



Dig Deeper, Get Happier

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When you sit down to chat over coffee with a friend, spend a few minutes digging deeper than TV and the weather.

Why? Because doing so just might make you happier. Research shows that when people's socialization focuses on important issues and personal interests, a greater level of personal happiness may be the result.

Listen to Yourself

In the study, a group of college students agreed to let researchers wire them with recording devices that would periodically record short snippets of their conversations over the course of four days. Questionnaires gauged participants' current levels of happiness and life satisfaction. And in reviewing the responses and recordings, researchers found that people who were the happiest had engaged in twice as many deep and meaningful conversations compared to their less happy peers. ([Get happy right now by adopting this mind-set.](#))

Time to Get Serious?

Researchers aren't sure if some people are happier because they have more satisfying and meaningful conversations or if happier people are just more likely to dig deep when they converse. Regardless, we know that deep, meaningful social connections are good for your RealAge. It adds meaning to life and helps with stress reduction. ([Check out these five keys to greater life satisfaction.](#))

Get a natural high. [Try this one-foot-in-front-of-the-other approach.](#)

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Benefit

Having a good social support system of family and friends can make your RealAge up to 3.5 years younger. [Take the RealAge Test!](#)

References

[Eavesdropping on happiness: well-being is related to having less small talk and more substantive conversations.](#)
Mehl, M. R. et al., *Psychological Science* 2010 Apr 1;21(4):539-541.

Do you know your RealAge? [Take the test](#), or update your test now!

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Find this article at: <http://www.realage.com/tips/the-way-to-happiness-the-art-of-conversation>

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