

# **“Happiness 101”**

## **Part 2**



**Presented by:**


Angela Rolleman, MSW, RSW

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

Hosted by  
STAR Family Health Team

May 3, 2023





## Happiness 101: Part 2

Angela Rolleman, MSW, RSW  
www.angelarolleman.com

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## Debrief “Home Play”

- Using Strengths in New Ways
- Gratitude Practice
- Savour

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## 5 Pillars of Well-Being

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

Source: Seligman, 2011

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Engagement



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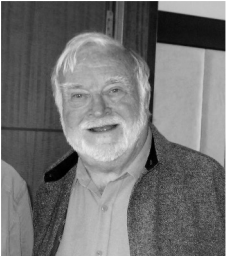
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“Flow”



- A state of gratification that we enter when we are completely engaged in what we are doing

Mihaly Csikszentmihalyi Claremont University

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When does time stand still for you?

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### Finding Your Flow



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### 5 Pillars of Well-Being

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Source: Seligman, 2011

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### Positive Relationships



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### Relationships

“Our relationships with other people matter, more than anything else in the world”

- Dr. George Vaillant, Harvard Grant Study

“Good social relationships seem to be a necessary condition for high happiness.”

- Diener & Seligman, Very Happy People



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### Having good friends = \$155,502.75/yr!

“Using the British Household Panel Survey, I find that an increase in the level of social involvements is worth up to an extra £85,000 a year [\$155,502.75 CAD] in terms of life satisfaction. **Actual changes in income, on the other hand, buy very little happiness**”

Powdthavee, N. (2008). Putting a price tag on friends, relatives, and neighbours: Using surveys of life satisfaction to value social relationships. *Journal of Socio - Economics*, 37(4)

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### It’s about quality, not quantity



Photo Credit: www.movinggal.com

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### 5 Pillars of Well-Being

P

Positive Emotions

E

Engagement

R

Relationships

M

Meaning

A

Accomplishment

Source: Seligman, 2001

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### Meaning



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### Meaning

“Meaning requires an attachment to something larger than the lonely self. To put it another way, the self is a very poor site for finding meaning”



Myers, D.G. (2000). The funds, friends and faith of happy people. *American Psychologist*, 55(1), 56-67.

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**Exercise: Your Legacy**

Imagine it's your 95<sup>th</sup> birthday coming up.  
People are throwing a big party in your honour. Many people will be getting up and saying speeches about you.

What would you want them to say about you?  
What do you want to be remembered for?

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**5 Pillars of Well-Being**

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

Source: Seligman, 2011

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Accomplishment

A black and white photograph of a woman with a joyful expression, waving her right hand. She is wearing a light-colored t-shirt with the word "EMPOWERED" printed on it. A race bib is pinned to her chest, displaying the name "LORRAL" and the number "450".

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“Happiness grows less from the passive experience of desirable circumstances than from involvement in valued activities and progress towards one’s goals”

- Myers & Diener

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Self-Concordant Goals

A black and white portrait of a man with a beard and mustache, wearing a button-down shirt. He is looking directly at the camera with a slight smile.

Kennon Sheldon, University of Missouri

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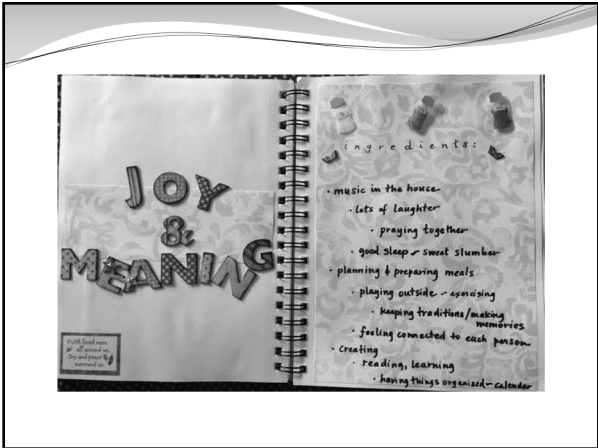
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### Putting it All Together

- Focus on growing strengths
- Increase PERMA
- Work on developing mindsets that are conducive to happiness and success (optimism, self compassion etc)
- Decide on happiness interventions that fit and make them a habit
  - Gratitude practices (3 good things, gratitude visits)
  - Using Strengths in new ways
  - Acts of Kindness
  - Savouring
  - Mindfulness/Meditation
  - Building & Nurturing Positive Relationships
  - Self-Concordant Goal-Setting
  - Increasing your positivity ratio

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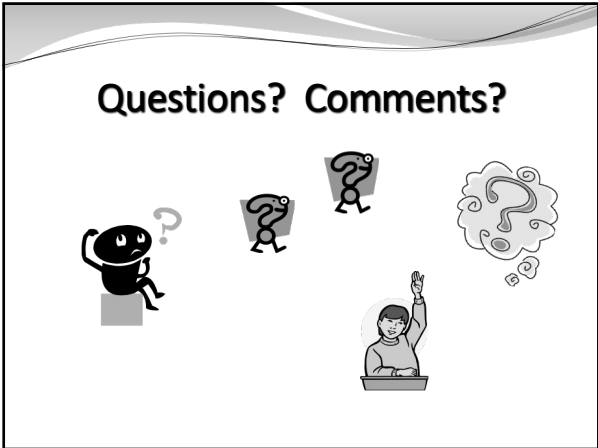
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# Happiness 101 – “Cheat Sheet”

