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## My happy games

Photograph: Paul Bradbury/Getty Images (Getty Images)With the total U.S. debt bill on a steady increase each year, and now a staggering 1.5 trillion dollars, Democratic Party leaders are reportedly leading with an idea that could offer borrowers at least a partial recovery from the sometimes ruinous burden of student debt. According to Senate Minority Leader Chuck Schumer, President-elect Joe Biden could award the first 50,000 dollars of each borrower's total debt through an executive order within his first 100 days in office. For many without student debt, this sounds like a decent and moral thing. For a generation of financially troubled graduates, many of whom are taxing the country's second major economic downturn in less than fifteen years, this would undeniably be a cause for celebration. But for Damon Linker, a columnist at The Week and a lecturer at Penn University, the news strikes a slyly negative tone. In a tweet today, Linker argues that scrubbing 50k dollars from the credit bill would annoy some borrowerwho who have had to work extra hard to pay off their own debts, as well as non-college graduates who have never been involved in this county's spiraling student debt crisis. Aside from being a stupid and completely unoriginal idea, Linker's sense only looks at the transformative potential of forgiveness of student loans within the limits of political playmaking. More importantly, his tweet manages to permeate a larger conversation about life that doesn't even apply to student debt or debates on Capitol Hill: how to be happy for other people. G/O media can get a commissionWhat prevents people from being happy for others? To understand how we can be happy for others – even if we don't benefit materially or emotionally from their success – it's probably best to understand what prevents people from showing happiness to others. In general, feelings of jealousy can tarnish your ability to feel comfortable with other people. Jealousy is often a protective strategy fueled by more vulnerable feelings such as worthlessness or feelings of inadequacy, psychotherapist Rachel Noel wrote at a counseling forum in Good Therapy. If you are bitter or have resentment about a group of people who can be euphoric, it is likely that a bigger psychological problem is at play, such as a decreased self-esteem. The pandemic has people exploring debt payment options that they didn't consider before like paying... Read moreRemove from the equation You can allow others to revel in good news by removing yourself from the equation. Many people struggle with interpreting things too personally (I definitely do), but it is important to understand that someone else's success is usually never achieved despite someone else. As The Executive Editor of Psych Central, Sara Newman, writes: others is not personal. It was not done to defy you. It costs nothing to remove your own desires from the equation and feel relief and happiness for another person. In the end, acknowledging that things are going well for other people is evidence that it's probably going to work out for you as well. As the student loan debt crisis only worsens, many borrowers may be tempted,... Read moreConfirm you can be inspired by the success of others Even if you are jealous of the winning party, you can use this feeling as fuel for your personal fire. Dr. Kerry Schofield, co-founder and head of psychometry at Good&Co., told NBC News how this can work in practice: Instead of focusing on our lack of success, we can see our friend's performance as inspiring. If he or she has done it, we can do it – our time will come! We can be proactive and assess how and why our friend could succeed, and see if there are ways to apply this knowledge to improve our own lives. In this sense, the idea that billions of dollars of student debt is disappearing into the ether can be seen as a precedent for more substantial reform, especially when it comes to a broader injustice in the United States. Try to be more grateful for what you already have you are far less likely to annoy someone else's performance or success if you feel good about things in your own life, or at least realize what benefits you have. If you're someone like Leftwho Has a Good Job at an Ivy League University and a Columnist's Platform at a National Lysed Magazine, you can try to view these circumstances as a privilege and feel grateful for them. This attitude, at least in theory, will probably help you realize that people fleeing financial oblivion are a reason to cheer. In our not-too-distant past, people focused mainly on survival. Thinking about things like whether you have something to eat, if you were hungry or a safe sleep when you were tired were more important than thinking about the idea of happiness. And although there are still people around the world who are struggling to meet their basic needs, most of us have the luxury of a small leisure time. We often spend at least part of it and ask ourselves if we are happy, and if not what we need to make ourselves happy. Some people think that they are really happy with themselves if they had a perfect body, a powerful job, a lot of money or fame. However, there are many well-known, wealthy, attractive people who are not happy. The opposite is also the case. Dr. Robert Biswas-Diener, who works in the field of positive psychology, interviewed a group of Maasai warriors in Kenya about their happiness. The Maasai generally do not have the things that people in the developed world regard as fortune generators, such as material wealth. But they are still consider themselves happy. That doesn't mean wealthy people can't be happy -- it just means being wealthy doesn't automatically mean happiness. The same applies to any other attribute. Advertising So, if happiness doesn't come from what