



The *Myths* of Happiness

Happiness is a universally sought-after state of mind, but there are many misconceptions surrounding it. Understanding happiness can help you understand what contributes to a meaningful and fulfilling life. The following are common misconceptions about happiness. For additional support in finding happiness, reach out to the EAP at 800-327-4968 (800-EAP-4YOU) or visit EAP4YOU.com.

Myth: Happiness means feeling good all the time.

Truth: It is normal to experience a range of emotions, including sadness, frustration, anger, and grief. Happiness involves managing these emotions effectively rather than eliminating them entirely.

Myth: Happiness comes from external success.

Truth: While achievements can bring temporary satisfaction, they may not always provide lasting happiness. Internal factors, such as relationships and personal growth, play a more significant role in long-term happiness.

Myth: You either have happiness or you don't.

Truth: Happiness is not a fixed trait, it's influenced by habits, mindset, and behaviors. Anyone can cultivate greater happiness through intentional practices.

Myth: Money buys happiness.

Truth: Money can improve happiness to an extent, particularly by alleviating stress from financial insecurity. However, relationships and meaningful experiences often provide more enduring satisfaction.

Myth: Happiness is the absence of problems.

Truth: Life is inherently filled with challenges. Happiness involves resilience and the ability to cope with difficulties, not the absence of problems.

Myth: Pursuing happiness is selfish.

Truth: Seeking happiness isn't selfish. Happier people tend to be more generous, compassionate, and supportive, positively impacting those around them.

Myth: Happiness is a destination.

Truth: Happiness is not a goal to be reached but a journey. It's about finding joy and meaning in the present moment and appreciating life's small pleasures.