

The Science of Happiness: 5 Simple Practices for Happiness, Positivity, and Resilience


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The Kempe Center
VIRTUAL VILLAGE



Consider these questions...

- Whose **permission** do you need?
 - What do you need to **believe** about the practice in order to do it?
 - What else needs to happen to assure success?
- 

thinking

a positive
mindset matters

doing

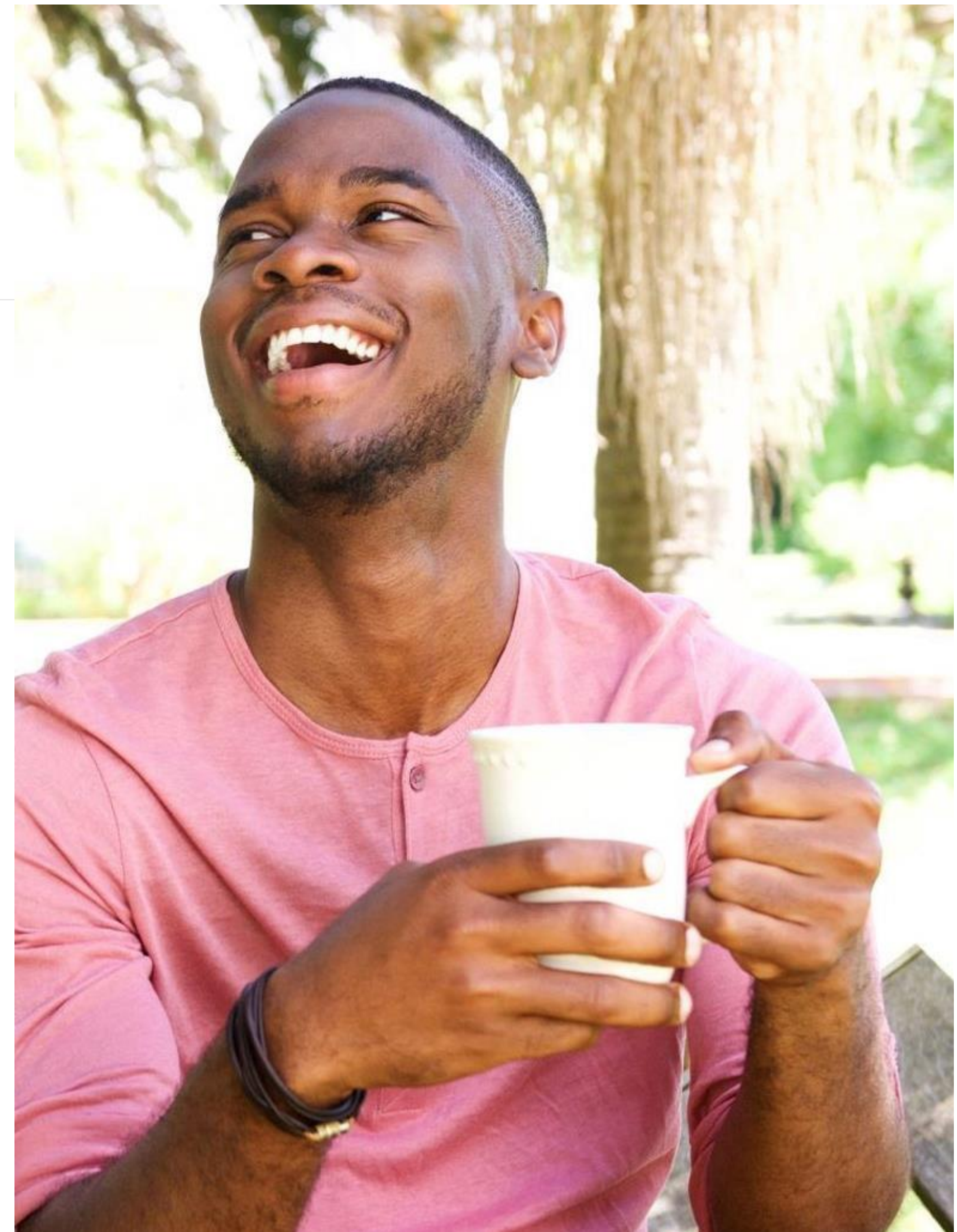
what you do matters

choosing

happiness
is a choice

spreading

happiness
spreads



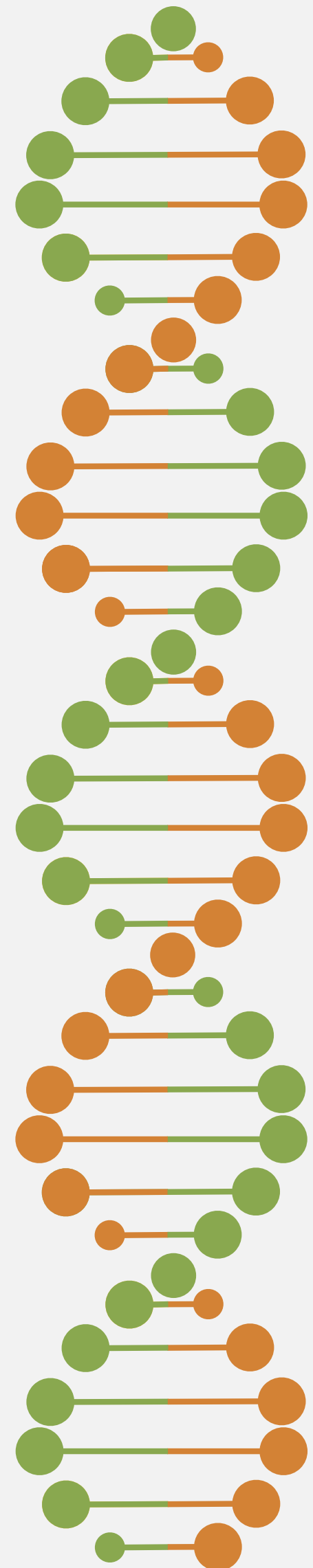


*“The Mind is its own place, and in itself can
make a heaven of hell, a hell of heaven.”*

John Milton, English poet



THE HOW OF HAPPINESS



50%
Jeans



40%
Thoughts,
Actions,
Attitude

Positivity IS AN ADVANTAGE

✓ Productivity increases by 31 percent

✓ 40 percent more promotions

✓ Nearly 10 times more engaged at work

✓ Live longer

✓ Less sick days

✓ Less turnover

✓ More friends

✓ Decreases the odds of divorce



REWIRE YOUR BRAIN



1

Gratitude

2

Exercise

3

Mindfulness

4

Acts
of kindness

5

Deepen social
connections

GRATITUDE HAS BENEFITS

- ✓ Increased positive emotions
- ✓ Reduced symptoms of physical illness
- ✓ Were more likely to help or support someone else
- ✓ Gratitude is linked to less burnout
- ✓ Grateful people are better at perspective-taking
- ✓ More agreeable
- ✓ More open to new ideas
- ✓ Greater job satisfaction
- ✓ Improved sex life
- ✓ Promotes prosocial behavior (any action intended to help others) which can contribute to social support and cohesiveness among team members



15 MINUTES OF EXERCISE



Just as helpful as anti-depressants



Spending 15 minutes outside in good weather not only boosts positive mood, but broadens thinking and improves working memory



