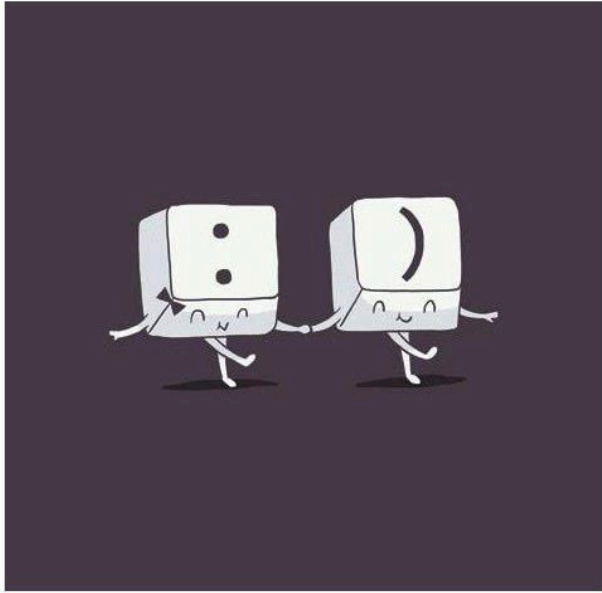


Benefits of happiness



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.

thingsthatforget.blogspot.com

HMS



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.

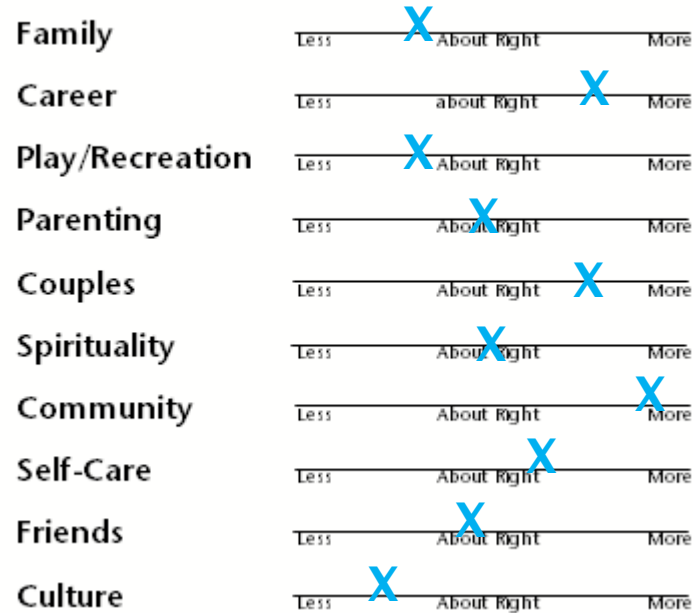
Happiness is an *outcome* of choices, not a *choice* itself.





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?

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



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.

