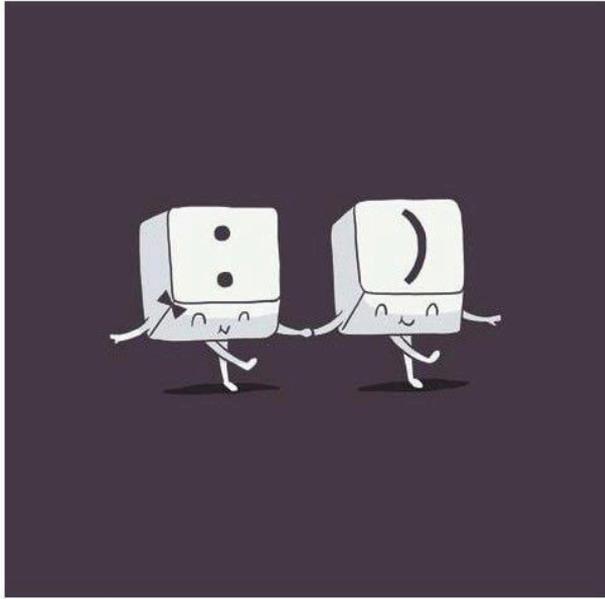




# Benefits of happiness



The Keys To Happiness

- Better Physical Health
- Longer Life
- Successful Relationships
- Success in Work
- Better Mental Health



# What do we know about happiness?

DO MORE OF  
WHAT MAKES  
YOU *happy*.

DON'T PUT THE  
KEY TO YOUR  
HAPPINESS IN  
SOMEONE  
ELSE'S POCKET.

I'M RESPONSIBLE  
FOR MY OWN  
HAPPINESS!

REMEMBER  
HAPPINESS IS  
A WAY OF TRAVEL  
NOT A DESTINATION  
-ROY TODMAN



Think  
HAPPY  
—be—  
HAPPY

Happiness is a perfume  
you cannot pour on others  
without getting a few drops  
on yourself. *Ralph Waldo Emerson*

Everyone wants,  
**happiness.**  
No one wants,  
**pain.**  
But you can't have a  
**rainbow,**  
without a little  
**rain.**

MAKE  
HAPPINESS  
A HABIT.



HMS  
HAPPINESS & WELL-BEING  
SOCIETY



# What is Happiness?

## Emotional state

- Happiness is made up of pleasure, engagement, and meaning.
- It involves both daily positive emotions and a global sense that life is worthwhile.

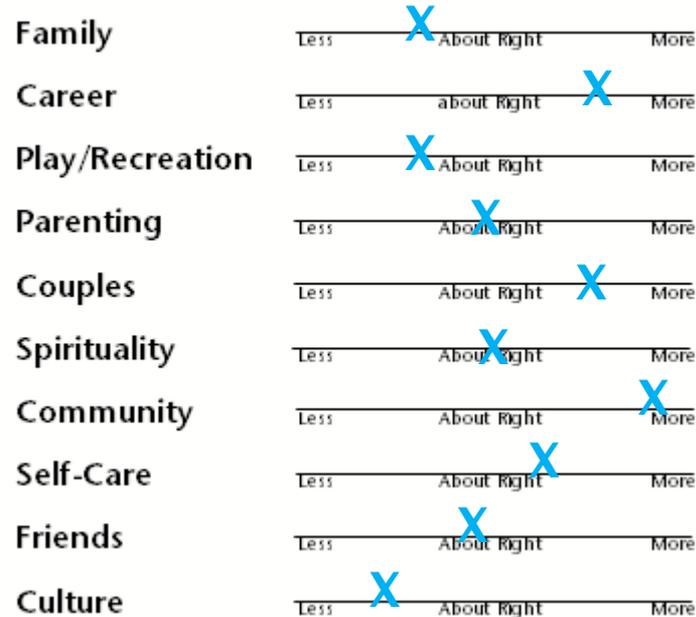
Happiness is an *outcome* of choices, not a *choice* itself.





# In Your life

## Less, More, About Right



Looking back over the past year, think about how much of yourself ( time, energy, etc) you have put into each of these areas.

Indicate on the line with an X. It could be “a lot more”, or “a little less”.



# Identifying Your Values

**Family.** What sort of brother/sister, son/daughter, uncle/aunt do you want to be?

**Career.** What kind of worker would you like to be?

**Play/Recreation.** What sorts of hobbies, sports, or leisure activities do you enjoy?

**Parenting.** What sort of parent would you like to be?

**Couples.** What sort of partner would you like to be?

**Spirituality.** What is important to you in this area of life?

**Community.** Would you like to contribute to your community? through volunteering, recycling, or supporting a group/charity/political party?

**Self-care.** How would you like to take care of your body?

**Friends.** What sort of qualities would you like to bring to your friendships?

**Culture.** What new skills/knowledge would you like to learn?

**Culture.** What new skills/knowledge would you like to learn?



# Write a Statement

**My Value is career/job. I want to make health a relevant and important part of a student's life. I want to support and empower my coworkers.**





# External (Behaviors we can see/hear)

Internet,  
Unimportant tasks.  
Avoid people, isolate.  
Suppress thoughts or  
ruminate.  
Complain/gossip.

**What you do:**  
Distractions  
Options Out  
Thinking  
Substance/Self Harm

**What can I do to move toward  
what's important?  
Who can be involved?  
What will I do?  
How will I spend my time?**

Take a short break.  
Develop Programming or  
creative materials  
Talk to Students.  
Ask for help, clarification.

**Away  
from  
Values**

**NOTICE**

**Towards  
Values**

I am not good enough.  
I am hot-headed. I  
deserved it. I give up.  
What's the point?  
Shame. Guilt. Anger.  
Helplessness.

**What "inside stuff" gets  
in the way?  
Negative self talk.  
Troublesome thoughts.  
Difficult emotions.**

**Values:  
Who/What is important to me?  
What do I want to do?**

My value is *career/job*. I want to *make  
health a relevant and important part of a  
student's life*. I want to *support and  
empower my coworkers*.

# Internal (Thoughts and Feelings)





# Focusing on the Choice

## Psychological Rigidity

- Loss of contact with the present moment and we really want for ourselves.
- Settle into inaction, impulsivity or avoidance
- See who we are and what is possible from only one perspective
- Caught up in judgmental thoughts
- Run away from difficult thoughts and emotions.

## Psychological Flexibility

- Practice staying in the moment
- Grow patterns to support what we really want
- Noticing stagnation or avoidance and moving towards our values
- Noticing and ‘holding lightly’ to stories of ourselves from multiple perspectives
- Noticing and ‘holding lightly’ to judgmental thoughts.



# Reminders and Resources

- It's about *noticing*, not changing, ignoring, judging, etc.
- Our “Choosing Happy” comes from the right side. Values and Choices. People, place and time.
- Materials and exercises adapted from ACT (Acceptance and Commitment Training).
- This is not a substitute for therapy and that those with mental illness may need more help.

