

# **“Happiness 101”**

## **Part 1**



**Presented by:**

Angela Rolleman, MSW, RSW

[www.angelarolleman.com](http://www.angelarolleman.com)

Hosted by  
STAR Family Health Team

October 16, 2020



## **Instructor Biography**

### **Angela Rolleman, MSW, RSW**

Angela is a registered social worker, speaker and trainer with additional training and expertise in addiction counselling. She has twenty years of experience working in social service settings including child welfare, employment counselling, crisis counselling, health care (Family Health Team), and addiction counselling.

Angela regularly conducts training sessions for fellow helping professionals and she teaches Motivational Interviewing and Positive Psychology for the Wilfrid Laurier University Faculty of Social Work Professional Development Program. She is also the Director of Mission: Empowerment, a company that provides personal and professional development seminars and events.

Angela has a Master's degree in Social Work, an undergraduate degree in Psychology, and a Diploma in Addiction Counselling. She is also certified in Intensive Smoking Cessation Counselling and is a certified/licensed facilitator for True Colors™, Craving Change™, the Stanford Chronic Pain Self Management Program and the Gottman Seven Principles Program.

Angela has been a speaker at several conferences on topics including addiction, Motivational Interviewing, self-esteem, overcoming limiting beliefs and Positive Psychology. She has also delivered several personal development workshops for clients on topics including happiness, self-esteem, overcoming limiting beliefs, addiction, emotional eating, and achieving your dreams.

Angela resides in Stratford, Ontario, with her husband James and their three rescue cats: Brian, Jasper & Penny. In her spare time she enjoys writing (her writing has been featured in international publications including Chicken Soup for the Soul, Woman's World and Guideposts), volunteering with the Feline Friends Network, travelling, and spending time with her adorable nieces and nephews.

For more information about Angela go to [www.angelarolleman.com](http://www.angelarolleman.com)



### The Secrets of Extremely Happy People

Angela Rolleman, MSW, RSW  
www.angelarolleman.com

---

---

---

---

---

---


---

### What is Positive Psychology?


The scientific study of optimal human functioning and the conditions that lead to this.

The Science of:


- Happiness
- Compassion
- Gratitude
- Kindness
- Mindfulness
- Meaning



- Empathy
- Love
- Altruism
- Forgiveness
- Awe
- Inspiration



- Spirituality
- Cooperation
- Touch
- Heroism
- Flow
- Joy



---

---

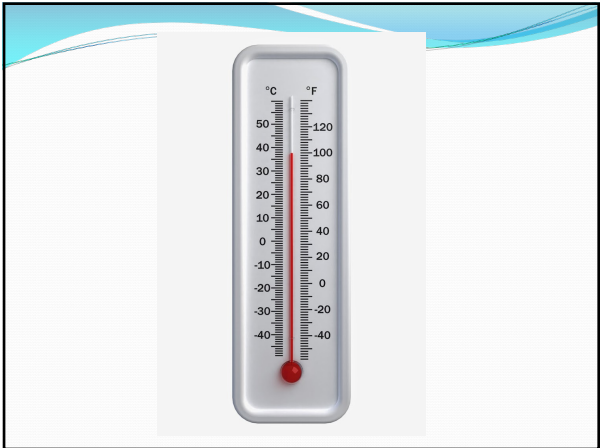
---

---

---

---

---



---

---

---

---

---

---

---

### Exercise: Extremely Happy People

Think about the happiest person you know. In partners, tell each other about your “happy person”. Try to include as many details as possible such as...

- What are they like? What traits or characteristics do they have?
- What is their attitude like?
- How do they act towards other people?
- What kind of activities do they engage in?
- What is their social life like?
- What are their life circumstances (financial, career, marital status etc)?

---

---

---

---

---

---

---

---

### Common Characteristics of Extremely Happy People

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

---

---

---

---

---

---

---

---

### What is happiness?

“The experience of joy, contentment, or positive well-being, combined with a sense that one’s life is good, meaningful, and worthwhile.”

– Sonja Lyubomirsky

In research, happiness is typically measured in three areas:

- 1) Frequent positive affect
- 2) Infrequent negative affect
- 3) High life satisfaction

Source: Lyubomirsky et al., 2005

---

---

---

---

---

---

---

---



### Factors Influencing One's "Chronic Happiness Level"

- Genetics
- Circumstances/Life Status Variables
- Intentional Activity

---

---

---

---

---

---

---

### Destination Addiction



Photo Credit: [www.facebook.com/drrobertholden](http://www.facebook.com/drrobertholden)

---

---

---

---

---

---

---

### Intentional Activity

- Identifying and Building on Strengths
- Increasing PERMA
- Evidence-Based Interventions to increase happiness

---

---

---

---

---

---

---

Don't forget the Mind-Body Connection!

