The background is a light blue gradient with several realistic water droplets of various sizes scattered across it. Some droplets are at the top, some at the bottom, and some in the middle. They have highlights and shadows, giving them a 3D appearance.


LIVING WELL WITH FSH: STRIVING FOR HAPPINESS AND MEANING

ORA PRILLELTENSKY

ED.D



HAPPIER PEOPLE ARE...

- MORE SOCIABLE AND ENERGETIC
 - MORE COOPERATIVE AND CHARITABLE
 - BETTER LIKED BY OTHERS
 - MORE FLEXIBLE IN THINKING
 - MORE PRODUCTIVE
 - MORE RESILIENT
 - BETTER LEADERS
 - PHYSICALLY HEALTHIER
 - LIVE LONGER
- 


"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

- The Declaration
of Independence

July 4, 1776



REFLECT ON YOUR OWN HAPPINESS

- WHAT DOES HAPPINESS MEAN IN THE CONTEXT OF YOUR LIFE?
 - WHAT DETERMINES YOUR LEVEL OF HAPPINESS?
 - GENES?
 - LIFE CIRCUMSTANCES?
 - CHOICES?
 - CAN YOU NURTURE AND GROW HAPPINESS? IF SO, HOW?
- 





HAPPINESS (DOLAN, 2014)

