

HAPPINESS.



Learn how to
be happier.

You can become happier.

It's one of the most
momentous things that you
can do for yourself.

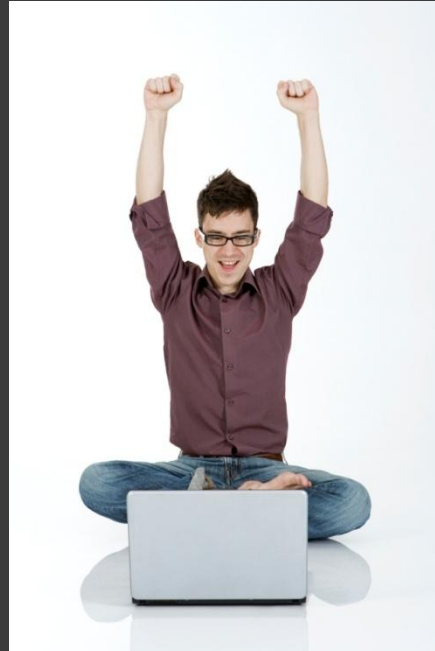
You can become happier.

It also affects others. If you are happy, so are other people who know and love you.

You can become happier.

If you work on becoming happier, there are benefits already established by scientific research...

1. You will feel better.



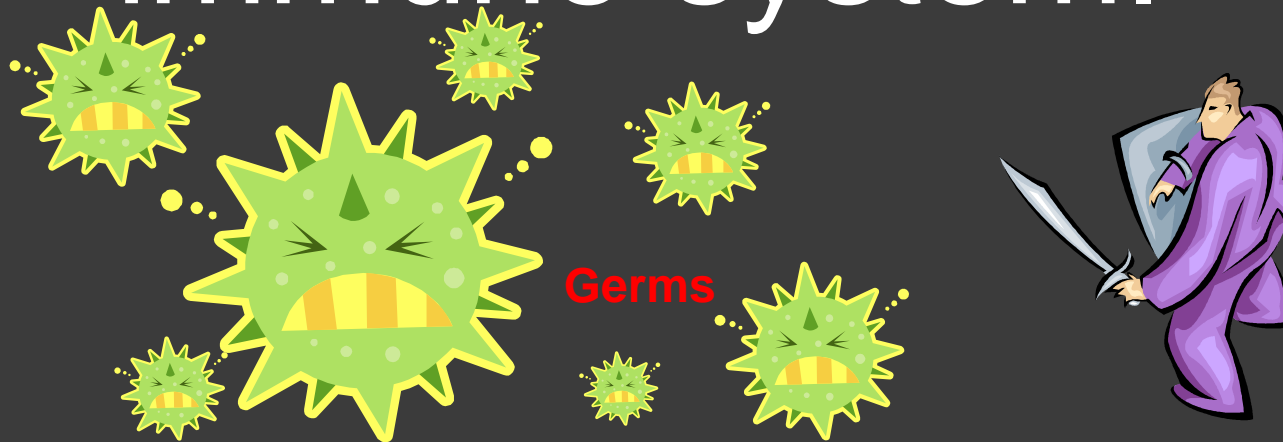
2. You will have more
energy.



3. You will be more creative.



4. You will boost your immune system.

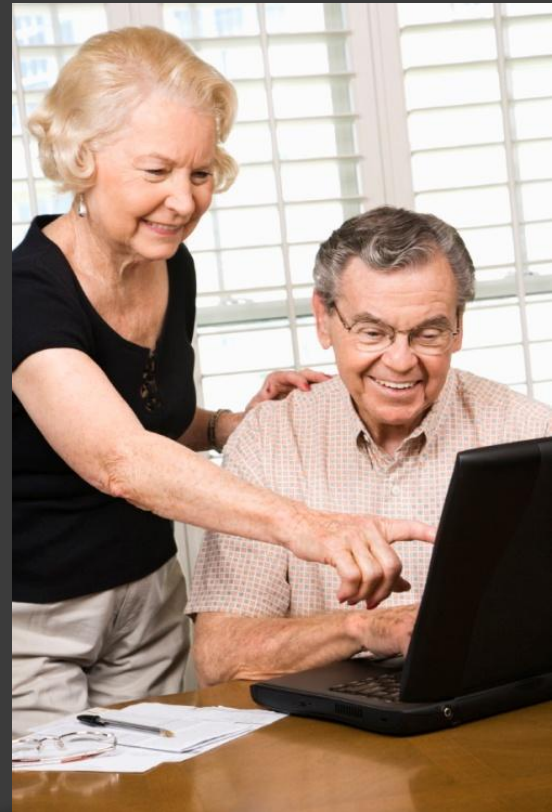


The immune system fights germs and promotes better health.