you do or what you have, where does it come from? According to Dr. Robert Holden, founder of The Happiness Project, those looking for happiness often don't know they already have [Source: CNN]. Being happy with yourself is not so much about tracking it, but finding things you can do to help you recognize your happiness. In this article, we will explore some of these options, starting with the adoption itself. Yesterday I found my biggest score so far on a single walk: 16 whole cents! Six pennies and a penny, scattered only on the ground, as if money fell from trees (maybe they fell from a tree? :)). I was so excited that I not only rushed home to call out my exuberance to the woman (she didn't care), but of course Also beat Instagram and Twitter to share my insights with the world. The people there cared a little bit more, but I'll tell you, all this is 'cuz it made me just as happy as if I had found a 100 dollars or even 1,000 dollars\* bill instead. Which would have been quite exciting, but not exponentially more. Knowing this about yourself can play a big role in your finances! Whenever we consider buying things, we are usually fixated on the price, but what we are really looking for is how much joy this new thing will bring us (bills and such excluded). We're pretty good at knowing what that is, but we're not so good at looking out for the \*alternatives\* that can bring just as much joy to our lives. For example: I'm just as happy... Drinking beer at home, as I am at a bar, I am just as happy... Hanging out with friends as I go into the movies I'm just as happy... I'm just as happy to drive my beat up caddy as I was my 25k SUV... wear softly used clothes as I do new clothes I am just as happy... I'm just as happy when I start a new restaurant, I get my hair cut at home as I am in the hairdresser's shop, I'm just as happy... Watch a show on my medium-sized TV vs. my old big screen TV And even more shocking, I'm pretty much just as happy... with a stay as I am a holiday! Does this mean that I don't still eat or buy new clothes or drink delicious beers for 10x the price? Hell no - I love doing these things too! However, if you only compare \*happiness levels\*, they are not so Apart. If anything, So I do more of the free/cheap stuff and still have a sweet quality of life. Just think something while out and about this week doing your thing :) No shame to enjoy the niceties out there, but remember, there are many alternatives that do the same trick at a fraction of the cost. We are lucky to have such options! \_\_\_\_\_ Here's another post I wrote last year in the same direction if you want to let the juices flow: the exact amount to maximize happiness \* 1,000 dollar bills are actually there! And in fact 100,000 dollars do too, although are extremely rare. Most of the larger denominations of U.S. bills were used by banks and the federal government for large transactions between themselves and not the general public. Although the general public now owns a lot of these larger bills as collectibles (and they cost much more than face value at :)). Jay loves talking about money, collecting coins, breaking up hip-hop and hanging out with his three beautiful guys. All its online projects you can jmoney.biz. Thank you for reading the blog! Caiaimage/Robert DalyGetty Images The mystery of happiness is a concept that philosophers and psychologists have been thinking about for centuries. But what can make us happy? Some think it is our behaviour, our thoughts and our attitude that can make us happy with our lives, and not just our situation. The podcast host, The One You Feed, Eric Zimmer, recently told Business Insider what he thinks is a happy life. After a conversation with nearly 200 psychologists, mindfulness teachers and life coaches, he said he realized that happiness will end as a result of constant effort, rather than just thinking positively. He revealed three simple daily practices that can help you achieve this... 1. Meditating and mindful of his room suggests that listening to your mind and practicing meditation daily can help you become more focused, empathetic and conscious. Training your brain in this way can give you a better understanding of how your mind works and how you can enjoy the present moment. If you've never tried meditation before, a good place to sit in a quiet room for a few minutes at the same time every day, stay still and focus on your breathing and just what's happening in the present moment. If you find that you are distracted by thoughts, concentrate your mind back to your rhythmic breathing. Jordan SiemensGetty Images 2. Set your phone alarm to stop social media scrolling It's so easy and addictive to scroll through your Facebook or Instagram feeds just to find that you've wasted a lot of time, effectively doing nothing. We have a natural desire to distract ourselves with our phones, which isn't always bad, but you should consume something that's important to you, Zimmer told Business Insider. The more we are aware of how we Spend time and do things that are important to us, the more content we will have. The way to combat this pointless scrolling is to set your phone alarm to give yourself a time limit while browsing. Be strict with yourself and actively choose something that is important to you instead. 3. Play the alphabet game to stop negative thinking Game can be a useful tool to banish negative thoughts, advises Zimmer. If you find that your mind is going negative, then go through the alphabet and name something you value for each letter until you get to Z. This pulls you away from unhealthy thought processes. This content is created and managed by a third party and imported to this page to allow users to provide their e-mail addresses. For more information about this and similar content, see piano.io piano.io

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