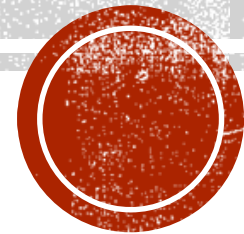


THAILAND, GREAT BRITAIN & THE U.S.

Cross-Cultural Conceptions and Expressions of Happiness



HAPPINESS IN THE UNITED STATES?

- 1. WHERE in the U.S. would you travel to in order to interview Americans on “happiness?”**
- 2. What TYPES of people would you interview in those places?**
- 3. What questions would you ask them about and want to get deeper insight into?**



THAILAND — HAPPINESS IS NOT ALWAYS THINKING

- **TOO MUCH THINKING LEADS TO UNHAPPINESS**
 - Too much introspection or reflection about happiness has the opposite effect
 - Thinking about happiness continually makes us **LESS HAPPY**
 - Happiness doesn't require words
 - Thai's don't trust words to represent emotions or truth
- **Mai pai lai** “NEVER MIND”
 - Just drop it and get on with life
- **The RELATIONSHIP with others always comes first.**
 - Your problem with someone else is second to maintaining a good relationship with them over the long term.
 - **COOL HEARTS** prevail.
 - Indirect approaches to conflict
 - **EQUALIBRIUM**
- **ACCEPTANCE:** In general, we are **NOT** in control of our fates.
 - You will never win a fight with the wind; better to adjust your sails to accommodate it.
- **DON'T be TOO SERIOUS about life**
 - Over-seriousness begets more pain and suffering



THAILAND



Happiness in Thailand - อะไรทำให้คุณมีความสุข



DO'S and DON'TS in Thailand

1,035,810 views • Feb 17, 2018

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GREAT BRITAIN: MENTAL TOUGHNESS AND A STIFF UPPER LIP

- **MENTAL TOUGHNESS** in the face of adversity
 - A **TOOL BOX** of coping strategies
 - Utilitarian approach
 - **SELF RELIANCE** --
 - Get over your self-pity
- **Latent Happiness**
 - It does not need to be worn on one's sleeve.
 - Sense of humor and ironic wit
- **MEANINGFUL LIVES** are not continually **HAPPY**
 - Accept sadness and sorrow
 - **SELF-HELP MANUALS** aren't going to ultimately help you
 - **QUIET SUFFERING**
- **THE PUB** → the **PUBLIC HOUSE**
 - An important social outlet to connect with a community
 - Relax, celebrate, share news, watch futbol
- You **CAN** change the psychological climate of a place



[#BBC](#) [#BillBailey](#) [#BBCiPlayer](#)

In Britain we process happiness... differently, Bill Bailey - BBC



THE UNITED STATES?



FOR TUESDAY 4/6:

- 1. Readings: The NATURE PRINCIPLE – Intro, Ch 1, 2 & 5 MAJOR ARGs**
 - **SHORT READ: DESIGN AWARD: PINK SEESAWs at US-MEXICO WALL (BBC)**
 - **SHORT READ: SINGING and Stress Relief: How Singing can help you feel happier (Sarah Keating)**
 - **SHORT READ: HOW to restore your sense of control when you feel powerless (David Robson)**
- 2. Nature walks x2 (at least 30min): Use ALL YOUR SENSES (Louv Reading)**
- 3. Screenings: The CREATIVE BRAIN (on Netflix 52min; Dir. by Jennifer Beamish/Toby Trackman Book by David Eagleman) + Study Guide**
 - **Short screening: SURF THERAPY (BBC)**
 - **Short screening: SKATE BOARDING 4000 km: Creative or SURVEY QUESTION Responses**
- **INTERVIEW LIST + RATIONALE LIST OF PEOPLE**
 - **Professional with PERSPECTIVE**
 - **Experienced person – Age 30+**
 - **Diversity (Race, gender, income, nationality...)**