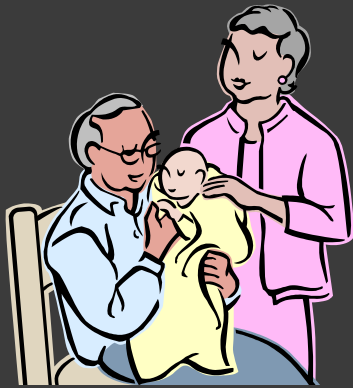
When you feel good, your body's immune system works more efficiently.

5. you will develop better relationships with others.

This happens because you feel better.
It's easier to get on with others.



6. You will be more productive in whatever work you do.



If you feel happier, you will feel like doing more things.

You will work quickly.

You will be less likely to give up before the jobs are done.



You CAN increase your happiness.

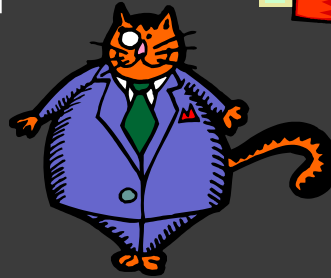
But...

You have to do some work in order to achieve a new level of happiness.

In other words, you don't get something good happening to you unless you do some work to make it happen.

What *might* make YOU happier?

- A new relationship?
- Losing weight?
- More money? 
- More time to get things done?
- Travelling? 
- Better health?



None of those things will make
you *substantially* happier
overall.

That's looking for happiness in
the wrong places.



Scientific research has shown
that these things only make a
small difference to your
happiness.

If you feel a little unhappy
or even if you feel very
unhappy, it does not take
much effort for you to begin
feeling happier again.

A small effort can often
achieve immediate results.

What do you have to do?

An experiment for you to try.

1. Write down **three good things** that happen to you every day for two weeks.

Examples:

I heard a kookaburra laughing today.

My neighbour invited me over for a cup of coffee today.

A complete stranger smiled at me and said hello as we passed on the street.

2. Then see how you feel after two weeks.

Why do this?

This is an example of an experiment that was carried out by Prof. Martin Seligman at an American university.



For two weeks a group of people wrote down three good things that happened to them each day.

The people who took part were all severely depressed when they started.



After two weeks, 94% of them experienced relief from their depression.



6%



Results can be quick.

Happiness can be attained quickly through your own actions.

You don't have to wait for happiness to be offered to you.

It won't be offered to you by anyone.

It's not something you have to search for.

You can create your own lasting
happiness by the things **you do**
for
yourself.

That's not all.

Other things can make us happy too.

- . A clean bill of health from the doctor.
- . A win for a favourite football team.
- . A small (or large) win in the lottery.
- . An invitation to dinner with friends.

Remember these?

- A new relationship?
- Losing weight?
- More money?
- More time to get things done?
- Travelling?
- Better health?

All of these things will make us
a little bit happier or even a lot
happier.

BUT...

It doesn't last long.

We think these things bring us
lots of happiness for a long time.

They actually bring us
a little bit of happiness for
a short time.

What determines Happiness?

There are at least three factors that contribute to **lasting happiness**:

