

The How of Happiness

3-Part Class Series

Class 1: How to Attain Real and Lasting Happiness

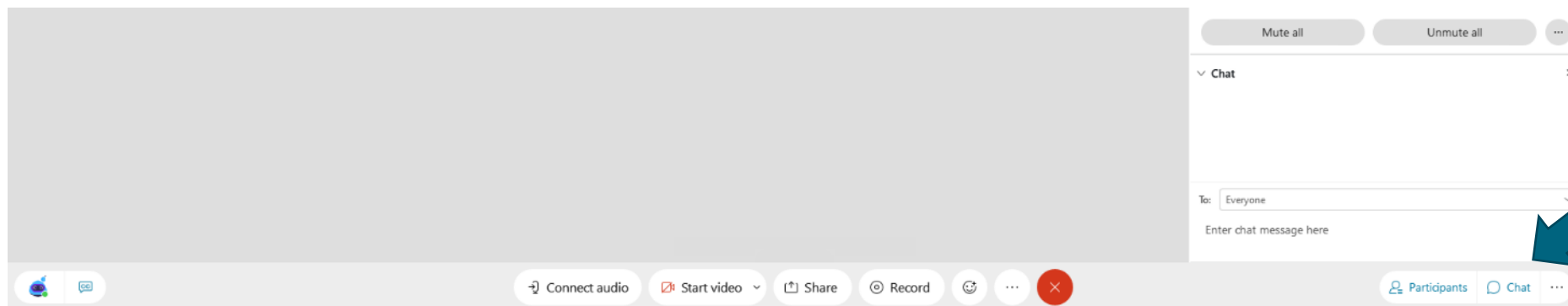
Taught by the Healthy@Harris
Employee Wellness Team

HARRISHEALTH SYSTEM



Engage and Interact

- **Questions** – Type questions, thoughts, examples, in the chat box, the more interaction the better.
- **Premium Points** - You can only receive credit for one Wellness Class per day. Confirm your employee ID is entered correctly when registering for Employee Wellness activities. Please allow up to 4 weeks for 50 Premium Points to be reflected in MyCigna.



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The How of Happiness – Class Outline

- **Class 1: How to Attain Real and Lasting Happiness**
- Class 2: Happiness Activities
- Class 3: Secrets to Abiding Happiness

How to Attain Real and Lasting Happiness



Class 1 Learning Objectives

- Is it possible to become happier?
- How happy are you and why?
- How to find happiness activities that fit your interests, your values and your needs

Is it Possible to Become Happier?

A relationship?

A more attentive spouse?

Looking younger?

More money?

Loosing weight?

More time?

A baby?

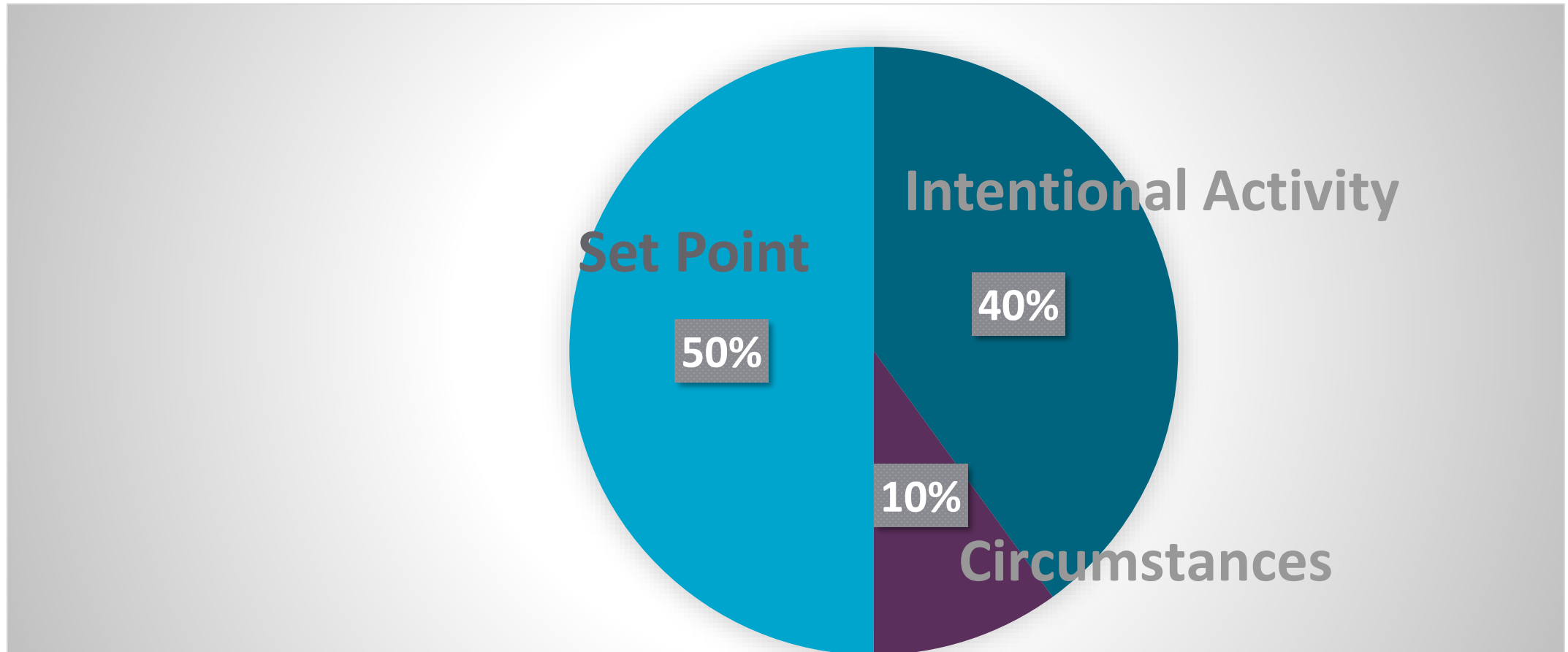
Knowing what you really want to do with your life?