- Sleep
- Food/Vitamins/Minerals
- Natural Light
- Exercise
- Water



---

---

---

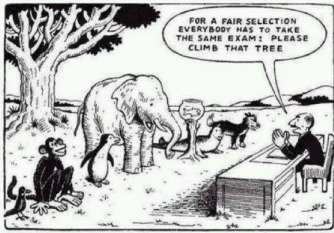
---

---

---

---

Noticing Your Strengths & Achievements



**Our Education System**

*'Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.'*

---

---

---

---

---

---

---

VIA Character Strengths

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

© www.VIACHARACTER.ORG

---

---

---

---

---

---

---


### "You at Your Best" Exercise

Think of a situation when you were at your best – when you were really flourishing. This could relate to work, home, family or any other arena of your life. Take 1-2 minutes to think about this story.

1. What was the situation?
2. What were the conditions that allowed you to be at your best?
3. What skills or strengths were you using?
4. How did you feel?
5. Write these down

Now, working with your partner, share your story with each other. As the listener, listen out for your partner's strengths and values and then reflect these back when your partner is done sharing.

(Exercise adapted from Louisa Jewell, [positivematters.com](http://positivematters.com))



---

---

---

---

---

---

---

---

### Debrief "You at Your Best" Exercise

- What was your experience like talking about your best self?
- Could you spot the strengths easily?
- For those on the receiving end, did you resound with the strengths your partner spotted or were these surprises to you?

(Exercise adapted from Louisa Jewell, [positivematters.com](http://positivematters.com))

---

---

---

---

---

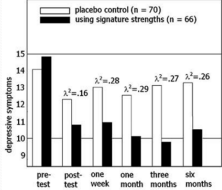
---

---

---

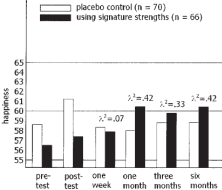
### "Using Signature Strengths in a New Way"

#### Effects on Depression



Time Point	placebo control (n = 70)	using signature strengths (n = 66)
pre-test	14.5	14.5
post-test	12.5	11.5
one week	13.5	11.5
one month	12.5	10.5
three months	13.5	10.5
six months	13.5	10.5

#### Effects on Happiness



Time Point	placebo control (n = 70)	using signature strengths (n = 66)
pre-test	58.5	58.5
post-test	60.5	58.5
one week	60.5	58.5
one month	60.5	58.5
three months	60.5	58.5
six months	60.5	58.5

Seligman, M.E.P, Steen, A.T., Park, N., & Peterson, C. (2005). Positive Psychology Progress: Empirical Validation of Interventions. *American Psychologist*, 60, 410-421.

---

---

---

---

---

---

---

---

### Person-Activity Fit



---

---

---

---

---

---

---

### 5 Pillars of Well-Being

**P**ositive Emotions  
**E**ngagement  
**R**elationships  
**M**eaning  
**A**ccomplishment

Source: Seligman, 2011

---

---

---

---

---

---

---

### Positive Emotions



---

---

---


---

---

---

---

### Positive Emotions



Barbara Fredrickson, University of North Carolina

---

---

---

---


---

---

---

### Positive Emotions Include:

- Pleasure/Enjoyment
- Vitality
- Curiosity & Interest
- Gratitude
- Pride
- Awe/Elevation/Inspiration
- Hope & Optimism
- Serenity
- Amusement
- Love



Barbara Fredrickson, Positivity

---

---

---

---

---

---

---

### Positivity Ratios

Higher Positivity Ratios are correlated with higher levels of wellbeing

	Ratio of Positive: Negative
• Flourishing Individuals <small>(Diehl et al, 2011; Catalano &amp; Fredrickson, 2011)</small>	3+ : 1 **
• Non-flourishing Individuals <small>(Diehl et al, 2011; Catalano &amp; Fredrickson, 2011; Schwartz, 1997)</small>	2 : 1
• Depressed Individuals <small>(Schwartz et al, 2002)</small>	>1 : 1
• <u>Successful Marriages</u> <small>(Gottman, 1994)</small>	5 : 1

To calculate your Positivity Ratio: <http://www.positivityratio.com/single.php>

---

---

---

---

---


---

---



### Negativity Bias

- “The brain is like Velcro for negative experiences but Teflon for positive ones”  
- Rick Hanson, Hardwiring Happiness
- “The bad stuff is easier to believe. You ever notice that?”  
- Julia Roberts (as Vivian), Pretty Woman



---

---

---


---

---


---

---

### Increase Your Positivity Ratio



Meditate, watch funny youtube videos, listen to uplifting music, read inspiring stories, call a friend that energizes me, spend time in nature, hug someone



Stop watching violent TV shows and the news, limit the time I spend with people who make me feel bad, make my commute better by listening to uplifting audiobooks, stop complaining at work

