

Finding Your Joy Spot

The Art and Science of Happiness
At Work



Presented by:

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Definitions

Happiness is a physical state of the brain that you can induce deliberately. It is a placeholder for a constellation of positive emotional states, which live in the left prefrontal cortex.

- **Dr. Richard Davidson**

3 Components/Levels of Happiness:

- Pleasure – Rock star, chasing the next high; your job
- Engagement – Flow - in the zone; your career
- Meaning – Higher purpose- something bigger; your calling

- **Dr. Martin Seligman and Tony Hsieh**

3 Forms of Happiness:

- **Emotional**, the most prominent notion and the least-well defined definition. It's basically a case of "you-know-it-when-you-feel-it".
- **Moral**, the occurrence of a feeling when one is living whatever a society defines as a "life of virtue".
- **Judgmental**, when we make statements like "I'm happy for..." or "I'm happy that..." These sensations are not inherent sources of emotional happiness, but we recognize, or "judge" another's happiness and empathize with them. This sense of happiness is not always accurate on our part (we're not always "happy" that the others are happy, but simply envy their happiness.)

- **Dr. Daniel Gilbert**



Measure Your Happiness

How happy are you? Sure, you may think you know, but this little test will help you score. “The Satisfaction with Life Scale” was devised in 1980 by University of Illinois Psychologist Edward Diener, a founding father of happiness research. Since then the scale has been used by researchers around the world.

Read the following 5 statements.

Then use a 1-to-7 scale to rate your level of agreement.

1	2	3	4	5	6	7
Not at all true		Moderately true			Absolutely true	

1) In most ways my life is close to my ideal.

2) The conditions of my life are excellent.

3) I’m satisfied with my life.

4) So far I have gotten the important things I want in life.

5) If I could live my life over, I would change almost nothing.

Total Score_____

Scoring: – **31 to 35**: you are extremely satisfied with your life – **26 to 30**: satisfied – **21 to 25**: slightly satisfied – **20** is the neutral point – **15 to 19**: slightly dissatisfied – **10 to 14**: dissatisfied – **5 to 9**: extremely dissatisfied.

10 Simple Science-Backed Ways To Be Happier Today



1. Exercise More

7 minutes might be enough

Exercise has such a profound effect on our happiness and has been proven to be an effective strategy for overcoming depression. Exercise helps us feel better about our body even without a change in shape.



2. Sleep More

Be less sensitive to negative emotions

Sleep helps us focus, engage with others, and be more productive. Sleep helps our minds to recall positive thoughts and memories. Naps improve our reactions to anger and fear.



3. Move Closer to Work

A short commute beats having a big house

Long commutes require us to be relentlessly alert and reactive throughout the week. Resultant stress due to traffic and time away builds up day after day. A bigger house or a better job or higher pay won't compensate.



4. Spend Time With Friends and Family

Good relationships are worth more than \$100,000.

We're happier with strong social relationships than with more money. Not staying in touch with friends and family is one of the top five regrets of the dying (introverts included). The clearest social benefit comes from helping others.



5. Go Outside

Happiness is maximized at 13.9°C

Spending just 20 minutes outside daily not only boosts positive mood but broadens thinking and improves working memory.

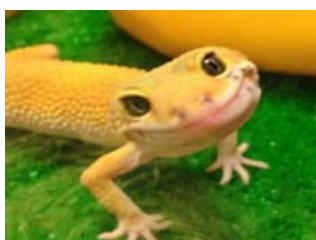
10 Simple Science-Backed Ways To Be Happier Today



6. Help Others

100 hours/year is optimal

Doing a kind act produces the single most reliable momentary increase in well-being. Spending money on other people makes us happier than spending only on ourselves. Spending on activities makes us happier than spending on things.



7. Practice Smiling

Smiling reduces stress caused by an upsetting situation.

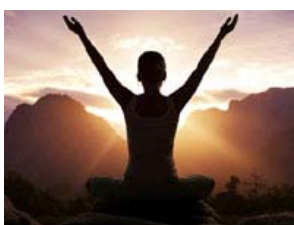
The physical act of smiling, backed up with positive thoughts, makes us feel better; feeling better increases our attentional flexibility and our ability to think holistically.



