

## DISCUSSION GUIDE

# THE PSYCHOLOGY OF THE PURSUIT OF HAPPYNESS

Poverty, Stress, and the Psychological Cost of Never Being Able to Exhale

## 1. BEFORE WATCHING



- What does chronic stress do to the mind and body?
- What does it mean to keep going when there is no room to rest?

## 3. AFTER WATCHING



- What moments show resilience rather than simple optimism?
- What is the difference between hope and denial?



## 2. WHILE WATCHING

- Where do you see survival stress shaping decisions?
- How does the relationship between parent and child change the emotional meaning of hardship?



## 4. FAMILY REFLECTION

- How do systems add weight to already difficult lives?
- What helps a child feel protected even when life is unstable?



## 5. TRY THIS

- Name one burden you are carrying quietly.
- What is one concrete support or one next step that would help you exhale a little more?



## DR. Z TAKEAWAY

Sometimes the deepest psychological injury is not one dramatic event, but the ongoing strain of never feeling safe enough to rest. Small moments of love, steadiness, and being seen can still become a lifeline.



*You matter.*

*Keep going.*



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Understanding minds.



Strengthening connections.

*One step  
at a time.*