---

---

---


---

---

---

---

### Savour



---

---

---

---

---

---

---

# Start a Gratitude Practice



Brené Brown, University of Houston

---

---

---

---

---

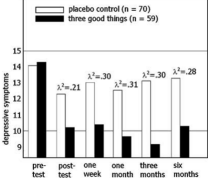
---

---

---

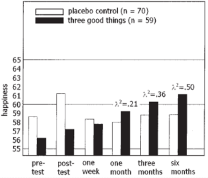
# “Three Good Things”

## Effects on Depression



Time Point	placebo control (n = 70)	three good things (n = 59)
pre-test	14.0	14.0
post-test	12.5	10.5
one week	13.0	10.5
one month	12.5	9.5
three months	13.0	9.5
six months	13.0	10.5

## Effects on Happiness



Time Point	placebo control (n = 70)	three good things (n = 59)
pre-test	58.5	58.5
post-test	61.5	59.5
one week	60.5	59.5
one month	60.5	60.5
three months	61.5	62.5
six months	61.5	63.5

Seligman, M.E.P, Steen, A.T., Park, N., & Peterson, C. (2005). Positive Psychology Progress: Empirical Validation of Interventions. *American Psychologist*, 60, 410-421.

---

---

---

---

---

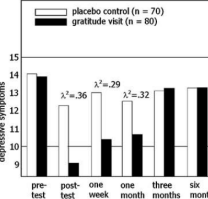
---

---

---

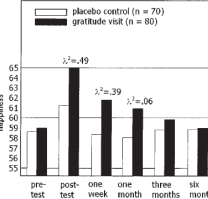
# “The Gratitude Visit”

## Effects on Depression



Time Point	placebo control (n = 70)	gratitude visit (n = 80)
pre-test	14.0	14.0
post-test	12.5	10.5
one week	13.0	10.5
one month	12.5	10.5
three months	13.0	10.5
six months	13.0	10.5

## Effects on Happiness



Time Point	placebo control (n = 70)	gratitude visit (n = 80)
pre-test	58.5	58.5
post-test	61.5	64.5
one week	60.5	62.5
one month	60.5	61.5
three months	61.5	62.5
six months	61.5	62.5

Seligman, M.E.P, Steen, A.T., Park, N., & Peterson, C. (2005). Positive Psychology Progress: Empirical Validation of Interventions. *American Psychologist*, 60, 410-421.

---

---

---

---

---

---

---

---

اليوم أنا ممتنة ل...

Сегодня я благодарна за...

Zahvatani/na sam za

今天我感激...

Aujourd'hui, je suis reconnaissant pour ...

오늘 저는 ...을/를 감사합니다.

Hoje, eu sou grato para ...

Bugun, minnettarim...

Maanta, Waxaan ahay shukriya

Ma halas vogyak...

Heute bin ich dankbar für...

Hay estoy agradecida/a por...

Niaj hnuh no, kuv xav ihov ua tsaug rau ...

ကျေးဇူးတင်ပါတယ်...

आज, আমি ধন্যবাদ...

امروز من سپاسگزار هستم برای ...

Hâm nay tôi rất biết ơn...

Today I am grateful for...

Kitchener - Waterloo Multicultural Centre - fostering the diversity that exists within this community since 1967

The Kitchener-Waterloo Multicultural Centre

---

---

---

---

---

---

---

---

Home Play!

- Choose ONE of the following three activities to try at home over the next week....

---

---

---

---

---

---

---

---

Assignment # 1

Using Signature Strengths in a New Way

- Try using one of your top five strengths in a new and different **at least once** over the coming week. If you need new ideas, see the article 340 Ways to Use VIA Character Strengths by Tayyab Rashid and Afroz Anjum.

Creativity Perspective  
Judgment Curiosity  
Honesty Bravery Fairness  
PERSEVERANCE Zest  
Love Kindness Teamwork  
Social Intelligence Love of Learning  
Forgiveness PRUDENCE  
Spirituality SELF-REGULATION Humility VA  
Appreciation of Beauty & Excellence Gratitude  
© www.WISDOMMINDS.ORG

---

---

---

---

---

---

---

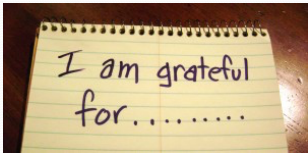
---



### Assignment # 2

**Gratitude Practice**

- Pick one gratitude practice to try over the next week. This could be the “Three Good Things” journal, another gratitude practice discussed today, or an idea of your own.



---

---

---

---

---


---

---

### Assignment # 3

**Savour**

- At least once, take the time to enjoy something that you usually hurry through. When it’s over, write down what you did, how you did it differently, and how it felt compared to when you rush through it.



---

---

---

---

---

---

---



Have a fantastic week!

---

---

---

---

---

---

---