## Background Concepts to Remember

1. **Negativity Bias**
  - The brain focuses far more on the negative and filters out positive - evolutionary
2. **Counteracting the negativity bias**
  - “let in the good” so it has time to be stored in implicit memory by savouring, writing about positive experiences, gratitude practices etc
3. **Positivity Ratio**
  - To flourish we need 3+ positive emotions for every 1 negative emotion
4. **Broaden and Build**
  - Positive emotions “open up our minds” to notice opportunities, see creative solutions, see the big picture etc. We then build resources due to acting on opportunities, creating social connections etc
5. **Hedonic Adaptation**
  - We adapt quickly to positive circumstances and acquisitions and develop a “tolerance” to them
6. **Neuroplasticity**
  - Our habits and experiences can, over time, result in structural changes to our brains. This, in turn, can make lasting changes to our overall happiness levels, the way we think, and the way we experience the world
7. **“Fit”**
  - For any intervention to be successful, it needs to be a good fit for our personalities, motivations, self-concordant goals etc in order for us to be motivated to put in the effort to continue with it

## Overall Goals for Sustainable Happiness

1. **Focus on growing strengths (vs just fixing problems)**
2. **Focus on ways to increase PERMA (positive emotion, engagement, positive relationships, meaning and accomplishment)**

## Interventions and Habits to Build

1. **Gratitude Practices (3 Good Things; Gratitude Visit etc)**
2. **Using your Strengths in New Ways**
3. **Acts of Kindness**
4. **Savouring (plan and savour a beautiful day; savour a normally rushed activity)**
5. **Mindfulness/Meditation (finding ways to be present)**
6. **Building and Nurturing Positive Relationships**
7. **Self-Concordant Goal Setting**
8. **Increasing your Positivity Ratio**
9. **Self Compassion (talking to self like a compassionate friend)**
10. **Developing Optimism**

## **Additional Resources for your Happiness Journey**

### ***Tests and Questionnaires related to Happiness and Well-Being***

- 1) [www.authentichappiness.org](http://www.authentichappiness.org)
  - Click on the “questionnaires” tab at the top
  - Includes “VIA survey of signature strengths” and other happiness and well-being scales
- 2) [www.positivityratio.com](http://www.positivityratio.com)
  - Click on “take the test” to figure out your positivity ratio

### ***Happiness “App”***

<https://go.trackyourhappiness.org/>

- An iPhone “app” developed by Harvard researchers to help people track their happiness and find out what factors — for you personally — are associated with greater happiness.

### ***Interventions***

For descriptions of empirically validated Positive Psychology interventions go to: <http://ggia.berkeley.edu/>

### ***Books***

- 1) The Happiness Project ~ Gretchen Rubin
- 2) Authentic Happiness ~ Martin Seligman
- 3) Learned Optimism ~ Martin Seligman
- 4) The How of Happiness: A Scientific Approach to Getting the Life You Want – Sonja Lyubomirsky
- 5) The Myths of Happiness: What should make you happy but doesn’t, what shouldn’t make you happy but does ~ Sonja Lyubomirsky
- 6) Hardwiring Happiness: the new brain science of contentment, calm and confidence ~ Rick Hanson
- 7) Happier ~ Tal Ben-Shahar

### ***Documentary on Happiness***

#### **Happy (2011)**

A documentary exploring human happiness through interviews with people from all walks of life in 14 different countries, weaving in the newest findings of positive psychology. It can be accessed at:

<https://www.thehappy movie.com/> (rent online for \$3.99 or buy)

### ***Website for Spreading Kindness***

<http://www.kindspring.org/>

- Gives different ideas of random acts of kindness
- You can get emailed a 21 day challenge

## Additional Resources for your Happiness Journey....pg 2

### ***Mindfulness & Meditation Resources***

#### **Online Resources**

- **HeadSpace.** Offers free meditations that can be accessed both online or by downloading the free “app”. <http://www.getsomeheadspace.com/>
- **Calm.** <https://www.thehappymovie.com/>
- **Insight Timer.** <https://insighttimer.com>

#### **Classes and Drop In Meditation in the Stratford Area**

##### **1) STAR Family Health Team ([www.starfht.ca](http://www.starfht.ca))**

**FREE Mindfulness groups/classes for STAR Family Health Team patients *and* the local community include:**

- **“An Introduction to Mindfulness”:** 6-week group offered at different times throughout the year.
- **Mindful Moments:** A weekly, virtual opportunity to meet and meditate for those who have some experience with mindfulness practice. A variety of meditations will be offered including: sitting, mindful movement and loving kindness. Runs every Wednesday from 12-12:45pm and Friday from 8-8:45am excluding holidays.

For more info, see the “programs and services” section of the STAR FHT website at: [www.starfht.ca](http://www.starfht.ca)

**FREE Mindfulness groups/classes for STAR Family Health Team patients *only* include:**

- **Mending Through Mindfulness - MBCT (Mindfulness Based Cognitive Therapy):** 8 week group offered at different times through the year.

For more info, see the “programs and services” section of the STAR FHT website at: [www.starfht.ca](http://www.starfht.ca)

##### **2) The Space Within ([www.thespacewithin.ca](http://www.thespacewithin.ca))**

- Offers a number of different mindfulness/meditation groups and drop in sessions

For other resources google “Meditation” and “Stratford”