More support from your boss?

Relief from pain?

A new home?

What determines happiness?



The 40 Percent Solution



- They devote a great amount of time to their family and friends, nurturing and enjoying those relationships
- They are comfortable expressing gratitude for all they have
- They are often the first to offer helping hands to coworkers and passersby
- They practice optimism when imagining their futures

Up to 40% of our happiness is within our power to change

The 40 Percent Solution

- They savor life's pleasures and try to live in the present moment
- They make physical exercise a weekly and even daily habit
- They are deeply committed to lifelong goals and ambitions
- Have their share of stress, crises, and tragedies but their secret weapon is the poise and strength they show in coping in the face of challenge



Up to 40% of our happiness is within our power to change

Why Be Happy?

- Better leaders and negotiators
- Earn more money
- More resilient in the face of hardship
- Have stronger immune systems
- Are physically healthier
- Live longer
- Practice optimism when imagining their futures
- Savor life's pleasures and try to live in the present moment
- More productive in their jobs
- Make physical exercise a weekly/daily habit

If we become happier, we benefit not only ourselves, but also our partners, families, communities and even society at large.

How Happy Are You and Why?

Genuinely Happy

- See's the world through rose colored glasses
 - Composed in the face of adversity
 - Ability to be unbothered or distraught
- Brush off frustrations, stresses, hardships and disappointments

Very Unhappy

- Unhappy even during good times
 - Chronically sullen and sour
 - Accentuate the negative
- Unable to find much joy in life

Where do you fit in?

The Happiness Continuum

Genuinely Happy



Very Unhappy

Happiness refers to the experience of joy, contentment or positive well-being, combined with a sense that one's life is good, meaningful and worthwhile.

Subjective Happiness Scale

(1) In general, I consider myself:

1	2	3	4	5	6	7
not a very happy person						a very happy person

(2) Compared to most of my peers, I consider myself

1	2	3	4	5	6	7
less happy						more happy

(3) Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does that characterization describe you?

1	2	3	4	5	6	7
not at all						a great deal

(4) Some people are generally not very happy. Although they are not depressed, they never seem happy as they might be. To what extent does this characterization describe you?

1	2	3	4	5	6	7
a great deal						not at all

Subjective Happiness Scale

How to calculate your score:

STEP 1: Total = 1: _____ + Item 2: _____ + Item 3: _____ + Item 4: _____ = _____

STEP 2: Happiness Score = Total (from above) _____ divided by 4 = _____

Date: _____

Happiness Score (2nd administration) _____ Date: _____

Happiness Score (3rd administration) _____ Date: _____

MYTHS SURROUNDING HAPPINESS



Happiness Myth #1

Happiness Must Be “Found”



