

# Social Media - Facebook

**Post by “Godfrey” of September 30, 2022 at 7:45 PM**

From The Aesthetics of Joy blog:

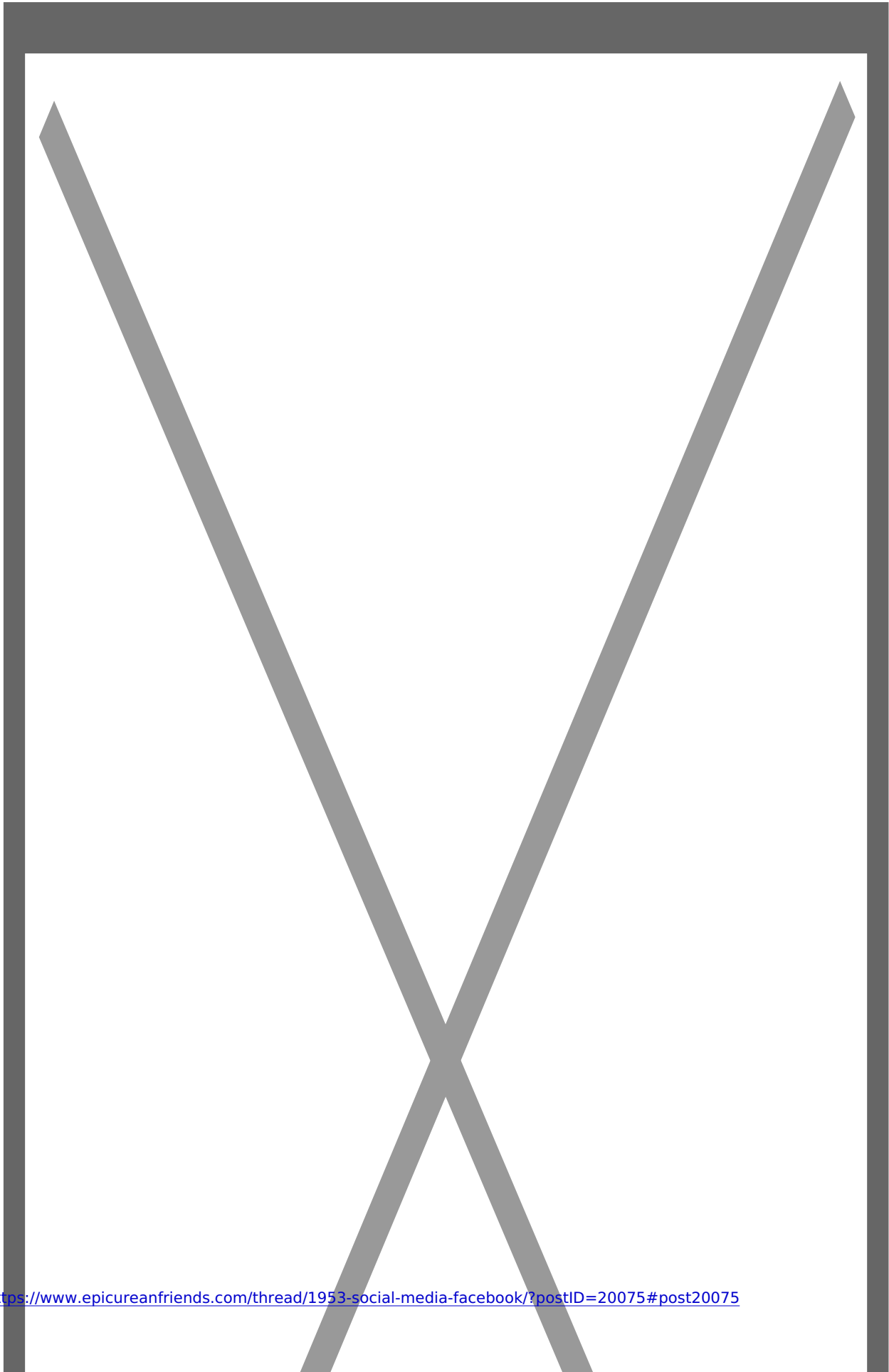
"One of the first things I learned in my research was that happiness and joy are different things. I know I'm a broken record about this, but it's such an important distinction that I want to take a moment to pull them apart. Happiness is a broad evaluation of how we feel about our lives over time. It's made up of a range of factors: how we feel about our health and our work, whether we have a sense of meaning and purpose in life, how connected we feel to other people. This explains why sometimes we can't easily answer the question — happiness is a big concept, and it can be hard to encapsulate the complexity of our lives in one answer.

"Joy, on the other hand, is much simpler and more immediate. Psychologists define joy as an intense, momentary experience of positive emotion. Joy can be measured through direct physical expressions, like smiling, laughter, or a feeling of wanting to jump up and down. It's about how good we feel right now, in the moment. It's the opposite of vague — when we feel a moment of joy, there's no doubt.

"With this distinction clear, I realized that happiness is often a red herring. Thinking about whether I'm happy takes me out of the flow of my life and prompts me to evaluate and compare. Am I happier than I was a year ago? Am I as happy as my friends? That smiling influencer I follow on social media sure looks happy. If I'm not that happy, am I really happy at all? Without a clear benchmark, I find I'm often measuring against some imagined ideal of happiness, and it's easy for my everyday life to fall short.

"But as I began to focus more and more on moments of joy, I noticed that I stopped thinking so much about happiness."

Image not found or type unknown



[5 ways my work has changed my life - The Aesthetics of Joy by Ingrid Fetell Lee](#)

What can the science of joy teach us about living well? In this post, find five ways you can harness joy to build a life you love.

[aestheticsofjoy.com](http://aestheticsofjoy.com)

I'm not exactly sure where pleasure fits in to this view... Seems like it would encompass both happiness and joy, and all that's in between the two?