

Finding Happiness



Finding Happiness

- “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.**”



Optimist...or pessimist?

People who wonder whether the glass is half empty or half full miss the point. The glass is refillable.

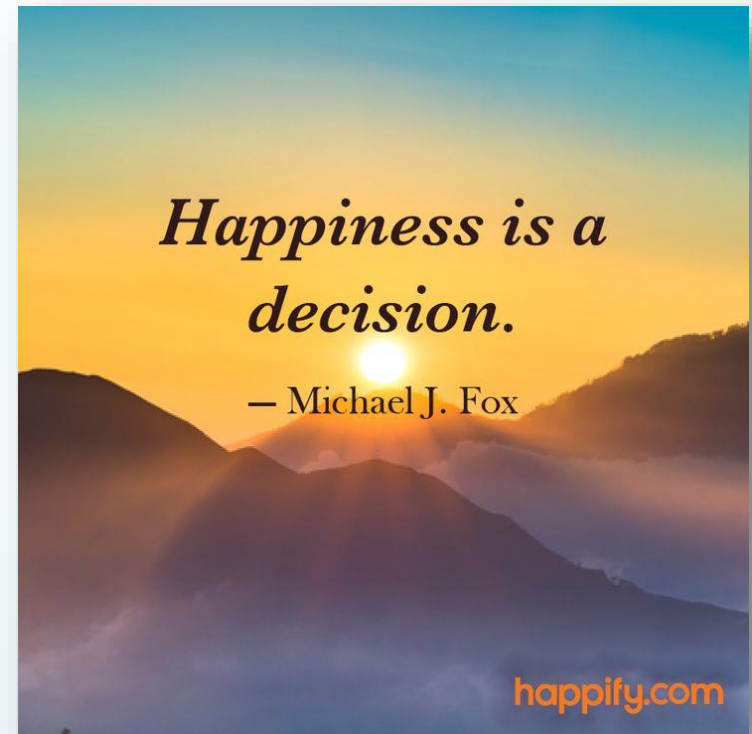
Objectives

- World view of happiness
- What is happiness?
- Benefits of happiness
- Identify obstacles to happiness
- Learn strategies to increase your happiness



Do we have a choice?

- 50% -- genetic
- 40% -- actions and attitude
- 10% -- circumstances in which live



World View of Happiness

- Gross Happiness Factor
- Great Britain is teaching happiness classes in school
- The happiest place on Earth



Happiest places to live in the US



What is happiness?

- Happiness is thought of as the good life, freedom from suffering, flourishing, well-being, joy and pleasure.



Assumptions about happiness

- Other people will make me happy or unhappy
- Money and things will make me happy
- I'll be happy when...
- I'll be happy if...



Benefits of happiness

Research shows that happiness affects all areas of your life:

- Better relationships
- Better health
- More productive
- More resilient
- Greater confidence
- Reduced stress



Obstacles to Happiness

- Negative thoughts
- Self-criticism
- Isolation
- Not forgiving yourself or others
- Stress
- Worry
- Negative people



Negative behaviors

- Complaining
- Not offering solutions
- Gossiping
- Disrespecting others
- Resisting change
- Blaming others



Strategies to increase happiness

- Nurture relationships
- Practice gratitude
- Help others
- Be more empathetic and forgiving
- Be mindful
- Reframe your thoughts
- Work on self-acceptance
- Live a healthy lifestyle (Exercise, nutrition)
- Be aware of your stress levels
- Laugh



Resilience

- Psychologists have identified factors that contribute to resilience:
 - Positive attitude
 - Ability to regulate emotions
 - Ability to see failure as a helpful feedback



Make a list of things that
you happy

make



Wrap it up!

- World view of happiness
- What is happiness?
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Questions?



The Pursuit of Happiness



THANK YOU!