

## Scientific Lifestyle and Happiness

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Previous studies have demonstrated a significant correlation between happiness and physical and spiritual health. Not only does happiness expedite patient recovery, but it also bolsters the health of non-ill individuals. This suggests a novel strategy for promoting public health by enhancing people's happiness. Depressive disorders, which are characterized by a lack of life satisfaction and happiness, are among the leading causes of disability worldwide. Evidence indicates that modern industrial lifestyles may contribute to a higher likelihood of depression, underscoring the importance of identifying factors that influence happiness and depression. The factors underlying happiness can be divided into two primary categories: internal and external. Happiness, as an emotion, arises from the interplay of these factors. Genetics and genes contributing significantly influence individual happiness levels. Internal factors impacting happiness include the interaction of happiness-related neurotransmitters such as serotonin, dopamine, norepinephrine, and endorphin with the emotional regulation centers in the brain. The functions of certain hormones like cortisol, adrenaline, and oxytocin, the activity of the immune system, inflammation, and the level of oxidative stress also play a role. Researchers posit that the biological pathways associated with happiness are modulated by environmental and social factors. In other words, the biochemical pathways leading to happiness can be managed through lifestyle and environmental adjustments. Elements such as a balanced diet, adequate sleep, regular exercise, prayer and meditation, calm music, exposure to nature and sunlight, positive attitude to social relationships are good lifestyle factors that can enhance happiness and life satisfaction.

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