



The Habits of Happiness

Lowri Dowthwaite

The Habits of Happiness

- * What is Happiness?
- * Where does it come from?
- * The Seven Habits of Happy People



What is Happiness?



“Happiness is the meaning and the purpose of life, the whole aim and end of human existence.”



“Happiness is Beer!”

What makes you Happy?



What is Happiness?

- * “Positive emotions, such as joy, pleasure, contentment, combined with deeper feelings of meaning and purpose. Happiness implies a positive mood in the present and a positive outlook for the future.”

Martin Seligman



The Happiness Advantage

- * The Happiness advantage is a real phenomenon that gives you and your brain a competitive edge :
- * Positive brains have a biological advantage over brains that are neutral or negative.
- * Experiencing positive emotions changes our brain chemistry significantly :
- * Opens up the learning centres of the brain, allows you to be more flexible and creative in your thinking, better at problem solving and boosts your ability to memorize information.

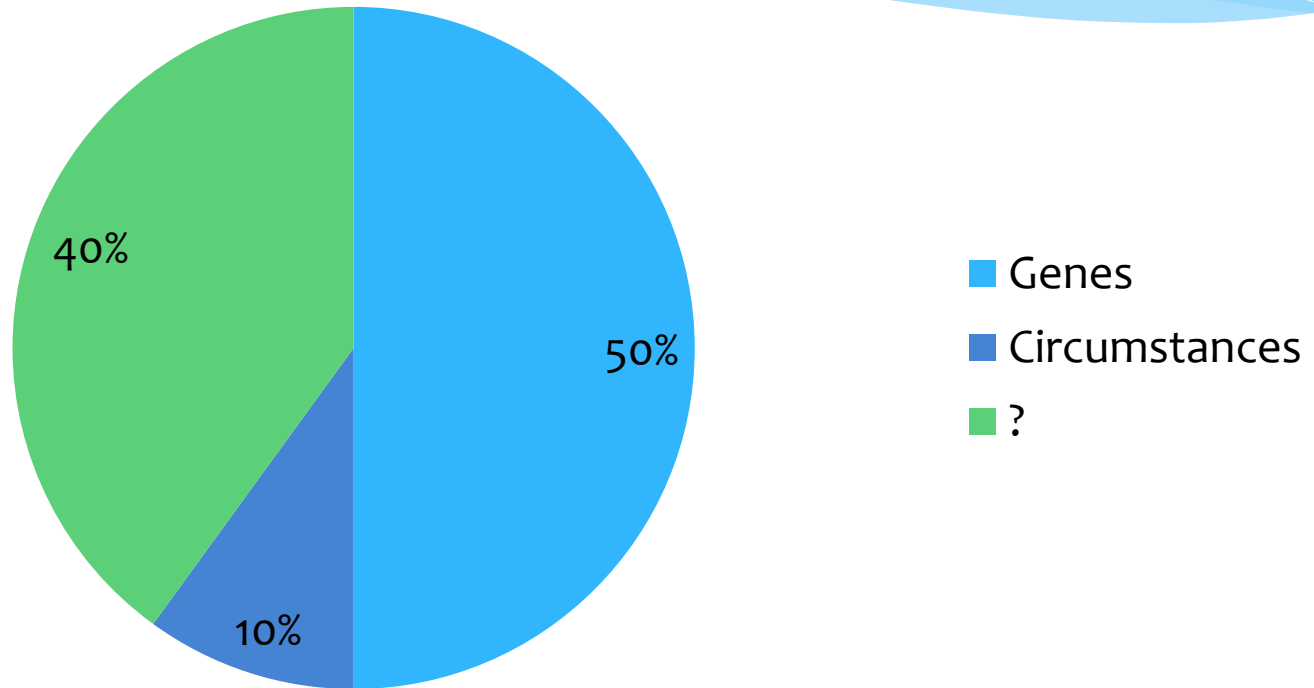
The Benefits of Happiness

- o Health
- o Resilience
- o Success
- o Life Satisfaction
- o Longevity



Lyubomirsky (2005); Miret et.al (2014); Farhud, Malmir & Khanahmadi (2014). Deppe (2014).

What Determines Happiness?



