

The How of Happiness

3-Part Class Series

Class 2: Happiness Activities

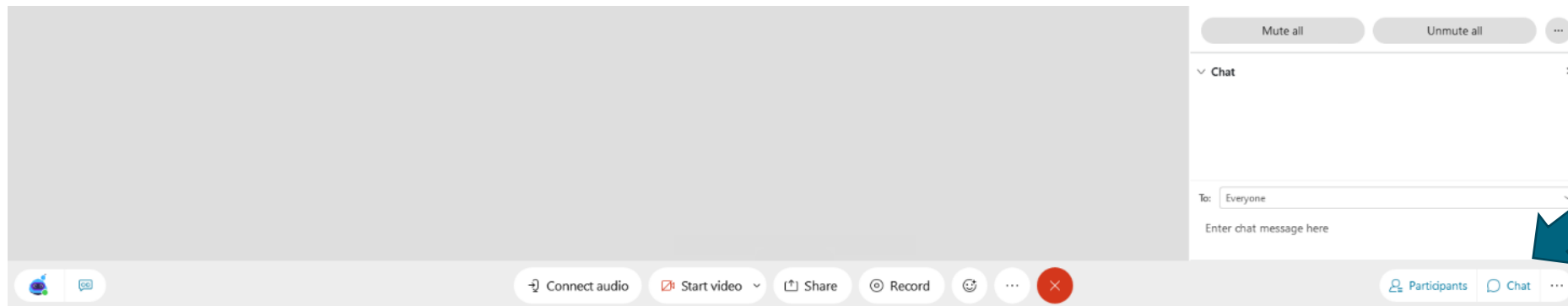
Taught by the Healthy@Harris
Employee Wellness Team

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

Happiness Activities

Class 2 Learning Objectives

Happiness Activities

- Expressing Gratitude
- Cultivating Optimism
- Avoiding Overthinking and Social Comparisons
- Investing in Social Connections
- Taking Care of Your Body and Your Soul

Happiness Activity #1: Expressing Gratitude

- Wonder
- Appreciation
- Thanking someone in your life
- Counting Blessings
- Coping
- Savoring
- Thanking God
- Looking at the Bright Side
- Present-Oriented





Ways That Gratitude Boosts Happiness

- Promotes the savoring of positive life experiences
- Bolsters self-worth and self-esteem
- Helps people cope with stress and trauma
- Encourages moral behavior
- Help build social bonds
- Inhibits comparisons
- Helps diminish or deter negative emotions
- Thwarts hedonic adaptation

How To Practice Gratitude

- Gratitude Journal
- Paths to Gratitude
- Keep the Strategy Fresh
- Express Gratitude Directly to Another



What are some ways that you consistently express gratitude?

Happiness Activity #2 Cultivating Optimism



Your Best Possible Selves



Your Best Possible Selves Exercise

- 1) Visualize your best possible future self
- 2) Spend a few moments writing it down
- 3) Share in the chat!!!

Why Does Optimistic Thinking Boost Happiness?

- You're confident that you'll be able to achieve your lifelong goals
- Prompts us to engage in active and effective coping
- Promotes positive moods, vitality and high morale

How To Practice Optimism

- Best Possible Selves Diary
- Goals and Subgoals Diary
- Identify Barrier Thoughts



Happiness Activity #3 Avoid Overthinking and Social Comparison



How To Shake Off Ruminations and Social Comparisons

1. CUT LOOSE	Distract, Distract, Distract
2. ACT TO SOLVE PROBLEMS	Gain a new perspective on yourself and on your life in general
3. DODGE OVERTHINKING TRIGGERS	Learn how to avoid future overthinking traps
4. TAKE IN THE BIG PICTURE	“Don’t Sweat the Small Stuff”

Happiness Activity #4 Practicing Acts of Kindness



Why Does Doing Kind Deeds Make People Happy?