Happiness Myth #2

Happiness Lies in Changing our Circumstances



Happiness Myth #3

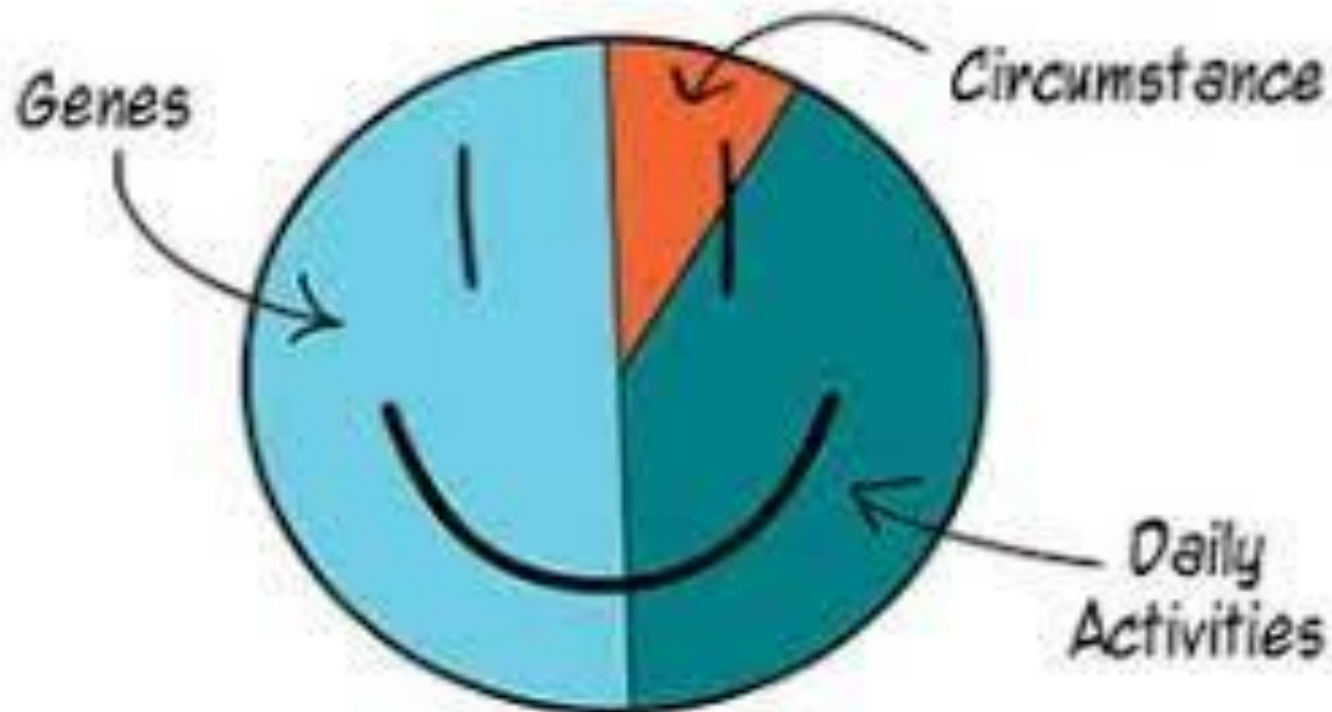
You Either Have It Or You Don't



Which happiness myth have you heard most often?

- a. Happiness must be “found”
- b. Happiness lies in changing our circumstances
- c. You either have it or you don't

How to Find Happiness Activities That Fit Your Interests, Your Values and Your Needs



Person-Activity Fit

- Personalized Approach
- Helps you feel motivated to try a particular happiness activity, persist at it and experience it's rewards
- An honest effort in trying a new strategy must be made in order to achieve benefit
- Understand that that even the most ardently pursued activities won't bring happiness for every single individual

Many of us fail in our efforts to become happier because of unfortunate choosing, picking a strategy or approach that is inherently fruitless (like wealth, approval or beauty) or not well suited to us.

Three Ways That Strategies Can Fit

- Fit with the source of your unhappiness
- Fit with your strength
- Fit with your lifestyle



Which strategy would you be willing to try first?

- a. Fit with the source of your unhappiness
- b. Fit with your strengths
- c. Fit with your lifestyle
- d. a combination of them

Summary

- The most important factors determining happiness are set point, intentional activity and circumstances.
- Up to 40% of our happiness is within our power to change
- If we become happier, we benefit not only ourselves, but also our partners, families, communities and even society at large.
- There are three major myths about happiness that we tend to fall
- Many of us fail in our efforts to become happier because of unfortunate choosing, picking a strategy or approach that is inherently fruitless (like wealth, approval or beauty), or not suited to us.

Class 2: Happiness Activities

Resources

- The How of Happiness
by: Dr. Sonia Lyubomorsky

Stress Management and Counseling

- Employee Assistance Program
 - Online: www.feieap.com
 - Username: hhs
- Cigna Behavioral Health
 - Visit myCigna.com or call the toll-free number on your Cigna ID card.
 - Call Cigna Behavioral at 800.274.7603.
 - Go to Cignabehavioral.com for extra resources.
- Coaching
 - Telephonic health coaching: 855-246-1873
 - Onsite health coaching: Contact Latecia Murphy
 - 713-873-6407 or
Latecia.Murphy@harrishealth.org
- Well Powered Living Class Series
- Employee Wellness Workshops:
Mindfulness, Meditation, Stretching etc.

HEALTHY@HARRIS

Caring for ourselves so we can care for others

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[Visit our website!](#)



#6 in America



#1 in Texas

