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For Immediate Release

CAMPBELLSVILLE UNIVERSITY TO PRESENT ‘H1N1 - HAPPY ONE OR NOT ONE: WHAT RESEARCH SAYS ABOUT THE PURSUIT OF HAPPINESS’ AT CHAPEL WEDNESDAY, NOV. 11

By Adam Goodlett, student news writer

CAMPBELLSVILLE, Ky. – How do we obtain happiness? This is a quandary that has puzzled Dr. Eric Bruns and Dr. Scott Wigginton, mental health professionals who serve on the wellness committee at Campbellsville University, for quite some time now.

Bruns and Wigginton will be presenting a program at chapel in the Ransdell Chapel titled “H1N1- Happy One or Not One: What research says about the pursuit of happiness” at 10 a.m. Wednesday, Nov. 11 at 401 N. Hoskins Ave., Campbellsville.

The H1N1 program is for anyone who has any amount of stress in their life that could cause unhappiness.

Stress is the key factor as to why people live in an unhappy state of mind. The program will discuss how to cut out the stress in your life in order to live a little more carefree and be a lot happier.

The information being presented is the latest of mental health research that Wigginton, associate professor of pastoral ministries and counseling, and Bruns, associate professor of psychology, have gathered about happiness.

“Happiness research is more and more prevalent in a nation whose very Declaration of Independence makes the pursuit of happiness one of the three inalienable rights,” Wigginton said.

“Both of us see the consequence in peoples lives of making decisions that aren’t

geared toward realistic happiness,” Bruns said. “Perhaps they don’t feel empowered to be happy.”

“Choosing to have a positive, optimistic attitude in all we do has very clear research support in terms of positive life outcome,” he said.

Additionally, Wigginton and Bruns will speak on how the powerful negative impact people’s decision have on their lives and the unintentional consequences brought about when certain choices are made and how to avoid making those decisions.

“Our goal is to help our students, faculty, staff and others attending chapel think about what the latest in happiness research teaches us about living a fulfilled and satisfying life,” Wigginton said.

“I think folks will walk away thinking about how they can be more intentional in day-to-day living and how that can increase the overall feeling of happiness and life satisfaction they experience,” Bruns said.

This chapel program is sponsored by the CU Wellness Committee. The structure is to present current information about the benefits that research studies show for individuals who choose to be happy. The information will address meaningful relationships, health, lifespan and even such things as athletic coping skills.

“We believe this information to not only be relevant to our campus community but to all citizens who may choose to attend,” Bruns said.

The chapel program is free and open to the public. Chapel is designed to provide opportunities for corporate worship and exposure through of a variety of informative speakers and presentations.

All chapel programs are also televised live on WLCU-TV-4 (Comcast Cable channel 10) and are streamed live on the Internet. Go to www.campbellsville.edu, click on the media tab, select WLCU-TV and follow the prompts to Live Video Streaming.

For more information on this program, contact Bruns at elbruns@campbellsville.edu or at 270-789-5538.

Campbellsville University is a private, comprehensive institution located in South Central Kentucky. Founded in 1906, Campbellsville University is affiliated with the Kentucky Baptist Convention and has an enrollment of 3,006 students who represent 97 Kentucky counties, 30 states and 37 foreign nations. Listed in *U.S. News & World Report's* 2010 "America's Best Colleges," CU is ranked 23rd in "Best Baccalaureate Colleges" in the South, tied for fifth in "most international students" and fourth in "up-and-coming" schools in baccalaureate colleges in the South. CU has been ranked 17 consecutive years with *U.S. News & World Report*. The university has also been named to America's Best Christian Colleges® and to *G.I. Jobs* magazine as a Military Friendly School. Campbellsville University is located 82 miles southwest of Lexington, Ky., and 80 miles southeast of Louisville, Ky. Dr. Michael V. Carter is in his 11th year as president.