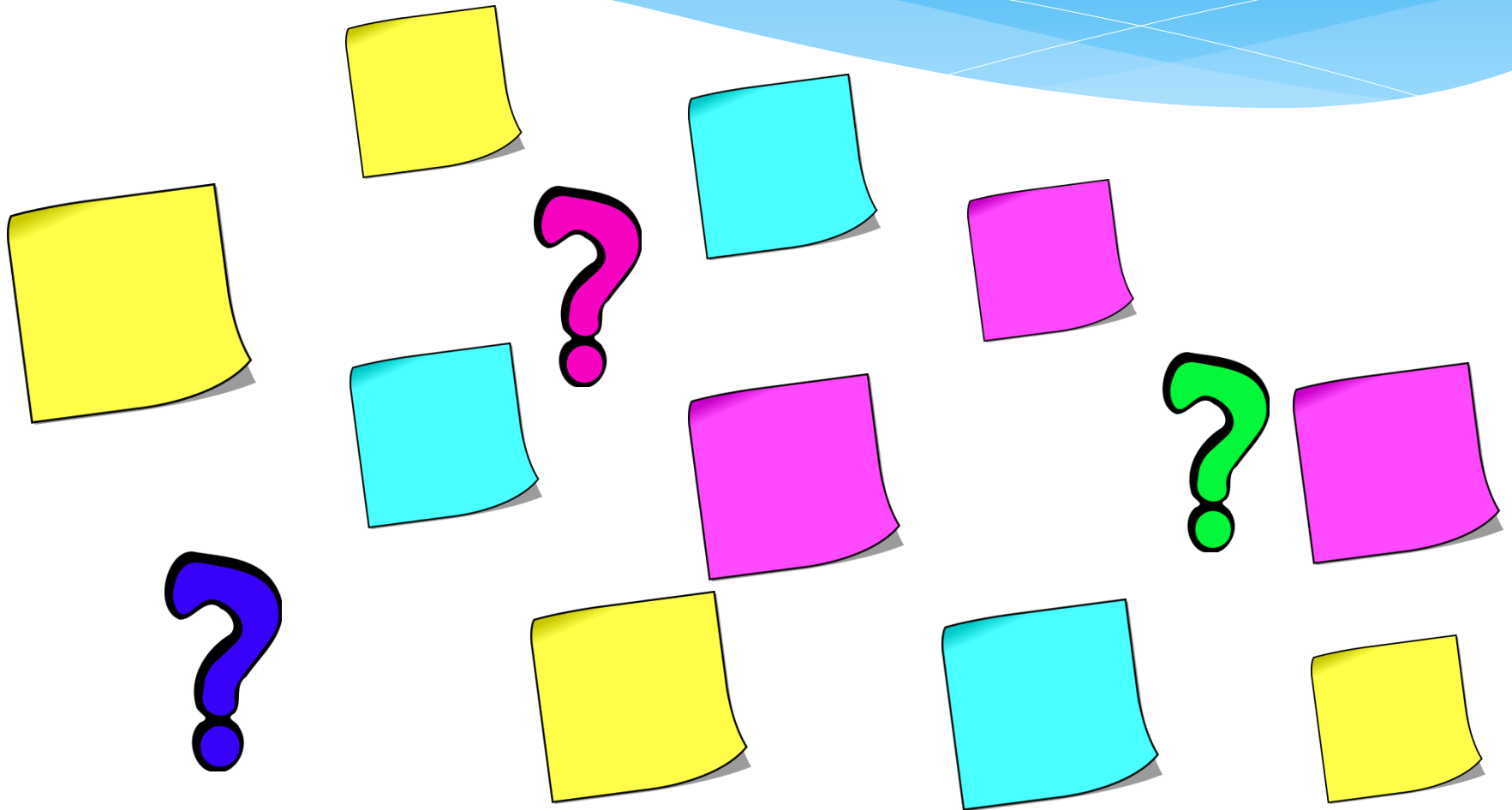
Lyubomirsky, Sheldon & Schkade (2005)

What is Happiness

- * “Happiness is not something ready made; it comes from your own actions”



