How Do I Find My Happy Place?
Strategies to remain positive in the face of adversity

2020 - What a Year!
The Wall Street Journal reports that for the first time in 75 years the entire country is going through a life transition together.
Wall Street Journal
July 11, 2020

Humans Have a “Negativity Bias”
Our brains are like Velcro for bad experiences but like Teflon for good ones.
The negativity bias made sense for survival over a 1000s of years of evolution.
Rick Hanson, Ph.D.
Why Zebra’s Don’t Get Ulcers?
by Robert Sapolsky

- Reactive mode versus responsive mode
- Reactive mode triggers stress response (cortisol and anxiety)
- Responsive mode makes us feel happy and have a sense of purpose

Meditation and Mindfulness

- Meditation is a practice
- Mindfulness is an outcome
- Examples of meditation practice
- Best practice (2 minutes, 3 times a day)

Meditation Reflection

Please write in the chat what you liked about the meditation
Criteria for Happiness

- **Safety**: calm, relaxation, not threatened
- **Satisfaction**: gratitude, pleasure, contentment
- **Connection**: empathy, forgiveness, kindness

Breakout Session

The COVID-19 pandemic has made it challenging to meet our needs for safety, satisfaction and connection.

**Discussion Question**: How are your needs being met at work? In your personal life?

HEAL Methodology

*By Rick Hanson, Ph.D.*

- **Have a beneficial experience**: Notice it or create it
- **Enrich it**: Feel the experience
- **Absorb it**: Stay with it, feel it fully
- **Link it**: Use the experience to replace harmful memory
Let’s Talk About Happiness Habits!

Happiness Habit #1: Gratitude
- Keep a gratitude journal
- Express gratitude directly
- “Thankful Thursday” Set aside one day a week to notice 5 things to be grateful for

Happiness Habit #2: Connection
- Invest in a relationship
- Create a habit of doing small acts of kindness
- Create a ritual around relationships
Happiness Habit #3: Savor
► Take in the experience
► “10 second rule”
► Marvel at what is possible and unique

Wrap Up: Here’s What We Learned
► We are predisposed to negative emotions so adopt practices to take in the positive
► Adopt mindfulness practices to stay in the “Green Zone”
► Be present in the moment to connect with others
► Take time to reflect

Resources
► Apps:
  ➢ Headspace
  ➢ Calm
  ➢ Buddhify
► Websites:
  ➢ www.gratefulness.org
  ➢ www.positivityratio.com
  ➢ www.happify.com
  ➢ www.positiveintelligence.com
Maya Angelou said:

I’VE LEARNED THAT PEOPLE WILL FORGET WHAT YOU SAID, PEOPLE WILL FORGET WHAT YOU DID, BUT PEOPLE WILL NEVER FORGET HOW YOU MADE THEM FEEL.

-Maya Angelou