

Happiness



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Many things make me happy; making my wife laugh, making anyone laugh, really, playing golf, doing one-on-one activities with my kids, coaching youth sports, watching someone succeed for the first time. Throughout my life, different things have made me happy at different times. I used to be happy to lay around and watch television and play video games all day. Now, I feel physically uneasy to not be doing something productive. Different music makes me happy now than what made me happy when I was younger. Although, nostalgia has also become another source of happiness.

I believe that health and happiness are linked. Some people may say that the only way to be happy is to be healthy. That may be true for them, but I find that, for me, happiness is more of an aspect of health. We know that depression can have physiological symptoms, but happiness can have the same effect. When I am happy, I feel great!