

# happy people win

- Running Wild . . . Again! -

## Wellness

**Wellness is an Expanded View of Health**

**Dimensions of Wellness:** Physical, Emotional, Spiritual, Intellectual, Environmental, Social

- “We are our choices” - Sartre

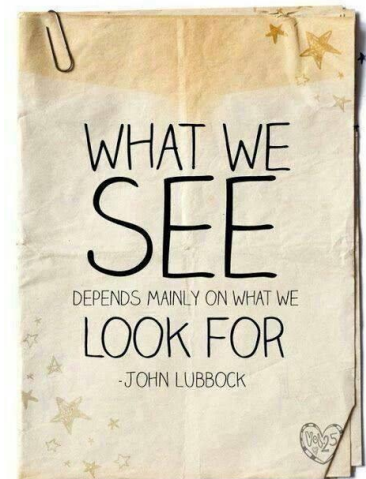
## Happiness

### Happiness Defined

- \* “The Happiness Advantage” - Sean Achor
- \* Experience of positive emotions.
- \* Pleasant mood now, positive outlook for the future.
- \* No single meaning
- \* “Subjective” well-being

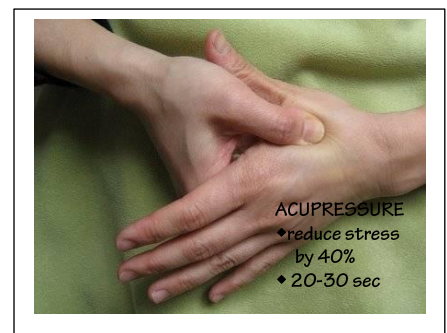
### Happiness Facts

- \* Happiness is the PRECURSOR to success, not a result
- \* 45% of workers are happy at their jobs
- \* Brain change is possible depending on how you live your life
  - (in response to our actions and circumstances).
- \* We can prime our brains to focus on positivity or negativity.
- \* A quick burst of happiness can boost our happiness levels over time



### Quick Tips - Fast and Easy Fixes

- \* Deciding your day
- \* YouTube videos
- \* Breathe
- \* Find your happy song
- \* Wear something fun that makes you happy
- \* Text someone that you love them (ideally you know the person)
- \* Say “thank you”
- \* Garden

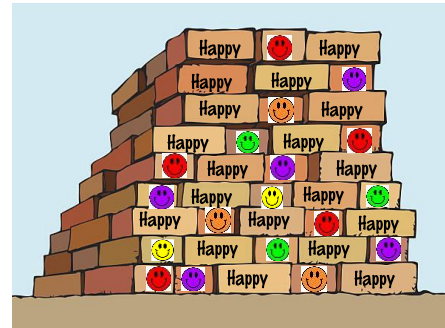


- \* Read
- \* Tombstone technique
- \* Bliss list
- \* Keep a gratitude journal
- \* Body scan
- \* Flowers on desk
- \* Hug or look at pictures of hugs
- \* Find something to look forward to
- \* Don't compare yourself with others
- \* Aromatherapy



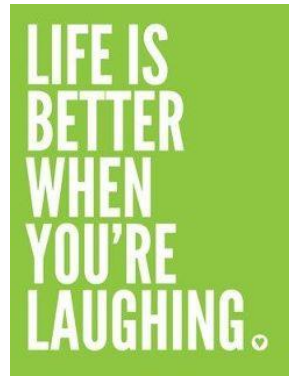
# Becoming Positive

- \* Have adventures
  - o "Atlas Obscura"
  - o Create experiences
- \* Have fun – do the things you love to do
- \* Step out of your comfort zone
  - o Defined as: "behavioral space where your activities and behaviors fit a routine and pattern that minimizes stress and risk"
- \* Develop an attitude of gratitude
  - o Three good things
- \* Commit conscious acts of kindness
  - o Five per day
  - o *"The fragrance always remains on the hand that gives the rose"*
- \* Enjoy nature
- \* Be kind to yourself
  - o Days of grace
  - o Self-Compassion
    - Mindfulness
    - Self-kindness
    - Connectedness
- \* Infuse positivity into your surroundings
- \* Prioritize to-do lists
- \* Cut down on media
- \* Exercise
- \* Find your purpose
  - Ikigai



*"The two most important days in your life are the day you are born and the day you find out why."*  
 - Mark Twain -

- Find your cause
- \* Be creative
  - Psychological state of Flow
- \* Slow your pace
  - Reserve a part of the day for you
- \* Laugh/Smile
- \* Pet Therapy
- \* Don't overthink
- \* **REDUCE YOUR STRESS!**
  - Identify self-imposed stress
  - Develop a stress hardy personality



### Components:

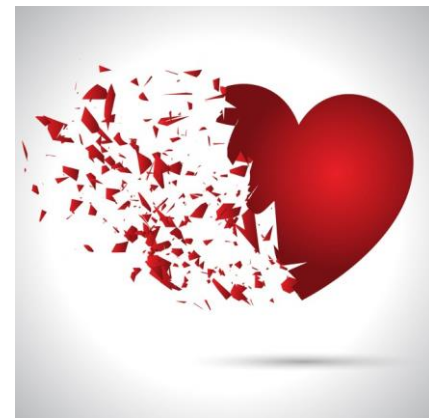
- Having a strong **Commitment**
- Having a sense of **Control**
- Seeing Change as a **Challenge**
- Participating in **Creative** activities
- Having a strong **Support** network



**= STRESS HARDY PERSONALITY**

### Compassion Fatigue

- Defined: The emotional residue or strain of exposure to working with those suffering from the consequences of traumatic events. **Compassion Fatigue** can occur due to exposure on one case or can be due to a “cumulative” level of trauma.
- Symptoms of Compassion Fatigue
  - Nervous system arousal (Sleep disturbance)
  - Emotional intensity increases
  - Cognitive ability decreases
  - Behavior and judgment impaired
  - Isolation and loss of morale
  - Depression and PTSD (potentiate)
  - Loss of hope and meaning = existential despair
  - Anger toward perpetrators or causal events



In addition...

- \* Talk to someone
- \* Take time off
- \* Take your vacation time (or staycation)
- \* Join a support group
- \* **NETWORK HERE!!**



- \* Put yourself at the TOP of your to-do list!

# Final Thoughts

- \* Check your attitude

- ♥ Maintain perspective
- ♥ Appreciate the world around you
- ♥ Run wild!

Jean Steel/ Happy People Win  
PO BOX 549  
Nipomo, CA 93444  
805.931.0932  
[jean@happyypeoplewin.com](mailto:jean@happyypeoplewin.com)  
[www.happypeoplewin.com](http://www.happypeoplewin.com)



Happy People Win Jean Steel



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