

Best Practices for Contentment

LET ALTRUISM BE YOUR GUIDE

What is altruism? Put simply, it's the wish that other people may be happy. And, says Matthieu Ricard, a happiness researcher and a Buddhist monk, altruism is also a great lens for making decisions, both for the short and long term, in work and in life.

Though some believe that humans are fundamentally self-interested, recent research suggests otherwise: Studies have found that people's first impulse is to cooperate rather than compete.

Why Practice Altruism?

- It makes us happy
- It is good for our health
- It is good for our love lives
- It fights addiction
- It promotes social connections
- It is good for education
- It is contagious

How to Cultivate Altruism?

- Random acts of kindness
- Feeling connected
- Put a human face on suffering
- Eliciting altruism

SOURCES: Matthieu Ricard, *Altruism: The Power of Compassion to Change Yourself and the World* (2015).

TED Talk

Is Life Really That Complex? By Hannah Fry

Can an algorithm forecast the site of the next riot? In this accessible talk, mathematician Hannah Fry shows how complex social behavior can be analyzed and perhaps predicted through analogies to natural phenomena.

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Wellness & Self-Care

FEELING YOUNG AT HEART According to a new study, whatever your actual age, there are numerous advantages to feeling young at heart. People who feel younger have better mental health, are less sedentary, have improved cognitive function, and have fewer chronic diseases. Dr. Yannick Staphan, the study's first author, said, "Taken as a whole, this study suggests that subjective age, along with demographic, cognitive, behavioral and health-related factors, could be a valuable tool to help identify individuals at risk of future hospitalization. People who feel older may benefit from standard health treatments—for example through physical activity and exercise programs, which may reduce their risk of depression and chronic disease, and ultimately their hospitalization risk.

SOURCE: Yannick Staphan et al., *Feeling older and risk of hospitalization: Evidence from three longitudinal cohorts*, 35(6) *Health Psychology* 634-37 (Jun 2016).

Surveys & Perspectives

STIGMA WITH SEEKING HELP: SURVEY OF LAW STUDENT WELL-BEING

People who are in need of help often fail to use helping resources because it represents an open admission of inadequacy. According to the 2014 Survey of Law Student Well-Being, factors discouraging law students from seeking mental health treatment include: threat to job or academic status, social stigma, potential threat to admission to the bar, privacy. The character and fitness questions on the state bar applications and the ensuing investigation, if the applicant reveals that he or she sought help, compounds the self-stigma associated with seeking help. While the ABA encouraged states to tailor their questions in such a way that they would not "discourage those who would benefit from seeking professional assistance with personal problems and issues with mental health," evidence suggests the standards continue to discourage law students from disclosing personal mental health diagnosis/treatment information.

SOURCE: Aphroditi Zataloudi & Michael Madianos, *Stigma Related to Help-Seeking from a Mental Health Professional*, 4 *Health Sci J.* 77, 81 (2010).

All our dreams can come true if we have the courage to pursue them.

-- Walt Disney