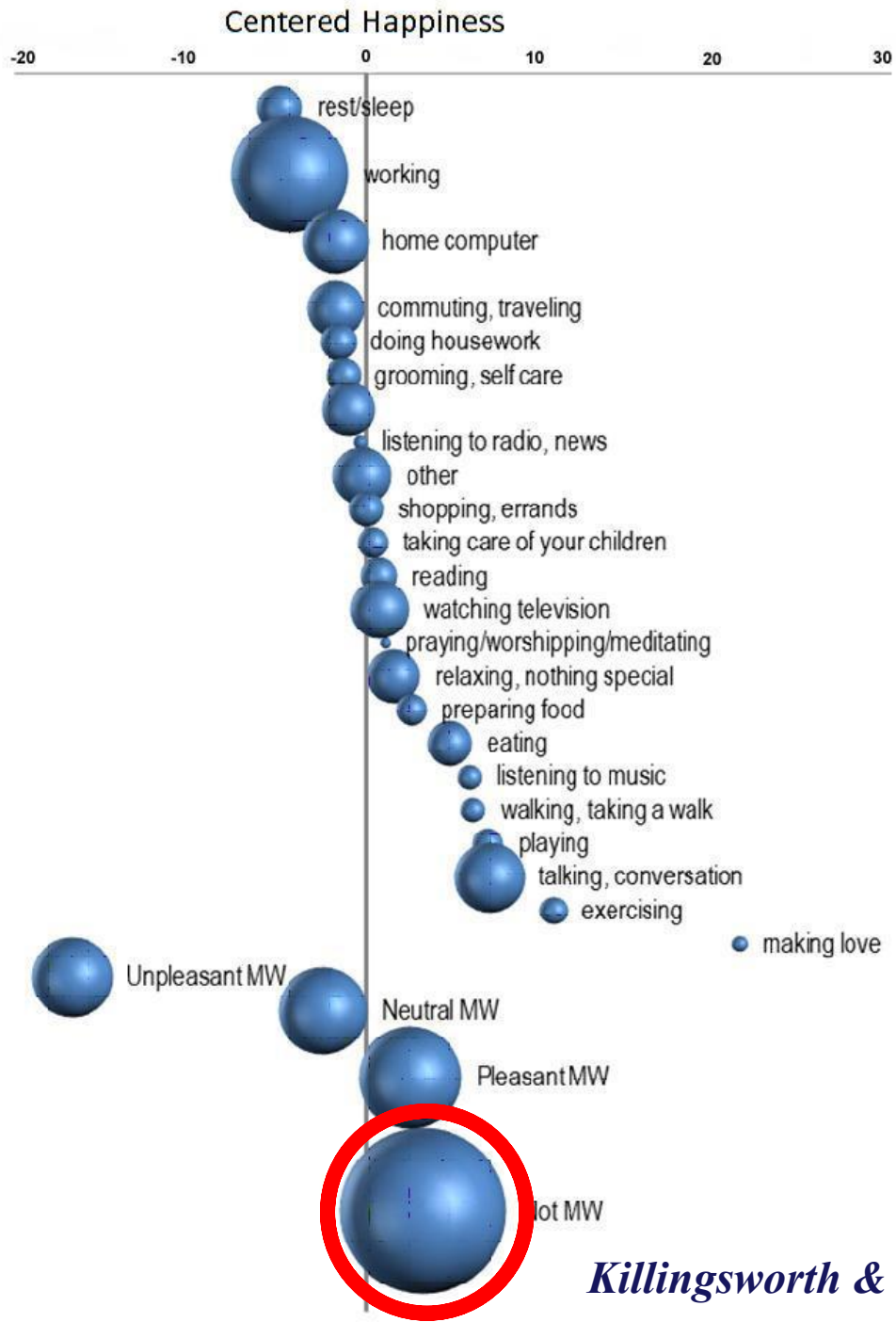


(Killingsworth & Gilbert, 2010, Science)



Killingsworth & Gilbert, 2010 (Science)

Dess mer vi leter etter lykken, dess mindre sannsynlig er det at vi finner den

PSYCHOLOGICAL SCIENCE

Research Report

Happiness Is a Personal Thing?

The Genetics of Personality and Well-Being Representative Sample

Alexander Weiss,[1] Timothy C. Bates,[1,2] and Michelle Luciano[1,2]

[1]The University of Edinburgh and [2]Genetic Epidemiology Unit, Queensland Institute of Australia

Livsfilosofi
Verdier
Identitet, sammenheng i tid
Emosjonsregulering
Autonomi, agent i eget liv
Ærefrykt/ærbødighet
Del av noe større
Omtanke og ansvar for andre og miljøet

Thanx ☺