Happiness and Ice cream

What positive psychology tells us about ice cream and happiness...

Happiness

Positive Psychology is the Science of HAPPINESS

Feeling in control, competent and connected to others creates sustained happiness

Connected

Competent

Control

Your friendship network matters

Being linked to happy people makes you happy

Everyday activities can add to your HAPPINESS

Experiences are an important source of happiness

Gifting and gratitude make you happy

There are two routes to HAPPINESS: - Pleasure & Meaning

Cold treats are especially pleasurable

Eating ice cream is a tasty pleasure

Savouring your ice cream enhances your pleasure from the experience

Ice cream brings back happy childhood memories

DISCLAIMER: Must be checked and approved by local nutrition, legal and regulatory colleagues taking into account the local external environment such as regulations, commitments etc.
References

Positive Psychology is the Science of Happiness.
I don’t think this needs a reference, however:

Happiness feels good and is good for you.


Feeling in control, competent and connected to others creates sustained happiness.


Your friendship network matters.


Everyday activities can add to your happiness.


Experiences are an important source of happiness.


Gifting and gratitude make you happy.


There are two routes to happiness: Pleasure and Meaning.


Cold treats are especially pleasurable.

Cold treats are especially pleasurable.

Savouring ice-cream enhances your pleasure from the experience.


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