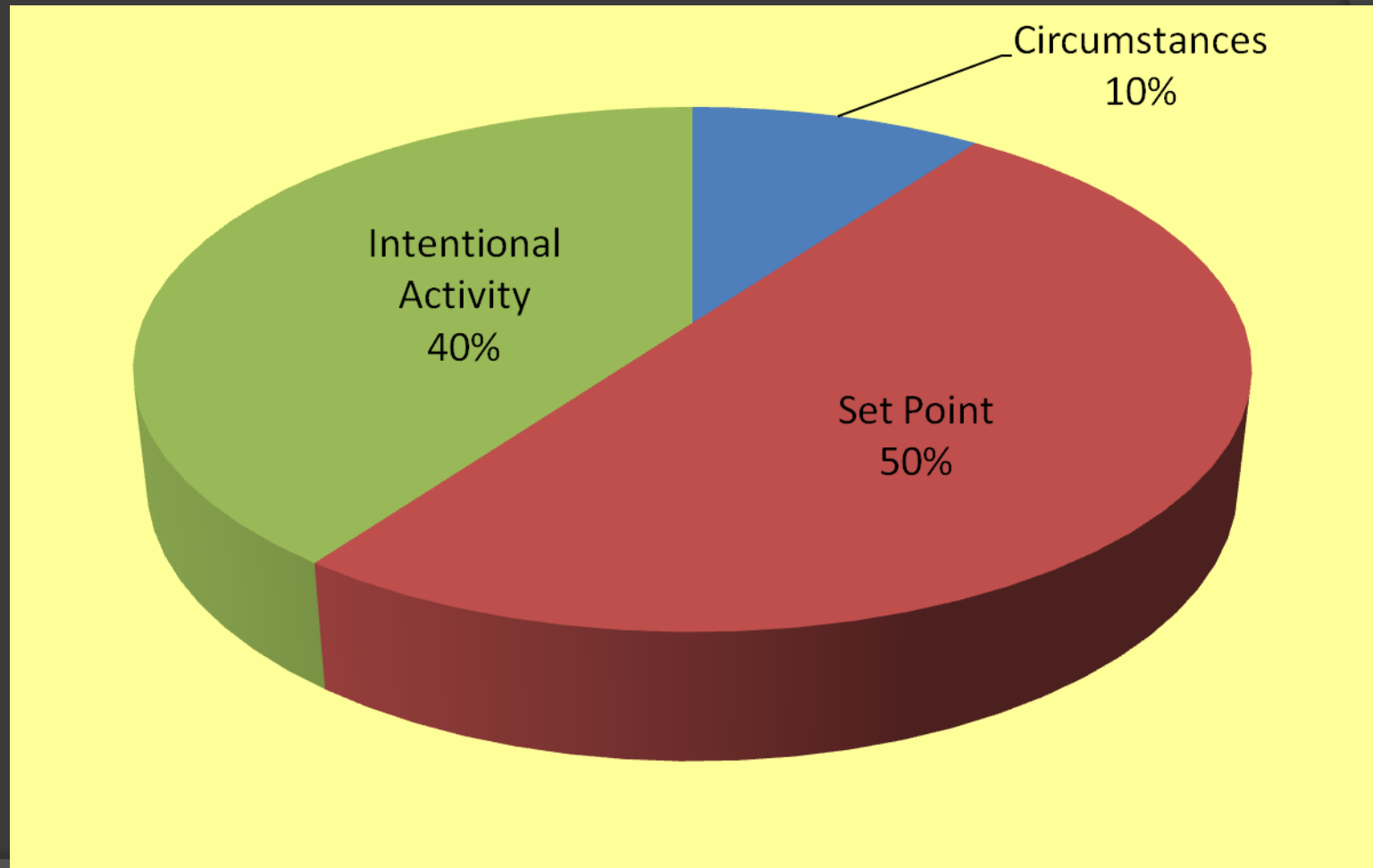
Your Circumstances.

Your Set Point.

Your Intentional activity.

What does this mean?

This shows them as a **Happiness** pie chart.



Circumstances - 10% of your happiness.

You might be:

Rich or poor.

Healthy or unhealthy.

Beautiful or plain.

Have a partner or not.

Have many friends or few friends.



**These are just some of our possible
circumstances.**

10%

Happiness can be measured.

A research study was conducted and **happiness** was measured in two groups.

One group was employers who earned over \$10 million dollars a year.

The other group was employees who earned MUCH less.



Results:

When tested, employers were found to be only slightly happier than their employees.

The amount of money earned had little effect on everyone's general happiness.



10%



These examples of your circumstances:
Riches, beauty, health, how your parents raised you, and many other factors, only had or still have a short-term and limited influence on your happiness.

These circumstances only have about a
10%
effect on your happiness.



Set Point – 50% of your happiness.

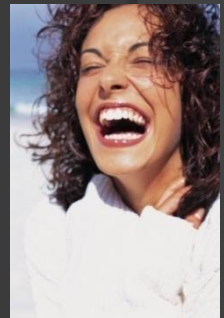
Everybody has a

Set Point for happiness.

It's determined by your genes.

It comes from your biological mother
or your biological father or both.

You inherit genes from both parents and
also get a set point for happiness too.



