

Approaches to Wellness
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Discussion Circle Vocab

Pleasure /'pleZHər/

Pleasure refers to an experience of something that feels good. Pleasure is deeply related to value, desire, and action. Humans and other animals will seek out pleasure as they find it enjoyable and worthy.

Although it may seem like a simple word. It's very important for the people in our class to know this word. Pleasure is often said when relating to happiness, or something that causes happiness. The article "The Science of Happiness in Positive Psychology 101" talks about the definition of happiness, and how we can train our brain for happiness. Pleasure is something that when experienced will automatically make ourselves even just slightly happier.

Comfort /'kəmfərt/

Comfort is a state of physical ease and freedom from pain or constraint. As well as the easing or alleviation of a person's feelings of grief or distress.

Again it seems like a simple word. But when people hear the word comfort, we often go to physical objects as a sense of comfort, like a couch, or a soft blanket. Whereas comfort, at least in this article, is referring to the mental state of comfort. Which is why I believe it is important for us to know this word, because it can be difficult to achieve mental comfort, along with physical. Which these two go hand in hand, if you are physically uncomfortable you will not be mentally comfortable and vice versa. Just like pleasure, comfort is used in aiding the feeling of happiness.

Gratitude /'gradə, tood/

Gratitude is the quality of being thankful; readiness to show appreciation for and to return kindness.

Now gratitude may be one that confuses people as to why I've added it. But the bottom line is that if you are experiencing gratitude, you are also experiencing happiness. Gratitude occurs when someone has done/ given you something, and by experiencing gratitude you are obviously grateful for what they've done for you. Therefore you become happy about your relationship with said person, and happier overall. I also chose this word because I believe more people need to express their gratitude, because by expressing it you will make the other person feel happy as well, which then in return you become happier for making someone happy. It's probably the best domino effect humans can experience.

Emotional Wellbeing /ə'mōSH(ə)nəl/ /'wel, bēiNG/

Emotional wellbeing is the ability to produce positive emotions, moods, thoughts, and feelings, and adapt when confronted with adversity and stressful situations.

Emotional wellbeing was another one of the article's definitions of happiness, as well as one of their ways to achieve happiness. Emotional well-being is a term we see often, but I don't think a lot of people actually know what it means. It's important for us to understand this term because the term is used a handful of times during the article, but also in class.

Psychological Flourishing /,sɪkəˈlæʒək(ə)l/ /ˈflɒrɪʃɪŋ/

Flourishing is the complete goodness of humans in a developmental life-span, that somehow includes positive psychological functioning and positive social functioning, along with other basic goods.

I chose this word because I personally had no idea what it meant. But learning the definition makes perfect sense. Which is why I chose to keep it in my vocab list. I think it's important for us to know what it means. This term was used while talking about practicing different behaviors and how it aids the psychological flourishing, which in turn helps improve happiness, joy, and enjoyment. If people know this word they will probably have an easier time understanding the entire article, and what it is trying to convey.