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Happiness and health? Is Happiness more than just a good feeling?


The connections between happiness, health and well-being are more than psychological. Not only do happy people have higher self-esteem and have a better quality of life they are also healthier. Literature reviews, longitudinal studies and meta-analysis describe the connection. Happier people tend to live longer, have lower heart rates, lower heart rate variability, and blood pressure, have better immune systems, exhibit more adaptive stress responses, and have lower rates of chronic pain and chronic illness. As the science of happiness evolves the mechanisms for

how different forms of happiness influence health and how factors like social relationships, sleep and exercise play a role will become clearer. This review will explore the literature surrounding these connections.

Speaker Biography

Timothy Lau is a distinguished teacher, faculty of medicine and associate professor for the department of psychiatry in the University of Ottawa.

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