



GPAC April 2021

Want to be happy? You need to get rich, but not the kind of rich you think...

Would you like to be happy?

You need to get rich, but not the rich you think...

Del Siegle from the Renzulli Center recently spoke on how families can pursue happiness through this acronym.

Many parents want the best for their children, and at the end of the day it is they would like them to be happy.

How can you guide them to find happiness?

R: resources

- Yes, obviously we need the resource of money to pay for some things that bring happiness- vacations, sports, lessons, etc. However, the most important resource we need for happiness is time. Time allows for one to pursue their interests and create opportunities to explore interests.

I: intimacy

- Humans feel more connected and happier when they have a relationship with others. This does not mean to have a lot of friends, but to have a few meaningful people in their life they can lean on- including family! It's okay if your child doesn't have a BFF yet, you can fill the intimacy spot in the meantime.

C: competency

- People feel happiness when they are competent. This can be something they find interesting in school or outside of school. To encourage your student to be the best they can be to find their competency. Teaching your child to recognize and find things they do well, encourage them to develop their skills, and celebrate their accomplishments.

H: health

- Physical and mental health contributes to happiness. Taking care of your body, exercising, and eating healthy. Being able to talk about your feelings openly and express emotions contributes to one's overall health. Practicing mentally and physically healthy routines will improve the overall happiness of everyone in your family.

