

## Mayo Clinic Minute

### The key to happiness in 2 simple formulas

Video	Audio
	What if I told you the key to happiness could be found in a math formula?
00:01:32	“‘H’ = ‘R’ – ‘E.’ Happiness equals reality minus expectations.”
	Mayo Clinic’s Dr. Amit Sood has spent his career researching the keys to happiness and says it’s much easier to find than people expect.
00:01:32 <b>Amit Sood, M.D.</b> <b>General Internal Medicine</b> <b>Mayo Clinic</b>	“You cannot always change reality, but you can always work with expectations. And the more your expectations are reasonable, perhaps a little lower, the happier you will be.”
	Dr. Sood says happiness can also be maximized by putting equal effort into caring for yourself and others.
00:02:55	“If I have four pieces of chocolate, I can give you all four. It’ll make you happy; it’ll make me miserable. I can eat all four. It’ll make me happy, and it’ll make you miserable. I think true happiness is in eating two chocolates yourself and giving away two.”
	2 for me + 2 for you = happiness, and happiness = “R” for reality – “E” for expectations.
	For the Mayo Clinic News Network, I’m Ian Roth.