

— Adapting in 2022 —  
Keeping Yourself Resilient & Happy

*Things may never go back to normal.  
You may need to create a new normal.  
And that's OK.*

# Finding Happiness

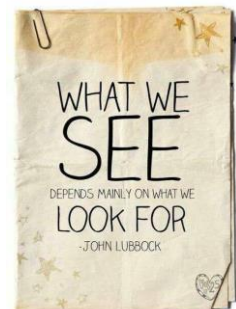
## Happiness Defined

1. "The Happiness Advantage" – Shawn Achor
2. Experience of positive emotions.
3. Pleasant mood now, positive outlook for the future.
4. No single meaning
5. "Subjective" well-being
6. Different strokes for different folks
7. FACTS:
  - Happiness is the PRECURSOR to success, not a result
  - Brain change is possible depending on how you live your life
  - We can prime our brains to focus on positivity or negativity
8. Look for the good



## Fast & Easy Happiness Bursts

- Decide your day
- Breathe
- Find your happy song
- Take a YouTube Time Out



- Hands in soil, read a book, Acupressure, tombstone technique, find something to look forward to, create experiences, exercise, maintain a support system, laugh, smile

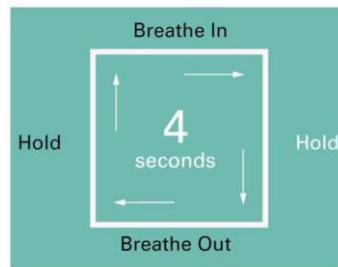
# Finding Happy

## 1. Resilience

Ability to bounce ~~back~~ **forward** from adversity, ability to **grow** from challenges.

**Mindfulness** - Present in the moment and grounded in the actual situation at hand

- Be. Here. Now.
- Perfect moments
- Worry
- Deep breathing



**Gratitude** - Notice the good things in life and stay connected and hopeful

- “Gratitude is a great mind state shifter.” – Jay Shetty
- Develop an attitude of gratitude
- Hunt the good stuff

## 3 Good Things Today




---



---



---

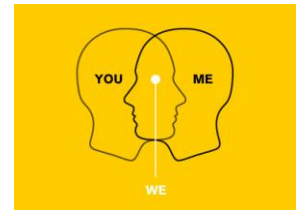
- Attitude – does not have to fit with our life circumstances
- Mindful Gratitude – Practicing the art of appreciation

*In all affairs, it's a healthy thing now and then to hang a question mark on the things you have long taken for granted.*

*~ Bertrand Russell*

## 2. Cultivate Empathy

- The capacity to recognize and, to some extent, share feelings that are being experienced by another.
- Skill of reflecting back to another person the emotions they are expressing so that they feel heard and understood.
- Increasing Empathy
  - Get out of your usual environment. Travel, especially to new places and cultures. It gives you a better appreciation for others.
  - Put yourself in their shoes
    - See their world
    - Understand their feelings
    - Appreciate them as human beings (no judgment)
    - Communicate understanding



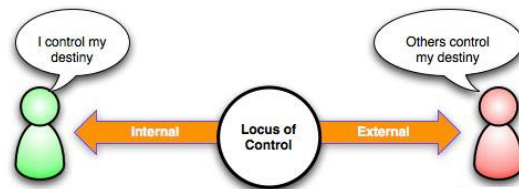
**ASSESSMENT** <https://testyourself.psychtests.com/testid/2099>

## 3. Increase Stress Hardiness

### Stress Hardy Personality

**ASSESSMENT** <https://testyourself.psychtests.com/testid/2099>

- Stress Hardiness is not the avoidance of stress; it is a positive response to stressful situations and the ability to minimize their negative effects.
- Hardiness predicts success, adaptive coping, and wellbeing.
  1. Having a strong commitment – build sources of significance
  2. Have a sense of control



3. Seeing change as a Challenge and Opportunity
  - a. Cognitive Appraisal - Practice reframing threats as challenges or opportunities.
  - b. Threat perceptions tend to initiate an **emotional coping response**
    1. rather than a **problem-solving response**.
4. Participating in creative activities

5. Having a strong support network

= Stress Hardy Personality

## Final Thoughts

- Find your passion

*The two most important days in your life, are the day you are born and the day you find out why. ~ Mark Twain*

- Ikigai
- Acknowledge pain and grief
- Appreciate simple pleasures
- Make your own list
- Run Wild!



Jean Steel  
PO Box 549- Nipomo, CA 93444  
805.931.0932  
jean@happypeoplewin.com  
www.happypeoplewin.com