8. Plan A Trip

But don't take one

As opposed to actually taking a holiday, merely planning a vacation or a break can improve our happiness. Vacation anticipation can boost happiness for eight weeks. Reminding ourselves of a coming positive event boosts happiness.



9. Meditate

Meditation alters our brain structure

Meditation improves focus, clarity, attention span, and calmness. It is repeatedly proven to be the single most effective way to live a happier life.



10. Practice Gratitude

To increase happiness and life satisfaction

Gratitude journals, sharing gratitude, and recognizing the contribution of others in our lives may have emotional and interpersonal benefits.



Best News Yet: Getting older will make us happier!

We learn to seek out situations that will lift our moods. Older adults learn to let go of loss and disappointment over unachieved goals and pursue goals toward greater wellbeing.



Train Your Brain!

Sean Achor, *The Happiness Advantage*

90% of your long-term happiness has to do with how your brain processes information.

Create a Happy Brain!

- **The 3 Gratitudes** – Any time you spend giving thanks is time that will be misery-free. Identify three things you are grateful for that are new and different over the past 24 hours. Your brain will learn to scan for the positive instead of the negative.
- **The Doubler** – In writing describe in great detail (using as many senses as possible) the most meaningful experience you've had over the last 24 hours. This will double the potency of the experience.
- **The Fun 15** – Add 15 minutes of active fun a day. As a result the brain will learn that as you are successful in one domain, so you can create a cascade of success in other domains.
- **The Ripple Effect** – Consciously add 3 smiles a day for 3 seconds each. If you don't see a single person to smile at, put a pen sideways between your teeth for 3 seconds 3 times a day. Each of these acts will release dopamine into your system.
- **Charge Your Happiness Battery** – Send a note of appreciation to someone different each day for 21-30 days. The greatest predictor of happiness we know of is our interaction with friends, family and our social support network.



Fun Ideas

Theme Days

Creating structures for having fun whether at home or at work doesn't have to be time-consuming or expensive. Most of the ideas below cost little or nothing and require no time beyond letting people know what is happening.

1. **Clothes** - Hats, odd socks, tacky tourist, tacky tie, clashing clothes, Hawaiian, colours (e.g. ebony and ivory, red for valentines day), inside out, crazy T-shirts, slippers & shades, eccentric accessories!
2. **Food** - Have a backwards meal, notes on orange rind, hot dog bananas, senior management cooks and serves food to employees, do-it-yourself banana splits, gourmet lunch, food olympics!
3. **Celebrate** - Special holidays, unbirthdays, Tuesdays, standing ovations (at meetings or in the cafeteria), crazy awards (to bosses, to employees), a person's first day on the job, airport arrivals, Christmas in July, summer in February, birthdays, helium balloons (notes inside, give 'em away, decorate or write messages on the outside), Kazoo applause, celebrity for a day: decorate their office, give a special parking spot, provide a gourmet lunch, etc.
4. **Flowers** - Bring 'em in, give 'em away with a note of acknowledgement. Have a flower that someone keeps for an hour and then passes it on. Have this accompanied by a story that each person adds to, having only seen the last preceding line.
5. **Be in the Nose:** The standard Groucho barnyard collection: duck, cow, pig, etc... "Lighten up Canada!" Day Feb. 6th or the for a day!
6. **Warm Fuzzies Day** - Give compliments - recipients must just listen and say thank-you. On this day make warm fuzzy necklaces or buttons for everyone to wear. Any negative statements cost 25¢ - Money goes to the food bank.
7. **Pet Pictures** - For the bulletin board!
8. **Stuffed Animals** - Carry with you everywhere, bring in extras for those who forget!
9. **Back to School Day** - Dress like you did in grade 7, lunch box contest, sock hop, hula hoop contest, etc



Marx nose and glasses. Then there's the Also red sponge clown nose worn for closest Monday. All of England does this

10. **Practise Random Acts of Kindness** - Anonymously do or give things - e.g. clean snow off someone's car, sharpen someone's pencils, bring someone tea, organize a compliments Campaign.
11. **Buttons** Bring in - wear and share, have some made for everyone, give 'em away, Make 'em non-toxic - "I think, therefore I'm right," "I'm the gift," "All this and brains too," "I'm nearly famous," "If I'm so busy, why aren't I rich?" "I can't be overdrawn - I still have cheques!" "Yes, I *am* a movie star."
12. **Family Day** - Bring in photos. Bring in family for lunch, have a picnic.