50%

We may be taken below our set points (Sadness) or we may be taken above our set points (Greater happiness) by what happens in life.

We return to this set point after any major changes in our lives such as losing a partner.

We do not stay unhappy forever!

50%

Some of us have **higher set points**
and
others have **lower set points**.



These set points determine to a large extent
how happy we will be over the course of our
lives.

But this is not bad.

A set point for happiness is just another small difference we all have between us. It's a variation and is a little bit like our weight.

Some people are naturally thinner and others are naturally more rounded.



We have a set point for weight and we sometimes drift above it or below it if we try to diet for a time.

Over time if we lose some weight, we all tend to drift back to our set point again. Many celebrities have shown how this happens over the years.

This can happen with our happiness set point too and this is where your personal effort can help to make a difference.



Intentional activity
- 40% of your happiness.

This is the part of your happiness over
which you **have control**.

It's what you **say** and **do** during your life
and

It's how you **think** during your life.

These things that you do in your
everyday life are the important things
(behaviours) that you can use to
increase your happiness.

What you say,

What you do,

How you think.

Researchers have made a list of the
things happy people
say, do and think.

Here are some examples of what
happy people do:

**They devote a great amount of time
to family and friends.**

They are thankful for all they have.

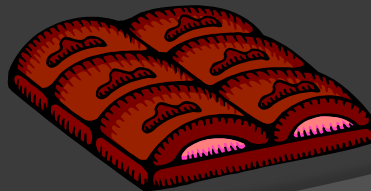
They are often the first to offer a helping hand to others.



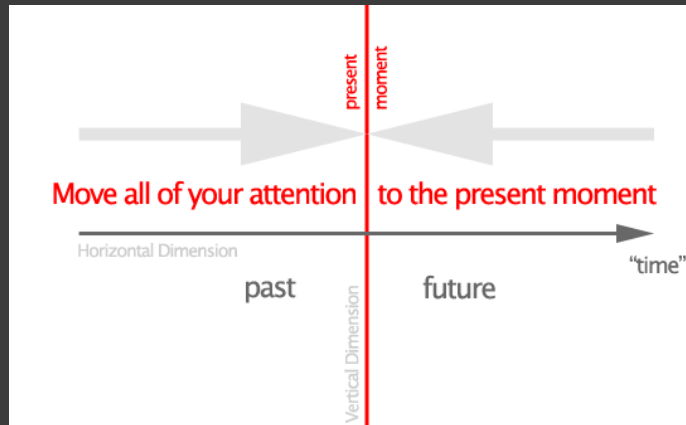
They practise optimism when thinking about their futures.



They enjoy life's pleasures.



They live in the present moment.



They make physical exercise part of their daily or weekly routine.



They are deeply committed to life-long goals and ambitions.



They show poise and strength when coping with life's challenges.

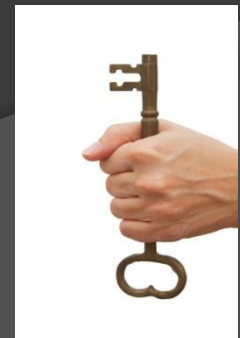


Not all happy people do all of those things.

That's almost impossible, but...

If you can choose **just one strategy** that you know you can do without too much effort, then this is **your starting point to greater happiness.**

It's entirely in your hands.



Do something for YOU.

Start work today.

“Happiness work”

is what it's called.

It may be the most rewarding work
you'll ever do.



Remember

Becoming happier is about
YOU...

- . Your interests.
- . Your values.
- . Your wants and needs.

Here is a list of what you can do.

You don't need to do all of the activities but the list shows that there are many ways to start generating your own happiness.

The good thing is that you cannot help but make others happy too as you make yourself happier.

Happiness activities.

1. Express gratitude.
 - a. Talk to a trusted friend about good things.
 - b. Practise thinking about the good things in your life.
 - c. Write a journal or diary of the good things.
 - d. Convey gratitude and appreciation to someone whom you have never properly thanked in the past.

Happiness activities.

2. Think optimistically.



- a. Keep a journal and write about the best possible future you can imagine for yourself.
- b. Practise looking on the bright side of every situation.
- c. Try to catch yourself thinking negative thoughts about yourself or others. Then think some positive thoughts.

Happiness activities.

3. Avoid social comparison.

- a. Cut down on how often you think about your problems.
- b. Cut down on comparing yourself with others.

