

editor's note



According to a Harris Poll, only 1 in 3 Americans say they are 'very happy.'

The online poll of 2,345 U.S. adults used a series of questions to determine Americans' levels of contentment and life satisfaction. Only 33 percent of Americans said that they were very happy, the same as in 2011, however dropping from the 35 percent who reported being very happy in 2008 and 2009.

Many could summarize that the economy and stressors from it play a big role... however; there are so many other things in our lives that play into our feeling of overall happiness.

You may be surprised to learn that materialistic things rarely determine long-term happiness. Things may contribute to short term enjoyment but this is short lived. Happiness is determined by innate factors and perceptions, as well as experiences.

Our interpretation of life's events determines our personal happiness.

Basically it is an inside job!

Leo Tolstoy says, "**If you want to be happy, be.**" I love that quote.

I hope this VISIONS helps you in your quest for HAPPINESS. Learning, improving, and applying new things that enable us as clinicians to help others can be a way to improve our happiness scores. Read on to learn some amazing things...

A stylized, cursive signature of the name "Heidi" in orange.

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