



“Suffering and pain are understood to be a function of an untamed and undisciplined mind, while happiness and joy are understood to be a function of a tamed and disciplined mind.”

Dalai Lama



- Happiness is enhanced by:
 - Kindness, gratitude and optimism
 - Religious / [faith](#) / spirituality
 - Acts of altruism & generosity
 - Community service
 - Work/hobbies that create ‘flow’



- Happiest of people:
 - Spend the least time alone
 - Most time socializing
 - More agreeable
 - More extroverted



- Happiest of people:
 - Strong social ties
 - Have higher levels of happiness due to their social relationships
 - Unsure which causes which



Adopting an upright seated posture
in the face of stress can:

Shwetha Nair, et al.
Health Psychology, 2015



Adopting an upright seated posture
in the face of stress can: maintain
self-esteem,

Shwetha Nair, et al.
Health Psychology, 2015



Adopting an upright seated posture in the face of stress can: maintain self-esteem, reduce negative mood

Shwetha Nair, et al.
Health Psychology, 2015



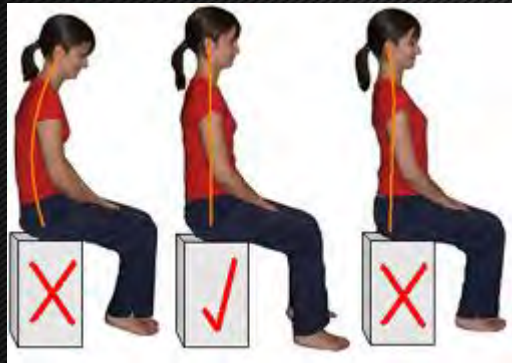
Adopting an upright seated posture in the face of stress can: maintain self-esteem, reduce negative mood and increase positive mood compared to a slumped posture.

Shwetha Nair, et al.
Health Psychology, 2015



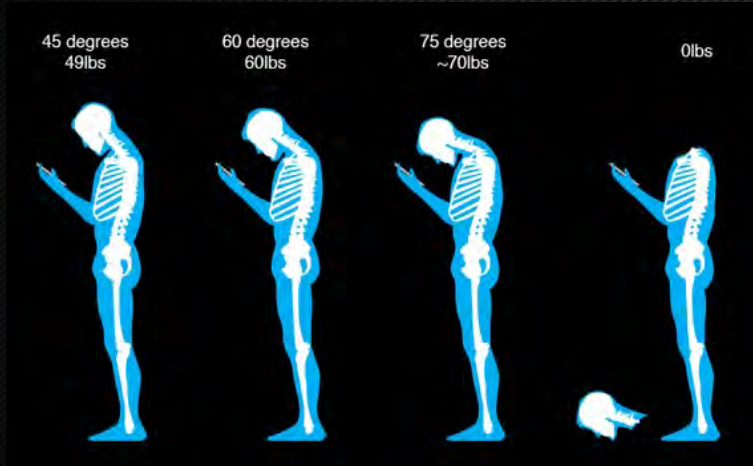
Furthermore, sitting upright increases rate of speech and reduces self-focus

Shwetha Nair, et al.
Health Psychology, 2015



Furthermore, sitting upright increases rate of speech and reduces self-focus and may be a simple behavioral strategy to help build resilience to stress.

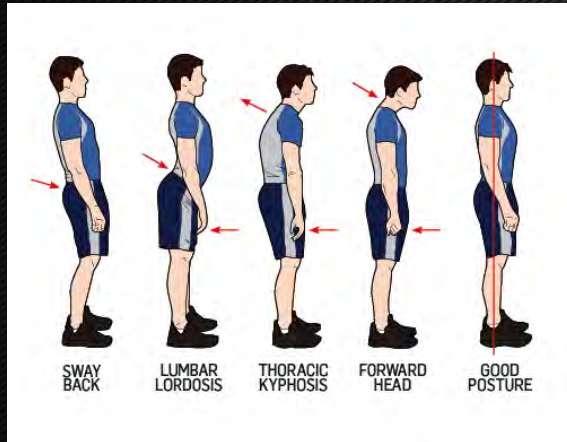
Shwetha Nair, et al.
Health Psychology, 2015



- People with clinical depression adopt poor posture

Michalak, J., et al.

Brazilian Psychiatric Association, 2010



- People with clinical depression adopt poor posture
- Good posture can:
 - Reduce depression
 - Enhance memory

Michalak, J., et al.

Brazilian Psychiatric Association, 2010



- Work-life balance
 - Remember: We work to live, not live to work
 - Set boundaries
 - Don't build expectations
 - Deploy tactics to be present (e.g., no screens)



- Work-life balance
 - Yahoo's CEO Marissa Mayer's theory:
 - Burnout stems from resentment
 - Find time for the things your resentful of missing



- Work-life balance
 - Intuit's CEO Brad Smith
 - If missing life moments
 - Miss the 'rubber moments'
 - Don't miss the 'crystal moments'



- Work-life balance
 - Facebook's COO Sheryl Sandberg
 - Find harmonies and a healthy balance between work, home, community, and the private self
 - Avoid looking it as tradeoffs



- Work-life balance
 - Qualtrics' CEO Ryan Smith
 - "Each week, I examine the categories of my life — father, husband, CEO, self — and identify the specific actions that help me feel successful and fulfilled in these capacities."



- Work-life balance
 - Qwest's Former CEO Teresa Taylor
 - "Stay in the moment"



- Work-life balance
 - Qwest's Former CEO Teresa Taylor
 - "When you're at work in a meeting, be there. When you're at home, be there. If you're in a business meeting, don't be wishing to be somewhere else. Be present where you are, and don't feel guilty"



- People who exercise on work days are happier, suffer less stress and are more productive

Coulson, J. (2008). International Journal of
Workplace Health Management





Get to movin'!



- Gratefulness (revisited)
 - In order to achieve contentment, you should "cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously." – Ralph Waldo Emerson



- Practicing gratefulness
 - Improves the immune system and lowers blood pressure
 - Helps us sleep longer and deeper
 - Makes us more resilient for recovery from traumatic events and post-traumatic stress
 - Improves relationships, and decrease feelings of loneliness
 - Promotes altruism

Huffington Post. "Gratitude Can Transform Your Life.
Here's How." November 26, 2015





- Gratefulness (cont.)
 - Similar to a radio station
 - “You can choose at any time to tune in.”

Gratitude as a Psychotherapeutic Intervention
- Robin Stern and Robert Emmons





- Things grateful people do differently:
 - Use social media mindfully
 - Volunteer
 - Exercise

Robert Emmons, a professor of psychology
at the University of California, Davis.



- Things grateful people do differently:
 - Spend time with loved ones
 - And tell them they're loved(!)
 - Know the value of the little things
 - And help others see them too

Robert Emmons, a professor of psychology
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- Start a gratitude practice:
 - Pay attention
 - Express
 - Try the "Three Good Things" Exercise - Keep a gratitude journal
 - Write a gratitude letter

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- Start a gratitude practice:
 - Do a "mental subtraction of relationships"
 - Take a walk
 - Savor the good things in your life
 - Consider your own mortality

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Stephen Covey

The Seven Habits of Highly Effective People





Life,





Life, liberty





Life, liberty and the pursuit of happiness



Life, liberty and happiness

The Little Things and How They Influence Our Life



Dr. Boyd Lindsley, Associate Director