

The How of Happiness

3-Part Class Series

Class 3: Secrets to Abiding Happiness

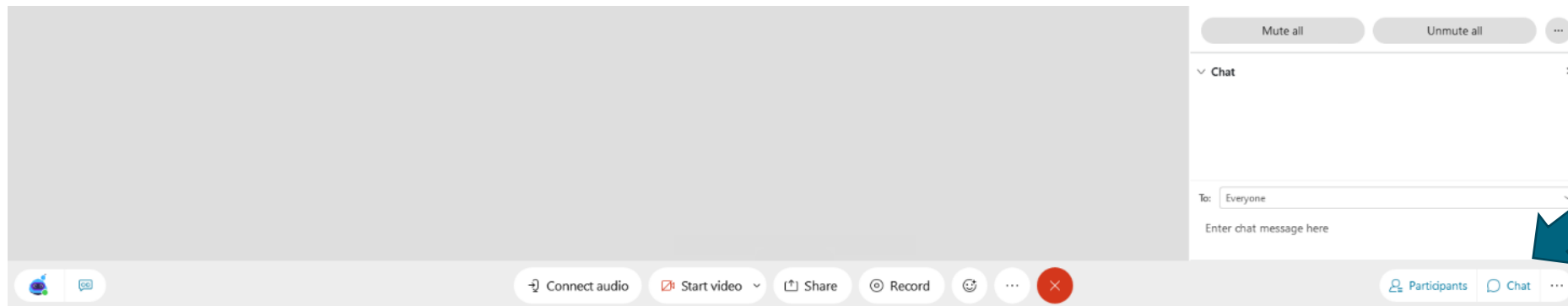
Taught by the Healthy@Harris
Employee Wellness Team

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**

Secrets To Abiding Happiness

Class 3 Learning Objectives

The Five Hows Behind Sustainable Happiness

- Positive Emotion
- Optimal Timing and Variety
- Social Support
- Motivation, Effort and Commitment
- Habit

Sustainable Happiness



The First How: Positive Emotion



How would you spend \$75K that you suddenly acquired?

Positive Emotion

Joy

Delight

Contentment

Serenity

Curiosity

Interest

Vitality

Enthusiasm

Vigor

Thrill

Pride

Positive Emotion

Mood-Boosting Opportunities

- Expensive Sushi
- A weekly Massage
- Regular Delivery of Fresh Flowers
- Sunday Morning Calls To Your Best Friend Overseas
- Pay It Forward

Big Ticket Items

- Top of the line Jaguar
- Remodeling Your Bathroom with Hand Painted Tile

Now that you know mood-boosting opportunities provide greater, longer lasting happiness does that change how you would chose to spend your \$75K?

The Second How: Optimal Timing and Variety



Timing Is Important

- It's possible to adapt to the happiness-boosting effects
- Consider strategies for frequency and duration
- Use self-experimentation until something clicks for you

Variety, The Spice Of Life

- Varying our happiness activities ensures we don't adapt to them
- People seek variety in their behavior because change in both thoughts and actions is innately pleasurable and stimulating
- Regard finding happiness as an adventure, full of enterprise, developments and detours

The Third How: Social Support



Social Support

- Social support is invaluable in helping people cope with life's challenges and misfortunes
- Emotional or tangible support may also be crucial in helping people persist at and realize their goals in general
- Social support helps motivate and guide you along your path

Any change in behavior that requires effort and dedication will be made easier if your spouse children, friends, parents, siblings and coworkers are supportive.

Social Support – The Research Evidence

In the health domain:

- Sick patients who have strong social support are more likely to cooperate with their medical treatment
- Patients with hypertension are more likely to adhere to their strict regimens
- Those with social support are more motivated to cooperate with their doctors' orders

In the self-help domain:

- People who make New Year's Resolutions are much more likely to persevere for two years and even six years if they have social support.
- Weight loss patients lost more weight and kept it off

Who are the people in your life that provide the social support you need to achieve lasting happiness?

The Fourth How: Motivation, Effort and Commitment



The Wonders of Motivated and Committed Effort

What If You're Too Busy?

- Observing your job, partner and children with a new more charitable and optimistic perspective
- Saying a kind word to your spouse
- Distracting yourself when you find yourself dwelling on something
- Uttering a short prayer before a meal
- Smiling at strangers during your commute
- Empathizing with someone who has hurt you

Most of these strategies aren't a time drain but deliberate choice and with some effort can be woven seamlessly right into your day.

The Wonders of Motivated and Committed Effort

What If You Backslide?

- It is normal and inevitable for your commitment to waiver and for you to forget to practice your strategy
- Circumstances arise that are completely understandable and acceptable
- A continual state of bliss is maladaptive
- Renew your motivation and get back on track

When you lose motivation to continue engaging in your happiness activity and when you stop engaging in it, you shouldn't feel that all is lost and that your situation is hopeless. There is no crisis here.