- **PLEASURE**
 - POSITIVE EMOTIONS
 - ENJOYMENT
 - LIFE SATISFACTION
 - **PURPOSE**
 - MEANING
 - MATTERING
- 

I COPPE DOMAINS OF HAPPINESS AND WELL-BEING



BET I CAN: SEVEN SCIENTIFIC PRINCIPLES TO PROMOTE WELL-BEING



BET I CAN STRATEGIES



BET I CAN



MANAGE NEGATIVE
EMOTIONS
COLLECT POSITIVE
EMOTIONS

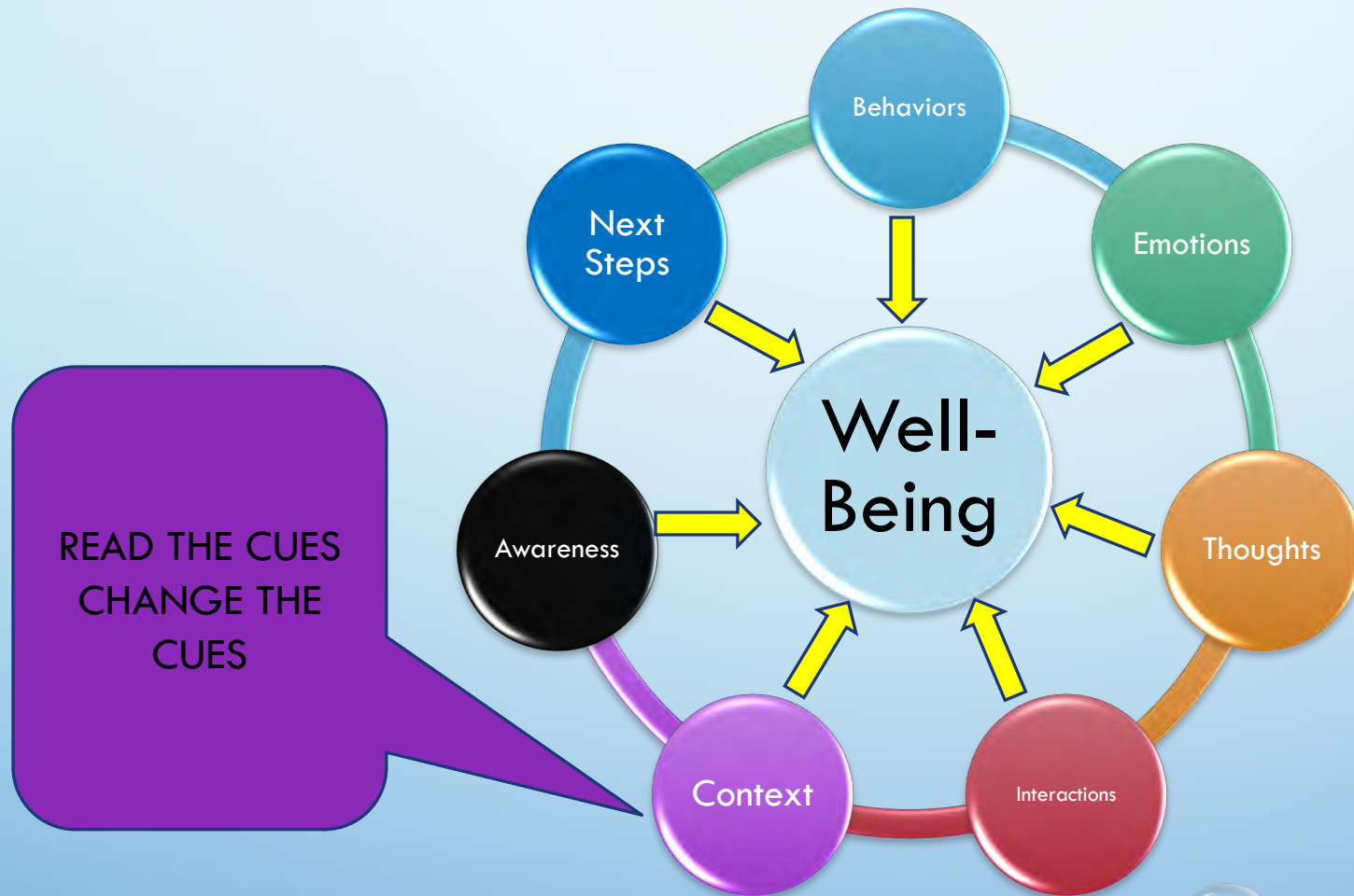
BET I CAN



BET I CAN



BET I CAN



BET I CAN

KNOW
YOURSELF
KNOW THE
ISSUE



BET I CAN

MAKE A PLAN
MAKE IT STICK



BEHAVIORS

- Does my behavior align with my values?
- Do I spend time pursuing what is truly important to me?
- Do I act in a way that helps me move in the direction I desire?
- If not, why not?
- How does FSH factor into this?
- what do I need to change?

SERENITY PRAYER


**GRANT ME
THE SERENITY**

TO ACCEPT THE THINGS
I CANNOT CHANGE,
THE COURAGE TO CHANGE
THE THINGS I CAN, AND
THE WISDOM TO KNOW
THE DIFFERENCE.

-NIEBUHR-



SET A GOAL

- TO CHANGE YOURSELF, NOT SOMEONE ELSE
 - CONSISTENT WITH YOUR VALUES AND PRIORITIES
 - REALISTIC AND WITHIN YOUR CONTROL
 - STATED IN THE POSITIVE
 - CAN BE BROKEN DOWN INTO MEASURABLE SUB-GOALS
- 

IMPLEMENTATION INTENTION

- What's your first small step?
- What will you do and how will you do it?
- Where and when will you do it?
- What obstacles might get in the way of acting on your goal?
- What's your plan for addressing these obstacles?

WHAT'S YOUR WILLPOWER CHALLENGE?






PAY ATTENTION TO CONTEXT

- Avoid triggers that cue problem behavior
 - What triggers do I need to avoid?
- Introduce triggers that cue desired behavior
 - How can I modify my environment?
- Reward yourself for making progress
- Track behavior and celebrate gains





BEHAVIORS


- WHAT WORKS THAT YOU CAN SHARE?
 - WHAT DOESN'T WORK THAT YOU CAN CHANGE?
 - WHAT AND HOW WILL YOU DO IT
- 

EMOTIONS






EMOTIONS

- MANAGE NEGATIVE EMOTIONS
 - COMMON TRIGGER FOR PROBLEM BEHAVIOR
 - LOWER SELF-CONTROL
 - HOW YOU DEAL WITH THEM IS CRITICAL
 - CULTIVATE POSITIVE EMOTIONS
 - BROADEN PERSPECTIVE AND POSSIBILITIES
 - BUILD RESOURCES OVER TIME
 - FACILITATE SELF-CONTROL
- 



CULTIVATE POSITIVE EMOTIONS

- COUNT YOUR BLESSINGS AND DEVELOP AN ATTITUDE OF GRATITUDE
 - SAVOR AND EXTEND THE GOOD
 - FIND THE SILVER LINING
 - FOLLOW YOUR PASSIONS
 - BUILD ON YOUR STRENGTHS
 - BALANCE PLEASURE AND PURPOSE
 - CONTRIBUTE TO THE WELL-BEING OF OTHERS
 - NURTURE RELATIONSHIPS
- 

ACTUALLY, YOU HAD A
PRETTY GREAT LIFE, BUT
YOU WERE LOOKING DOWN
AT YOUR PHONE AND YOU
MISSED IT!




HAPPIFY'S S.T.A.G.E. FRAMEWORK

- **S**AVOR
- **T**HANK
- **A**SPIRE
- **G**IVE
- **E**MPATHIZE



MANAGE NEGATIVE EMOTIONS

- TUNE IN TO YOUR EMOTIONS
 - ACCEPT YOUR INTERNAL EXPERIENCE
 - PRACTICE SELF-COMPASSION
 - AVOID PROBLEM BEHAVIOR AS AN EMOTIONAL FIX
 - BEWARE OF RUMINATION AND SOCIAL COMPARISONS
 - REAPPRAISE
 - PROBLEM-SOLVE
 - SEEK SUPPORT
- 



The diagram illustrates the Cognition-Emotion-Behavior cycle on a light blue background decorated with water droplets. At the top is an orange box labeled 'Emotions: How we feel'. At the bottom left is a yellow box labeled 'Thoughts: What we think'. At the bottom right is a grey box labeled 'Behaviour: How we act'. A yellow double-headed arrow connects 'Thoughts' and 'Emotions'. An orange double-headed arrow connects 'Emotions' and 'Behaviour'. A grey double-headed arrow connects 'Thoughts' and 'Behaviour'.

