

Reports reveal rampant unhappiness

“Clap along if you know what happiness is to you...”

Those lyrics from singer and producer Pharrell William’s hit “Happy” may not really apply to most Americans.

Reports uncover that strong majority of Americans are unhappy in their current jobs and that many professionally successful people—and those with notable wealth—are actually not happy.

According to a Gallup study, the well-being of Americans hasn’t improved in the past six years and even declined slightly in 2013. Other reports reveal that fully 85 percent of Americans are unhappy in their current jobs. And, according to the World Health Organization, one out of three Americans is diagnosed with depression, and more than 75 percent suffer from chronic stress and are completely unaware of it. This does not account for the percentage of unemployed who are struggling to find their place and offer their talents.

While many assume happiness is a derivative of success, multiple studies have proven that isn’t quite the case. Findings underscore that many professionally successful people and those with notable wealth are actually not happy—often, quite the opposite is the case. Even more surprising is that what people might perceive as success could actually be hindering their happiness, well-being and overall economic growth.

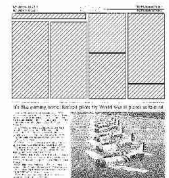
“As a society we’ve gotten it backwards: it is happiness that leads to success not vice versa,” said Jackie Ruka, author of “Get Happy and Create a Kick Butt Life!” and founder of the Get Happy Zone personal and professional development organization. “The ‘failure is not an option’ mentality is an old belief system based upon fear, insecurity and competition, which results

in working too much for fear of job and income loss. But, this state of mind can literally kill us. Conversely, a happy workforce leads to increased productivity and meaningfulness at work in addition to a more fruitful and meaningful personal life. It’s a cycle. There are multiple scientific studies proving that we are, in fact, the ambassadors of our own happiness in that we have full control over this enviable state of mind, which is a powerful precursor of success in terms of the true meaning of the word and how it impacts the human experience.”

An array of credentialed psychologists and other respected researchers have studied people around the globe to discern how money, culture, attitude, health, memory, altruism and daily habits affect our well-being. The field of “positive psychology” has, in fact, dug deep and formerly recognized that a person’s thoughts and actions can have a significant effect on their happiness and life fulfillment. And, employers have started to take note that emotional well-being is a mission critical aspect of business growth.

“Forward-thinking companies such as Zappos, Google and Pfizer foster happiness as part of their company culture, by offering mindfulness programs and by instituting practices that help preserve work-life balance,” Ruka said. “Of course we should not become dependent upon corporate America to usher in this sorely needed paradigm shift.

“The more individuals recognize that we are each responsible for our own happiness, the closer we are to seeing that collective happiness manifest, resulting in improved relationships, careers, finances and both physical and emotional health. By adopting a new measurement of ‘Gross



Domestic Happiness' (GDH) in the U.S., we can proactively change and adjust meaningfulness, where needed, to address the unhappiness that undermines American prosperity at all levels."

Read more at voicenewspaper.com.



Pharrell Williams, is happy but are you?