Introduction: Life401.com

Being happy in intensive Care

Why be happy?

Importance of measurement

St. Thomas Aquinas

Depression Disease Low recovery

Traumadissociation.com/qids

Solomon

Difficulty in increasing happiness

Genetics

Buddha: striving

Contrast Habituation

Epicurus, First Philosopher to study happiness

Friends obtaining keeping dumping

Things Marie Kondo

Honesty and justice

Dying

Lucius Annaeus Seneca, Observer of life

Quarrelling

Doing good

Anger

Live in the present

Marcus Aurelius, Emperor, General and Philosopher

Life acceptance

Lao Tsu Status anxiety

Martin Seligman

Thankfulness

Mihaly Csikszentmihalyi

Flow

Life purpose

Life without regrets Bonnie Ware

Albert Ellis

REBT

Event → emotion → Anger, stress

Event → emotion → Story, rationality calm

I may not do well

Other people can be mean

Life is not always sunshine Life on the whole should be good

Bob Black

Listen

Loneliness

Twice as bad as obesity

Hugs

Passive

Electronics

TV, Social on line media

Video games

Drudgereport.com

Blue light

Subconscious

Internal story Amygdala

Placebo Effect

Use it

Religion and Happiness

Only effective long-term depression prevention

Empathy

Use it to grow it

Experience greater then stuff

Savoring

Awe

Forgiveness

Hating → stress

Hard to do but essential

Mindfulness

Rapid flow of though → unhappiness

Pause button

Agenda mindfulness

Meditation Not related to any specific religion

Mind clearing

Loving kindness

Breathing

Childhood trauma

Counselling

Smile

Added Sugar

Fructose

Metabolic syndrome

Fiber

Anti-inflammatory foods

Caffeine

Alcohol

Sleep

Alarm Clock

Exercise

45 minutes/ day 5 days

Not for weight loss

How the happiness tools help in severe stress situations

Airplane example

How I stayed a happy patient in the intensive care unit

How to identify and protect yourself from psychopaths

How do they treat others.

Clinical studies Epidemiological vs. Biochemical

Only change behavior if both are done double blind and independently repeated

ClinicEffective scientifically proven antidepressants

● Have friends that make you happier and see them often

● Be thankful and express it to others

● Help others

● Have empathy

● Have integrity

● New social experiences

● Live in the present

● Be in awe

● Savor life

● Have less stuff

● Do not covet

● Have a belief system that eliminates being upset (Albert Ellis)

● Do not worry about status

● Do not chase pleasure

● Smile

● Practice mindfulness

● Meditate, Three variations

● Forgive

● Look for flow experiences

● Get adequate sleep

● Join a Church and attend small group meetings

● Limit added sugar (Better yet, eliminate added sugar)

● Exercise

● Have a purpose in life

● Have blue light in the day and not at night

● Limit TV and do not watch the news

● Limit electronic communication

● Hug as often as socially acceptable

● Eat Anti-inflammatory compounds

Ineffective and counterproductive treatments:

● Alcohol, Nicotine and other depressants

● Candy (Sugar)

● Ice cream

● Marijuana (D. K. Hall-Flavin, n.d.)

● Oxycodone and other opioids

● Caffeine and other stimulants

● Food