The Fifth How: Habit



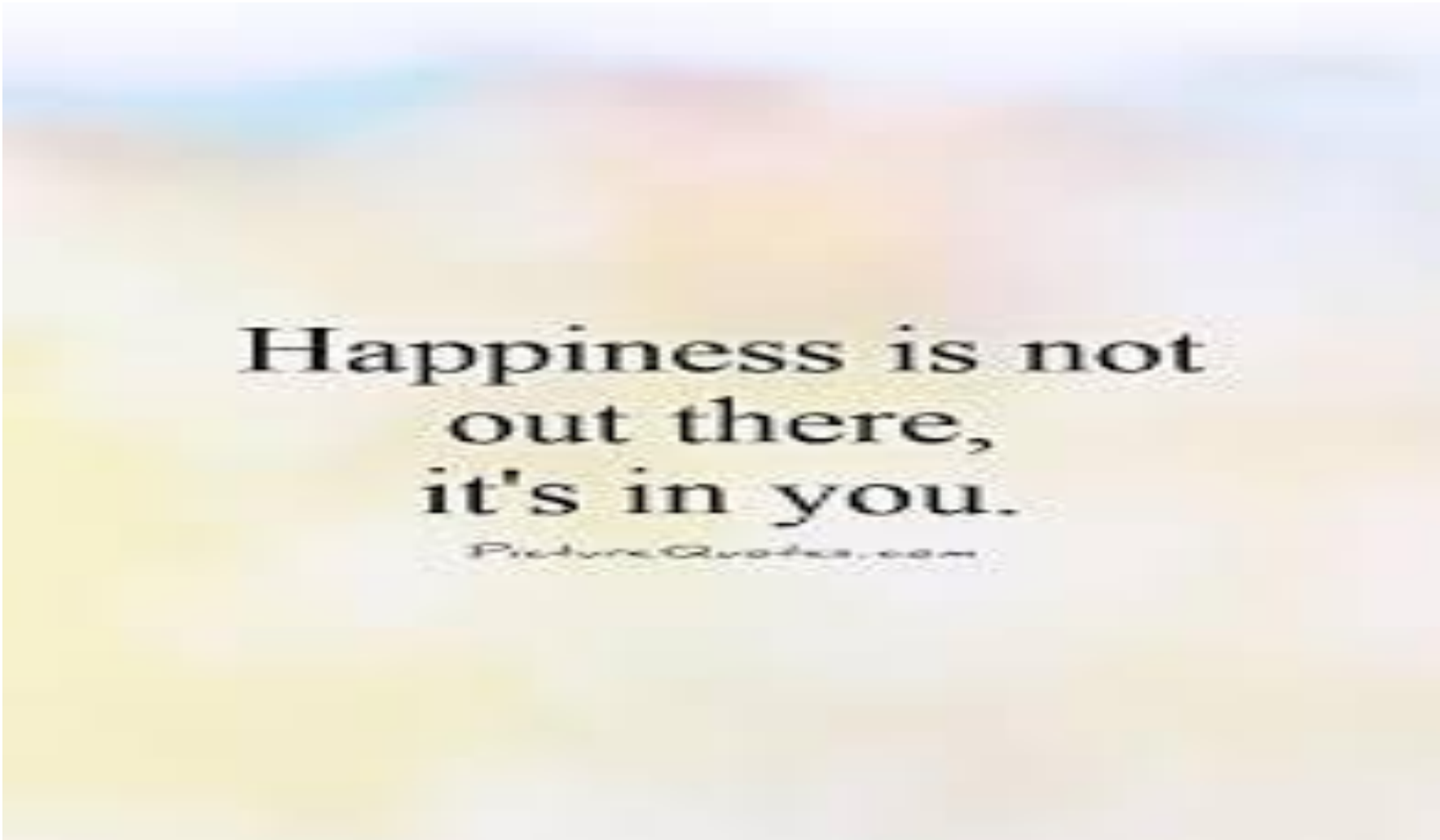
How Do Habits Form?

- Habits form with repetition and practice
- Associations develop between the behavior and the context
- The more often you initiate a positive activity, the stronger the connection



Two Kinds of Habit

- Have the goal of turning positive thinking and behavior strategies into habits
- Aim to create the habit of instigating a happiness activity unconsciously and automatically
- Helps you get over the hump of implementing an activity on a regular basis.



Happiness is not
out there,
it's in you.

PictureQuotes.com

Summary

- Although all human beings endure negative emotions, happy people experience positive states more frequently than do their less happy peers
- If you suddenly experienced a financial windfall, you would ultimately be much happier if you spent the money on numerous, pleasant mood-boosting things occurring on a day-to-day or weekly basis, rather than spend it all on a single big ticket item that you believe you would really love
- Any change in behavior that requires effort and dedication will be made easier if your spouse children, friends, parents, siblings and coworkers are supportive
- The more often you initiate a positive activity, the stronger the connection

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.

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Caring for ourselves so we can care for others

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