Emotions:

How we feel



Thoughts:

What we think



Behaviour:

How we act

CONTEXT	THOUGHTS	EMOTIONS	SENSATIONS	BEHAVIOR	REFLECTION
what was the situation?	What was going through your mind?	What emotions did you experience?	What bodily reactions did you experience (i.e. increased heart rate, sweaty palms, butterflies, etc.)?	What did you do?	How well do you think you handled this situation?
Where and when did it take place?	What were you saying to yourself?	How did your thoughts, images, and interpretation of the situation affect your feelings?		Did your behavior change in the course of the event?	What, if anything, could you do differently next time?
Who were you with?	Which images or pictures were playing in your head?			Do you think your behavior helped the situation, or made it worse?	

THOUGHTS

- IDENTIFY YOUR THOUGHTS AND SELF-TALK
 - THIS IS HARDER THAN IT SEEMS, SINCE SELF-TALK IS OFTEN AUTOMATIC
- ASK YOURSELF.....
 - IS THIS THOUGHT REASONABLE? WHAT IS THE EVIDENCE?
 - DOES IT HELP ME TO THINK THIS WAY?
 - WHAT WOULD I SAY TO A GOOD FRIEND IF SHE WERE IN THIS SITUATION?
- CHANGE YOUR THOUGHTS
- CHANGE YOUR RELATIONSHIP TO YOUR THOUGHTS



However, thoughts are simply thoughts. They are mental events that come and go, and are not necessarily an accurate representation of reality. In fact, some thoughts are downright inaccurate, or even illogical. If you think about it, how likely is it that Erin has NOTHING to show for all her work? How reasonable is it for her to conclude that she can NEVER fit an internship into her schedule? Even though Erin believes these thoughts, she is polarizing - seeing things as all or nothing, black or white, without considering various shades of gray.

Below are some examples of thinking patterns that can lead to negative emotions. These thoughts lead to negative emotions even though they are faulty. Can you see why?


1. **Polarizing** - Thinking about things in all or nothing terms. If something isn't perfect, it is worthless.
2. **Overgeneralizing** - Thinking that one setback will affect all domains of life.
3. **Catastrophizing** - Anticipating the worst possible outcome in a situation.
4. **Filtering** - Seeing yourself and the world through a negative filter. Positive experiences are ignored since they do not fit with your negative filter.
5. **Labeling** - Putting negative labels on yourself or others, rather than thinking that you or someone else made a mistake.

ACT PRINCIPLES

- ACCEPT YOUR THOUGHTS AND FEELINGS
- STEP BACK FROM THOUGHTS
 - I'M HAVING THE THOUGHT THAT...
 - HAPPY BIRTHDAY TUNE...
 - THANK YOUR MIND...
 - DO THE OPPOSITE...
- CHOOSE VALUED DIRECTION
- TAKE ACTION EVEN WHEN DOING SO INVOLVES UNWANTED PRIVATE EXPERIENCES



REFLECTION STOP

- HOW DO YOU CULTIVATE POSITIVITY?
 - HOW DO YOU HANDLE UNWANTED INTERNAL EXPERIENCES?
 - WHAT WORKS FOR YOU THAT YOU CAN SHARE WITH OTHERS?
 - WHAT DO YOU WANT TO DO DIFFERENTLY?
 - WHAT WILL YOU DO AND HOW WILL YOU DO IT?
 - WHAT BARRIERS DO YOU ANTICIPATE?
 - HOW CAN YOU OVERCOME THEM?
- 

INTERACTIONS

- OUR RELATIONSHIP WITH OTHERS IS THE SINGLE MOST IMPORTANT FACTOR THAT CONTRIBUTES TO OUR WELL-BEING
- LACK OF SOCIAL TIES IS A GREATER HEALTH RISK THAN SMOKING AND OBESITY
- RELATIONSHIPS CONTRIBUTE TO OUR MOST ENDURING HAPPINESS AND GREATEST DISTRESS

CLOSE RELATIONSHIPS REQUIRE

- MINDING THE POSITIVITY RATIO
- INVESTING TIME AND EFFORT
- WORKING TO KEEP THINGS FRESH AND EXCITING
- SUPPORTING ONE ANOTHER'S CHOSEN GOALS
- EXPRESSING APPRECIATION AND AFFECTION
- RECOGNIZING AND CELEBRATING
- STRIVING TO REMAIN SUPPORTIVE AND CONSTRUCTIVE IN THE FACE OF CONFLICT



