

## JOY of Connection/Being Together

Happiness is considered a state of mind; melancholy is a potential warning sign of mental illness. But **the reality is that Emotions are inherently Social**: They're woven through our interactions.

Research has found that people laugh five times as often when they're with others as when they're alone. Even exchanging pleasantries with a stranger on a train is enough to spark joy. That's not to say you can't find delight in watching a show on Netflix. The problem is that bingeing is an individual pastime. **Peak happiness lies mostly in collective activity.**

We find our greatest bliss in moments of **Collective Effervescence**. It's a concept coined in the early 20th century by the pioneering sociologist Émile Durkheim to describe the sense of energy and harmony people feel when they come together in a group around a shared purpose. **Joy Shared is Joy Sustained.**

**Together, we can make happiness a daily reality for ourselves...and others. And one of the simplest secrets to maintaining daily joy in a relationship is this: celebrate good news together.**

**In turn, we can help support others' joy by encouraging them to share their most positive experiences, and the things they feel grateful for. Supporting a friend or acquaintance's well-being in turn may impact not only ourselves but the well-being of all the people connected to that friend. Albert Schweitzer, a German physician and Nobel Peace Prize winner, was right when he said "Happiness is the only thing that multiplies when you share it."**

**Story:**

**Questions:**

**How does Physical Connection help you to experience Joy?**

**Where does your Joy come from connection to? Conversation, Laughing, Touch, Hugs, Intimacy, Large Gatherings? Being Heard, Listening, Making a Difference?**

**How will you find more ways/occasions to create and share Joy?**