Fun Ideas Anytime

13. **Props** - Groucho Marx glasses and nose, funny pens, buttons, sunglasses, flashing lights, wigs, sparkles, teeth salad tongs, desktop toys.
14. **Contests** - Baby pictures, giant bubbles, decorated elbows or feet, golf course that goes through everyone's offices, nerf volleyball, snowman building, paper airplanes, food olympics.
15. **Humour 'Em** - Laugh book (people write in funny anecdotes), cartoon corner, jokes / cartoons on memos, cartoon treasuries or funny magazines in waiting areas, laughter cart, laughter room, the Staff Laff, humour scrapbooks for patients in waiting rooms.



16. **Games** - Non-competitive / cooperative games, charades, skits, treasure hunt, pictionary, other board games in staff room.
17. **Awards / Prizes** - Low-cost prizes given for contest winners (e.g.. slinky, can of spam, happy face cookie cutter), awards of recognition (e.g.. best hair day, nicest handwriting, perkier phone voice).
18. **Funny Names** - When giving examples, case studies, exam questions - Les Fortunate, Helen Wheels, Frank Assessment, Lynn Guinni, William Issmee. etc...
19. **Secret Pal** - People write their names, birthdays, favorite sport, colour, snack, etc. on paper & anonymously exchange papers. Each person then becomes a secret pal to someone, anonymously surprising them with acknowledgements, support, gifts, notes, poems, drawings, sayings, or special favours such as: sharpening pencils, cards, clearing snow off their car. At a predetermined time (eg. 3 months) people reveal their identities.
20. **Comedy Cart** - Gets wheeled around (like snack cart) or is stationed in cafeteria or lunch area.
21. **Rubber Fish** - In the water cooler of course!

22. Funday - Every Monday, people sit with new people in the cafeteria; some kind of fun activity is planned. A dish is named after someone different each week.

23. Meetings



a) Choose a nose-on-a-string from a brown bag - it's the "Pick-Your-Nose" meeting!

b) Each person brings in a cartoon or non-toxic joke. Between each agenda item one is read or shown.

c) Bubbles: Bring 'em out at a particularly boring or intense point in the meeting

d) Brainstorm during times of deadline pressure by taking a (short) break to list all the possible ways you could waste more time.

e) Complete meetings by everyone playing a popular ditty on the kazoo.

24. Written Communications

a) Minutes, newsletters & memos with cartoons, jokes, quotes, humourous turns of phrase.

b) End all business correspondence with light-hearted, relevant quote.

c) Fun post-it notes eg. "Read this and eat it before anyone finds it."

d) Circulate a relevant non-toxic David Letterman "Top Ten List."

Fun Ideas At Home or Around Town

25. Toll Booth - Pay the toll collector for the person behind you - as you drive off enjoy the show in your rear-view mirror!

26. Parking Meters - Plug in someone's meter that has just expired.

27. Comedy - Watch more funny movies, shows or stand-up comics.

28. Games Nite - Get family together one night a week (or create a group of friends)



to play games. Leadership rotates. The games can be a mystery up until other members have arrived. Set up agreed-upon guidelines ahead of time.

29. Funny Book - Keep a log of all the funny things your kids say to give to them when they are adults.

30. Food - Have a backwards meal, weirdest muffin contest, everyone does housework, gardening or cooking like a relay team (eg. referee yells "Switch" every 10 minutes), popcorn for dinner (after all it is a vegetable!).

31. The Great Role Exchange - Parents and kids trade roles for a day! OK, OK an hour? How 'bout 30 seconds??

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