The Seven Habits of Happy People



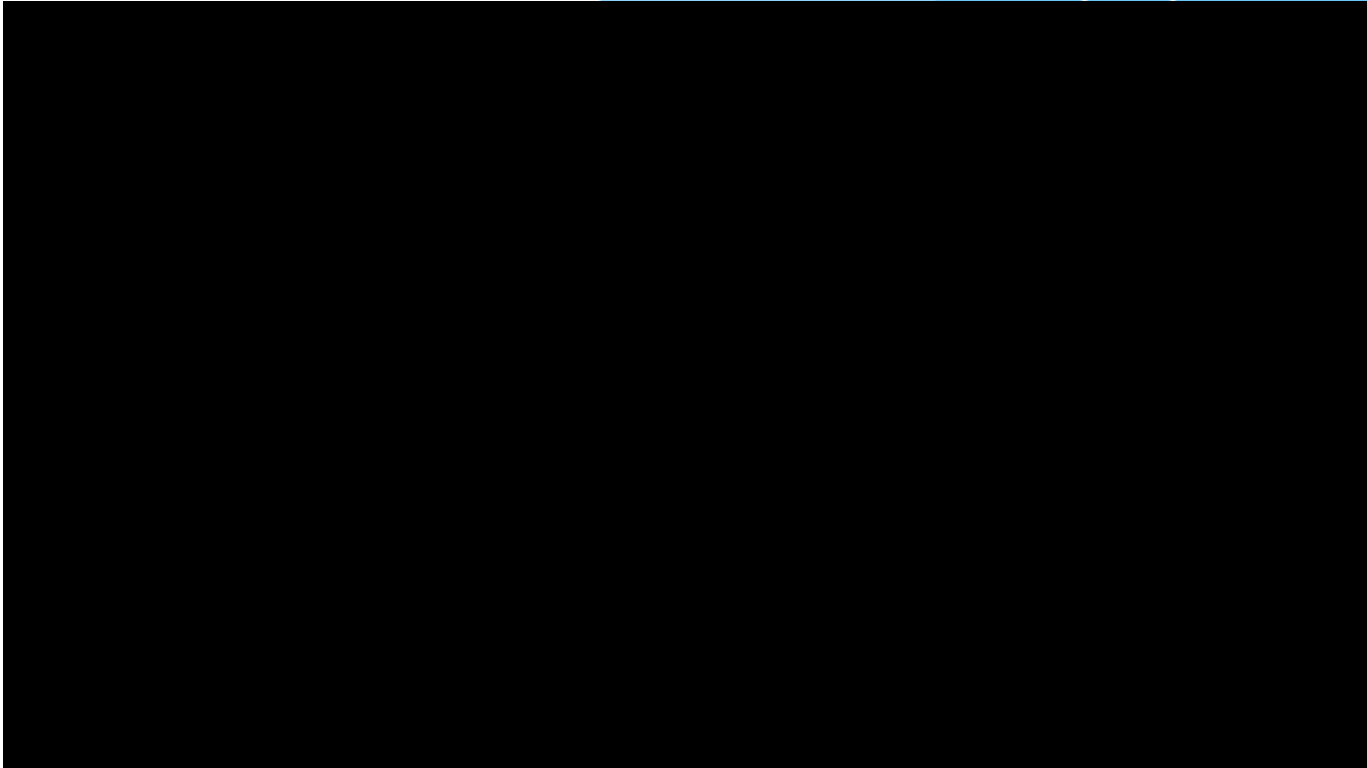
The Seven Habits of Happy People

* Investing in Relationships



Getting people
connecting

Free Hugs Campaign



The Seven Habits of Happy People



- *Caring for Others*

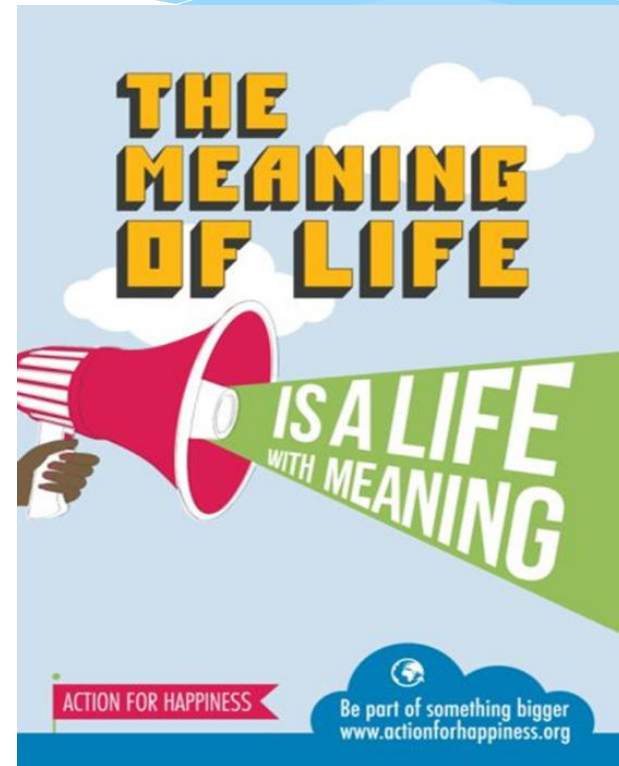
- *Exercise*



The Seven Habits of Happy People



- Flow



- Spiritual Engagement

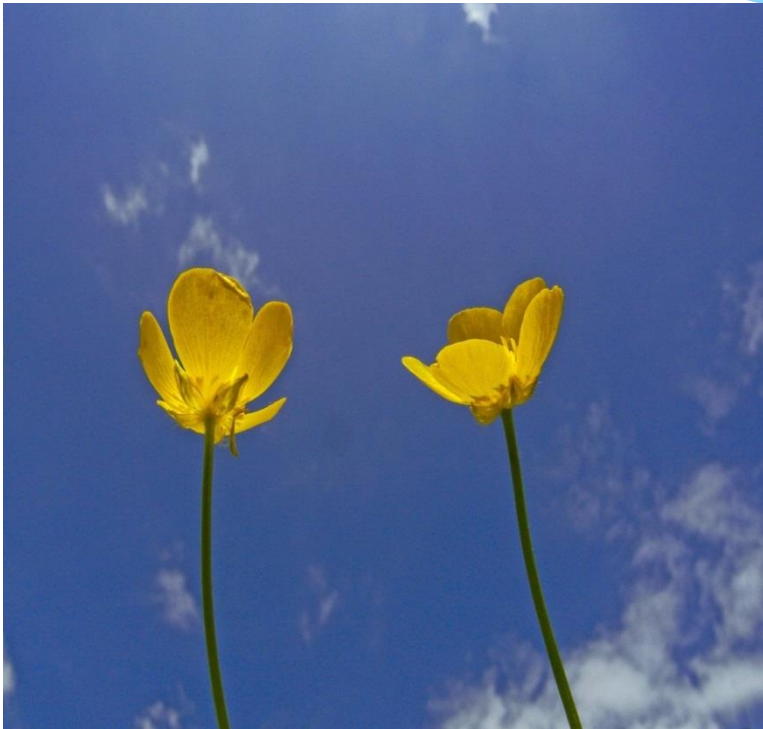
USE YOUR STRENGTHS

Creativity Perspective
Judgment Curiosity
Honesty Bravery HUMOR Fairness
Zest
PERSEVERANCE Teamwork
Love Kindness Leadership
Social Intelligence Love of Learning
Forgiveness Humility PRUDENCE
Appreciation of Gratitude SELF-REGULATION
Beauty & Excellence **HOPE** Spirituality

Signature Strengths

- Introduce one of your Character Strengths
- How do you identify with this Strength?
- How do you use this strength at work/leisure/home?
- How can you use this strength more?

Seven Habits of Happy People



- Positive Mind-set
 - Gratitude
 - Optimism
 - Mindfulness

Mind-set





“ There is nothing
either good or bad,
but thinking makes
it so”.

William Shakespeare

Three Good Things



- Write down 3 good things every day.

Seligman, Steen, Park, Peterson (2005).

Resources

ACTION FOR HAPPINESS

Happiness Action Pack



Putting the science of well-being into practice

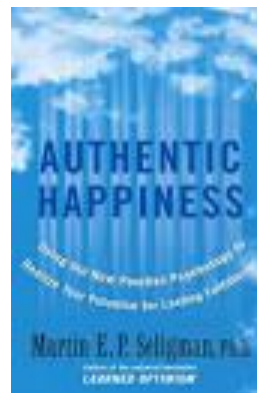
"Happiness is not something ready made,
It comes from your own actions"
- Dalai Lama

Developed by Action for Happiness with support from Wellpoint and University of York YUFP.

ACTION FOR HAPPINESS

happify

<https://www.authentic happiness.sas.upenn.edu/>



LDowthwaite1@uclan.ac.uk

Habits of Happiness

- * What small achievable goal can you put into practice over the next week to increase your happiness?