(Try thinking about your special features and how good you are as a person. Avoid comparing yourself with others whom you think might seem to be “better” than you are. They’re not! They are just different from you.)

Happiness activities.

4. Practise acts of kindness.
 - a. Do good things for friends.
 - b. Do good things for strangers.

Do it in person.

Do it anonymously.



Happiness activities.

5. Nurture relationships.

- a. Strengthen a weak relationship.
- b. Heal a broken relationship.
- c. Strengthen strong relationships.
- d. Cultivate new relationships.
- e. Enjoy all relationships.

Happiness activities.

6. Develop strategies for coping.

- a. Practise ways to endure stress.
- b. Practise ways to overcome hardship or feelings of being upset.



Happiness activities.

7. Learn to forgive.



- a. Let go of anger towards anyone who has hurt you.
- b. Give up feeling resentment towards anyone who has wronged you.



Happiness activities.

8. Do activities that truly engage you.



- a. Read a good book so that you “lose” yourself in the story. (*It’s called “Flow” or “Optimal experience.”*)
- b. Take up a hobby that you would really love to do. Enjoy it to the maximum.



Ideas: Write a short story. Listen to the “St Matthew Passion” by JS Bach. Discover Beethoven’s music. Try drawing a flower. Buy a cheap digital camera and take photos of friends and family. Hang the photos on the wall. Look at them and always think “I love these people.”



Happiness activities.

9. Pay attention to the beauty around us.



- a. Smell a flower.
- b. Enjoy the living landscape surrounding us.
- c. Walk in the rain. You can dry off later. You don't get a cold this way.
- d. Think, write, draw, share with others.

It might sound corny but it can help to make you happy.

Happiness activities.

10. Set some goals to achieve something important to you.

Set about working towards these goals.
You have the time now to do it gradually.



Remember, you are more patient now!

Happiness activities.

11. Practice your religion and immerse yourself in its rituals and compassion.



This can be deeply satisfying for some and can generate a unique form of happiness.

Happiness activities.

If you're not religious, explore **spirituality** which can allow you to discover your inner self and see if you have connections with the infinite universe.



Try meditating and see what happens.

If you don't know how to, find out! You should at least try!

Happiness activities.

If you're not religious or spiritual then
become an **ATHEIST!**
It's quite fashionable to be an atheist.



Surprisingly, this will also make you happy
because you will be searching for information
that will make you think more deeply about your
position.

The search generates happiness because you will
end up knowing more than you did before.

Happiness activities.

Atheism not for you?

Then become an **AGNOSTIC!**

Agnosticism is a healthy position to hold until you find that compelling evidence for the existence of God.

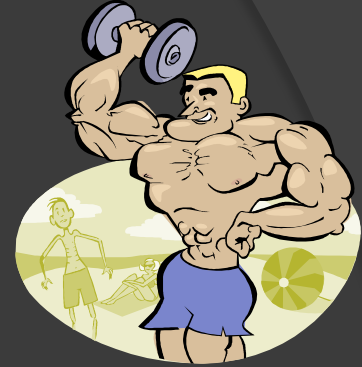


You may or may not find what your looking for but the search will transform you and, once again, you will emerge as a happier person. You will have learned a lot more than you thought possible. You might even change your view.



Happiness activities.

12. Look after your body.



a. Do some physical activity no matter how small. Get moving somewhere, somehow – even if it's only to the bus stop. Try walking to the next bus stop before you get on the bus.

b. Smile and laugh a lot.

Have you ever seen an unhappy person who is laughing their head off?

Happiness activities.

There are many more ideas like these. You'll think of your own ways to generate happiness. You can see the way now.

Start with just one activity that suits you.

Remember the 94% of people who simply wrote down three good things each day for two weeks.

They became happier just by doing that alone. They experienced relief from their sadness and depressive feelings. Imagine what you can do if you try two or more of these activities.

You have the power to
make yourself up to
40% happier
than you are right now.

Don't search for happiness.
You can make happiness happen to you
through ...

what you **SAY**,
what you **DO** and
what you **THINK**.



It always works that way.

The End.

A presentation by Geoff based on current research about happiness

plus a few ideas of my own that I know work for me.

I hope the ideas you choose to try will work for you.

They will work if you try.

They will work if you stick at them.

They are your “Happiness Work” for you alone (But you can share them with others).

Don't forget that *you will make others happy* in many ways just because you become a happier person yourself.

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