

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 (21)

It takes
21 DAYS
to form a **HABIT**.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 (21)
@pushmedaily

SHAWN ACHOR

THE HAPPINESS ADVANTAGE

SAY YES TO HAPPINESS AND POSITIVITY!

Kevin Willett
Kevin@pstc911.com

like us on

facebook
for pictures, videos, and updates

Facebook.com/pstc911CARES

Follow us on
twitter
@PSTC_911

Instagram
PSTC_911

You Tube Find us on **YouTube**

PSTC2MT
Two minute Training

Hosting a Class – PSTC911.com

PSTC
PUBLIC SAFETY TRAINING CONSULTANTS

Home
PSTC Schedule-ENROLL HERE
Class Descriptions
What They Say
Contact Us
Hosting a PSTC Class

PSTC Policy Workshop

We have recently updated our web site. You can access all of the "PSTC Family of Companies" via this page. Click any link to the left for scheduling or to enroll in a PSTC course.

Public Safety Training Consultants is a proud training provider for 9-1-1 and Dispatch Professionals. We provide quality, affordable training for any Communications Center. Feel free to call us at 800-348-8911.

911 Cares

Support & Appreciation for All 9-1-1 Professionals

www.911cares.com

Be Happy!

Optimistic people tend to eat right, exercise and take good care of themselves.

The better life seems, the more you want to stick around to enjoy it!



Why Do Some of Us Overcome the Negative Environment?

In a work environment where everything is the same, why are there some employees who seem not to get bogged down with the negativity we face?



How We Can Cope?

- W.I.N.? (What's Important Now)
- Put yourself on the priority list
- Maintain leisure activities
- Practice time management
- Educate yourself
- Develop a support system



INSIDE EVERY CYNICAL
PERSON, THERE IS A
DISAPPOINTED IDEALIST.

George Carlin

quotespin.com

How Cynics Are Born



- Cynicism gets its strength from disappointment
- Many of us (and our staff) did not come to this profession as cynics, but many of us may leave the profession with a profound change in our personalities
- The reasons we change are a different (and as similar) as the agencies we work for

Your Influence – Regardless of Rank



Leaders aren't always the positions with titles, but they are always the people with influence



Lollipop Video TRT 6:21

What Determines Happiness?



90% of your happiness relies upon how you process the world



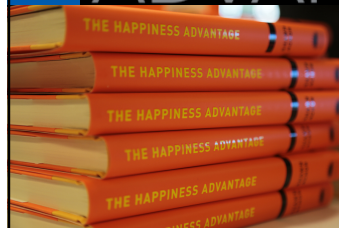
Unless we take conscious steps to combat the negativity in our lives, we start to view everyone that we come in contact with as customer....even our friends and family !

The Happiness Advantage




Author Shawn Achor


THE **HAPPINESS** ADVANTAGE



The Happiness Advantage

“Happiness is not about being blind to the negatives in our environment, it’s about the ability to see *both* the negatives as well as the opportunities, possibilities, and paths to success in our external world.”

 Shawn Achor • Before Happiness: The 5 Hidden Keys to Achieving Success, Spreading Happiness, and Sustaining Positive Change.
Discover more at beforehappiness.com



Happiness Benefits

- ❑ Happiness leads to improved performance
- ❑ Happy people are more creative
- ❑ Positive emotions expand skills & problem solving
- ❑ Happiness boosts your mood up to 24%
- ❑ Happy people use less sick time (1.2 days a month)


The most important decision you make is to be in a good mood.






The Happiness Advantage


- ❑ Numerous studies show that positive brains have a biological advantage over brains that are neutral or negative
- ❑ We can retrain our brains to capitalize on positivity and improve performance.






Social Investment

- ❑ In the midst of challenges and stress, some people choose to hunker down and retreat within themselves.
- ❑ The most successful people invest in their friends, peers, and family members to propel forward.
- ❑ This principal teaches us how to invest more in one of the greatest predictors of success and excellence – **Your social support circle.**





Infuse Joy Into Your Life

PSTC
PUBLIC SAFETY
TRAINING CONSULTANTS

- ❑ What brings you joy?
- ❑ What puts you in a great mood?
- ❑ Find some time for YOU?
- ❑ Journal joy

what brings you real joy?
Do that...
Be that...
Share that...
SPEND MORE TIME WITH that
and
get more joy!

THE HAPPINESS ADVANTAGE

Schedule Things to "Look Forward To"

PSTC
PUBLIC SAFETY
TRAINING CONSULTANTS

- ❑ In some cases the "anticipation" of something special can raise endorphin levels 27%

See you Soon!

THE HAPPINESS ADVANTAGE

Conscious Acts of Kindness

PSTC
PUBLIC SAFETY
TRAINING CONSULTANTS

- ❑ Five simple conscious acts of kindness per week will boost your mental health
- ❑ They must be conscious acts
- ❑ They can be for friends, strangers or co-workers

CONSCIOUS ACTS OF KINDNESS

THE HAPPINESS ADVANTAGE

Infuse Positivity into Your Surroundings

PSTC
PUBLIC SAFETY
TRAINING CONSULTANTS

- ❑ Spend 20 minutes a day outside to improve your mood and "broaden thinking"
- ❑ Take breaks
- ❑ Good bosses and studies know the benefits of fresh air. Clear your mind!

Sometimes, fresh air is the best medicine.

THE HAPPINESS ADVANTAGE

Use Your Signature Strengths



- ❑ What are you "good at"
- ❑ Exercise you mind and do those things for an endorphin rush



Meditate



- ❑ Just 5 minutes a day works
- ❑ Control your breath, stay calm
- ❑ Remain patient and if your mind wanders, slowly "bring it back" to meditation
- ❑ Those that meditate raise levels of happiness and improve immunities



Exercise



- ❑ Exercise Boosts Your Mood
- ❑ It also Reduces Stress

You are one workout away from a good mood.

THE HAPPINESS ADVANTAGE

Happiness is the Fuel That Makes us Successful



- Students/workers perform better when their brains are positive
- Improves brain health – increases your memory
- Increase energy by up to 31%
- Decreases heart disease by up to 30%



Happiness is the Fuel That Makes us Successful



- Drops fatigue related symptoms by up to 23%
- Decreases chances of depression by up to 31%
- More successful at losing weight – exercise is more enjoyable
- Helps you make better financial decisions



How?



How do we create NEW happiness habits to rewire our brains for higher levels of happiness?

