

Euthymia

The term euthymia has a Greek origin and results from the combination of `eu` meaning `well` and `thymos` meaning `soul emotion`.

This latter term encompasses however four different meanings: life energy; feelings of passions; will, desire and inclination; thought and intelligence.

Interestingly, its verb (euthymeo) means both I am happy, in good spirits and I make other people happy, I reassure and encourage.

The definition of Euthymia is generally ascribed to Democritus: one is satisfied with what is present and available, taking little heed of people who are envied and admired and observing the lives of those who suffer and yet endure. It is a state of quiet satisfaction, a balance of emotions that defeats fears.

The latin philosopher Seneca translated the Greek expression of euthymia with `tranquillitas animi` (a state of internal calm and contentment) and linked it to psychological well-being as a learning process.

Happiness is not everything and what is required is [`felicitationis intellectus`](#) The awareness of well-being:

Well - being: an important concept for psychotherapy and psychiatric

NEUROSCIENCE. (Psychotherapy and Psychosomatics 2016,85:255-261)

The pioneer of psychosocial medicine, George Engel, proposed in his biopsychosocial model that positive and negative psychosocial play important roles in any type of diseases, although their relative importance may vary considerably between diseases and different phases of the same disease. (Science 1977;196:129-136.) In addition, he elaborated a unified concept of health and disease, suggesting that there is no health and no disease.

As a result, health is not just the absence of disease, but also the presence of well-being.

Illusions: What you see is what you hear

Ladan Shams, Yukiyasu Kamitani & Shinsuke Shimojo. (Science. 2006 Feb 17;311(5763):1005-7.)

Vision is believed to dominate our multisensory perception of the world. Here we overturn this established view by showing that auditory information can qualitatively alter the perception of an unambiguous visual stimulus to create a striking visual illusion. Our findings indicate that visual perception can be manipulated by other sensory modalities.

Oxytocin increases trust in humans

Michael Kosfeld, Markus Heinrichs, Paul J. Zak, Urs Fischbacher & Ernst Fehr

Trust pervades human societies. Trust is indispensable in friendship, love, families and organizations, and plays a key role in economic exchange and politics. In the absence of trust among trading partners, market transactions break down. In the absence of trust in a country's institutions and leaders, political legitimacy breaks down. Much recent evidence indicates that trust contributes to economic, political and social success. Little is known, however, about the biological basis of trust among humans. Here we show that intranasal administration of oxytocin, a neuropeptide that plays a key role in social attachment and affiliation in non-human mammals, causes a substantial increase in trust among humans, thereby greatly increasing the benefits from social interactions. We also show that the effect of oxytocin on trust is not due to a general increase in the readiness to bear risks. On the contrary, oxytocin specifically affects an individual's willingness to accept social risks arising through interpersonal interactions. These results concur with animal research suggesting an essential role for oxytocin as a biological basis of prosocial approach behaviour.

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On making the right choice: the deliberation-without-attention effect.

Dijksterhuis A1, Bos MW, Nordgren LF, van Baaren RB.

Contrary to conventional wisdom, it is not always advantageous to engage in thorough conscious deliberation before choosing. On the basis of recent insights into the characteristics of conscious and unconscious thought, we tested the hypothesis that simple choices (such as between different towels or different sets of oven mitts) indeed produce better results after conscious thought, but that choices in complex matters (such as between different houses or different cars) should be left to unconscious thought. Named the "deliberation-without-attention" hypothesis, it was confirmed in four studies on consumer choice, both in the laboratory as well as among actual shoppers, that purchases of complex products were viewed more favorably when decisions had been made in the absence of attentive deliberation.