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