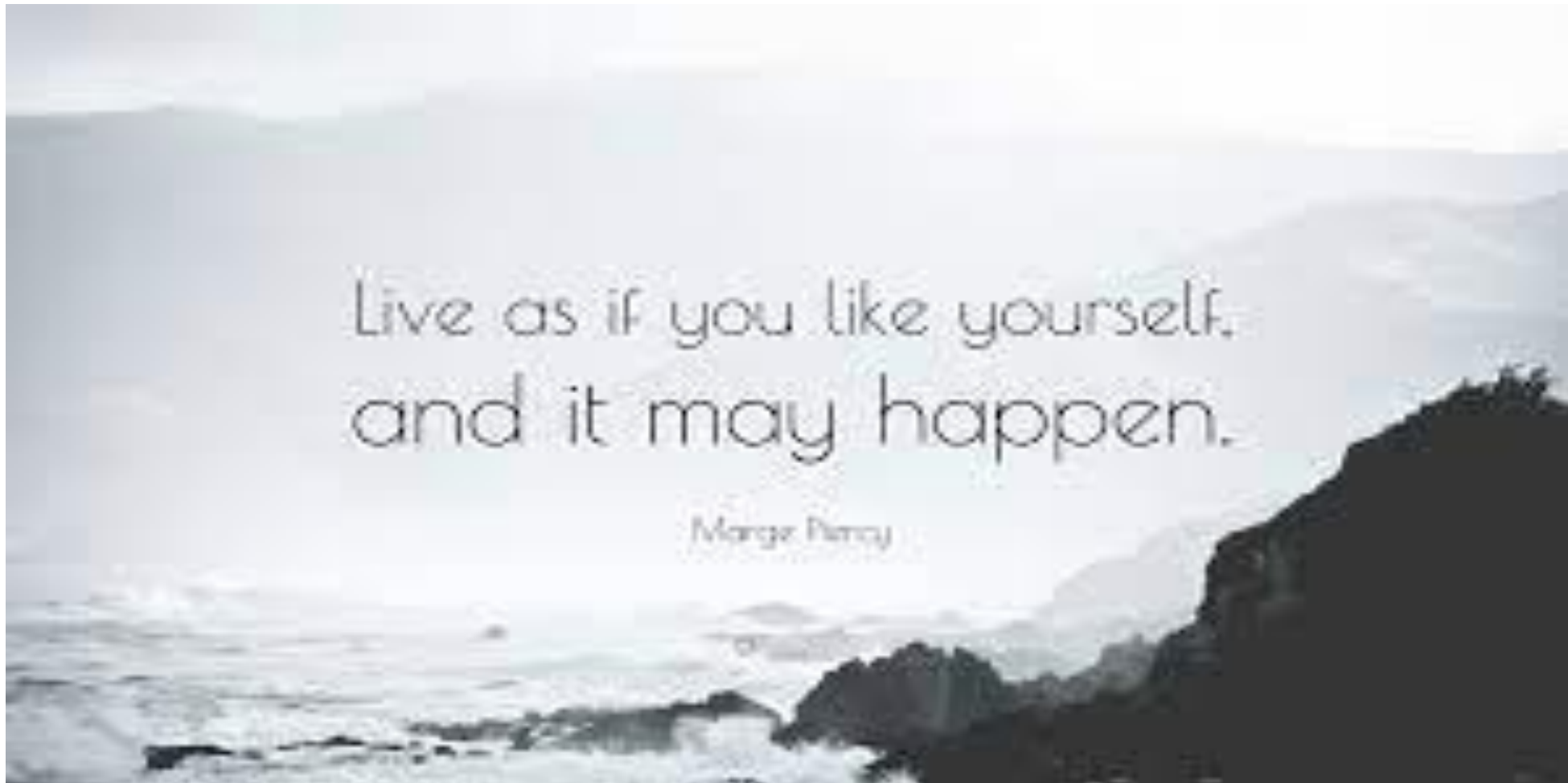
How To Practice Kindness

- Timing Is Everything
- Variety Is The Spice of Life
- Chain of Kindness



What are some ways you can practice kindness to increase your happiness levels?

Happiness Activity #5 Acting Like A Happy Person



Acting Like A Happy Person

- Facial Feedback
- Permanent Smiles or Frowns
- Social Interactions and Coping





Summary

- The most important factors determining happiness are set point, intentional activity and circumstances.
- By relishing and taking pleasure in some of the gifts of your life, you will be able to extract the maximum possible satisfaction and enjoyment from your current circumstances.
- If you're optimistic about the future, you're confident that you'll be able to achieve your lifelong goals-you will invest effort in reaching these goals.
- Pretending that you're happy, smiling, engaged, mimicking energy and enthusiasm, not only can earn you some of the benefits of happiness (returned smiles, strengthened friendships, success at work and school) but can actually make you happier

Class 3: Secrets To Abiding Happiness

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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