Trains the brain to believe that your behavior matters, raising optimism



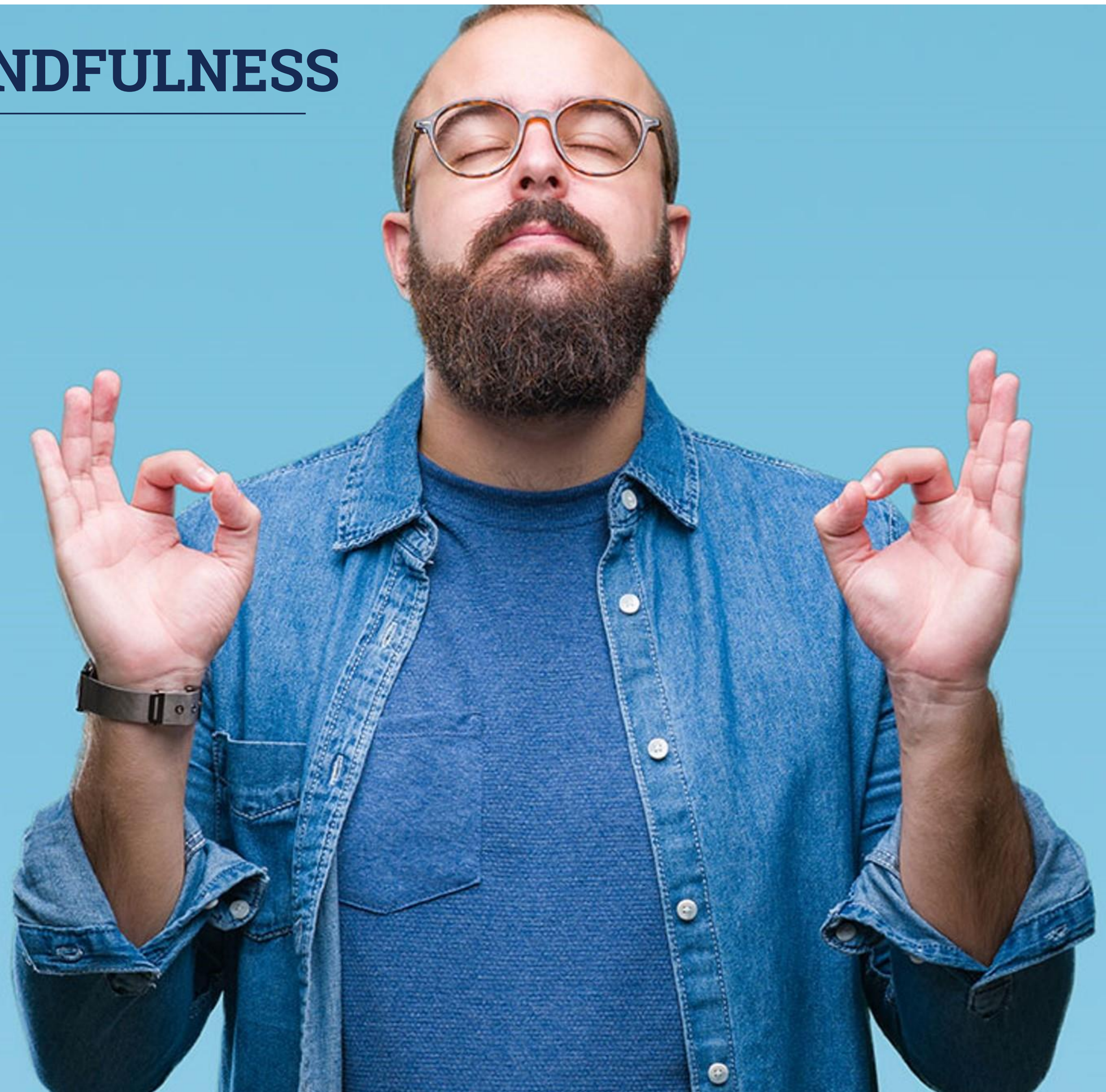
PHYSICAL BENEFITS OF MINDFULNESS

IMPROVES

- ✓ Immune system
- ✓ Sleep
- ✓ Efficiency of oxygen use in the body
- ✓ Production of the anti-aging hormone DHEA

DECREASES

- ✓ Blood pressure and hypertension
- ✓ Anxiety and depression
- ✓ Cholesterol
- ✓ Production of stress hormones





"Doing an act of kindness produces the single most reliable momentary increase in well-being of any exercise that has been tested."

***Find one wholly unexpected kind thing to do tomorrow and just do it.
Notice what happens to your mood."***

Martin Seligman, American Psychologist





**The best
predictor
of your
Happiness
is your level
of Social
Connection**



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Pick one single practice you want to commit to...

- ☐ What specifically will you do? (e.g., I will pay attention to my breath for two minutes...)
- ☐ When will you do it? (Right before I start my workday...)
- ☐ When will you start? (Starting tomorrow)
- ☐ Who can hold you accountable? (I am going to text my best friend each day after I do it...)



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Thank you.



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