

**WTNS Radio OSU Extension Update for September 28, 2020**  
**Healthy People. Healthy Finances. Healthy Relationships.**

On today's OSU Extension update for Healthy People, Healthy Finances, and Healthy Relationships we'll talk about the pursuit of happiness and some upcoming programs from OSU Extension.

Decades ago, I watched a countywide high school production of "You're a Good Man Charlie Brown." One of my favorite songs from that musical is "Happiness." Maybe it's because of the line "Happiness is two kinds of ice cream." Though that is utterly true, I think the end of the song probably touches more people. "For happiness is anyone and anything at all that's loved by you."

Last week I participated in a virtual convention for our National Extension Association of Family and Consumer Sciences. Our keynote speaker, Dr. Dave Schramm, gave us a few "Happy Hacks." He had some great advice to share that I wanted to pass along to you today.

As a family life educator, he is a big fan of the power of positivity. I'll make a disclaimer here that I don't think being positive is the answer to all the world's problems. However, I was introduced to the writing of Norman Vincent Peale as a teenager, and I do believe that our minds are powerful tools and weapons.

Dr. Schramm shared that research has found humans have three needs: safety, satisfaction, and connection. He quoted some work from psychologist Martin Seligman about three types, or levels, of happiness. The first kind of happiness is the pleasant life. It is mostly focused on yourself, experiencing positive emotions through seeking enjoyment and thrill. The second type of happiness gives you the good life as you assess your strengths and use them fully. These happy people talk about being in the flow or the zone with work or sports. The final type of happiness is a meaningful life. This is when our happiness does not come from putting ourselves first, but in serving others. It is a life filled with purpose.

He also shared University of California research about three factors that contribute to our happiness. Half of our happiness is determined by our genetic set point. Some people are naturally a little more Tigger, while some are a little more Eeyore. Only 10 percent of a person's happiness is influenced by outside circumstances like our job, how much money we have, what

possessions we have, or the condition of our marriage. Forty percent of our happiness comes from intentional activity including both our thoughts and actions. Many people spend way too much time focusing on that 10 percent portion rather than the 40 percent.

Dr. Dave encouraged us to focus on the 40 percent that we can control with some Happy Hacks. Smile more. Seek out opportunities for random acts of kindness. Give thanks. Cherish your friends. They may sound simple, but research has demonstrated that these thoughts and actions do make a difference in our health and wellness.

In fact, he presented research from Brigham Young University that examined the top predictors for how long and how well we will live. These included things like clean air, medication for high blood pressure, being lean versus overweight, having cardiac rehab, getting a flu vaccine, exercise, quit drinking, and quit smoking. However, the top two factors were social determinants: close relationships and social integration.

Loneliness raises blood pressure to the point where the risk of heart attack and stroke is doubled – emotional isolation is a more dangerous health risk than smoking or high blood pressure. We agreed during the conference that the term “physical distancing” is more appropriate than “social distancing.” In our current environment, we need to stay socially connected. Who has been on your mind you will write, call, or text today?

Now we'll take a look at some upcoming opportunities from OSU Extension. Come and learn the basics of home canning and food preservation through a virtual series called “Food Preservation Office Hours”. These online classes emphasize the science behind preservation so that everyone understands why certain procedures must be followed precisely to ensure a high-quality, safe product to enjoy. These online classes are on Tuesday afternoons from 4:00 – 5:00 PM beginning October 6. Topics include: Preserving Fall Vegetables; Preserving Apples; Canning Soup; Canning Meat, Poultry, and Game; Making Jerky; and I'll be co-teaching the last session on November 10 on Making Sauerkraut. You can find registration information for these free virtual programs on our website [Coshocton.osu.edu](http://Coshocton.osu.edu).

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at [coshocton.osu.edu](http://coshocton.osu.edu). Make it a healthy day!