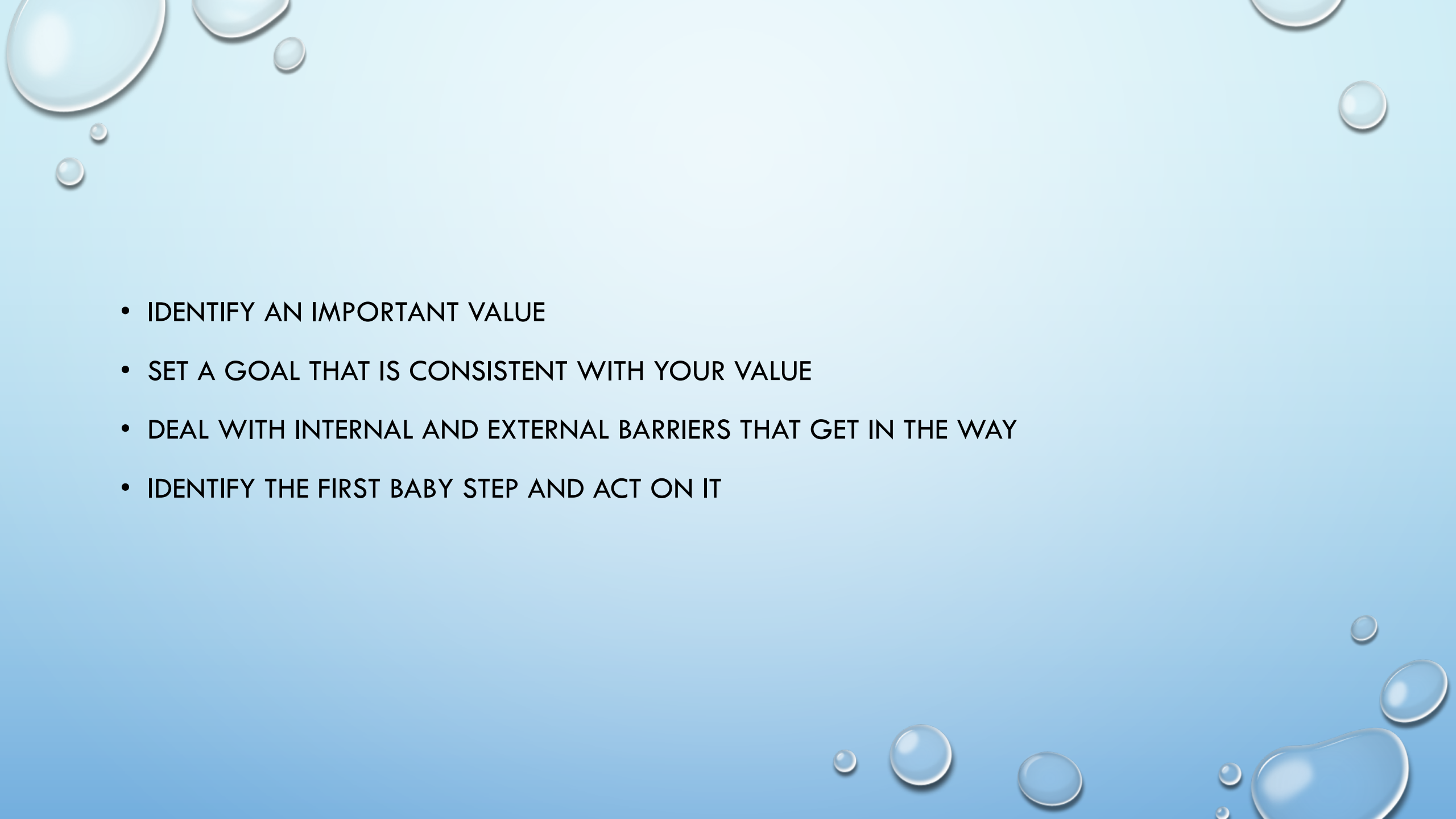
HOW DO YOU RESPOND TO GOOD NEWS?

- ACTIVE CONSTRUCTIVE
- PASSIVE CONSTRUCTIVE
- PASSIVE DESTRUCTIVE
- ACTIVE DESTRUCTIVE



WELLNESS: 1 COPPE DOMAINS OF LIFE



- 
- IDENTIFY AN IMPORTANT VALUE
 - SET A GOAL THAT IS CONSISTENT WITH YOUR VALUE
 - DEAL WITH INTERNAL AND EXTERNAL BARRIERS THAT GET IN THE WAY
 - IDENTIFY THE FIRST BABY STEP AND ACT ON IT



A journey of a thousand miles
must begin with a single step.

straussend

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