

The Science of Happiness

Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.
~William Arthur Ward

Introductions

- Kyle Leia Heyesen, PHHS Planner
- Share one thing that brings you happiness today?

FALSE:
WHEN THINGS
CHANGE I WILL BE
HAPPY.

TRUE:
WHEN I AM HAPPY,
THINGS WILL
CHANGE.

Bringing the Happiness Advantage to work

- 21 day goal – tracking sheet
- Committing conscious acts of kindness: You Matter cards
- Discuss Conscious Acts of Kindness

Re-wiring your brain for HAPPINESS

*happiness, not in another
place but in this place ...
not for another hour,
but this hour.
- Walt Whitman*

Rewiring the brain for calm, contentment, and happiness

- Rick Hanson – Taking in the Good
https://www.youtube.com/watch?v=1LD_DzhDlqM
- Worksheet/practice

Happiness Exercise

- Happiness is.....

