

Happy Hour

FINDING HOPE THROUGH
HAPPINESS



Welcome and Gratitude Activity



Keeping our expectations low



It isn't business as usual

Goal is getting through this

Managing expectations of ourselves or others

And

Happiness is a
skill that can be
learned



Things That DO Impact Happiness

Relationships

Purpose and Meaning - Ikigai

Gratitude

Service and Altruism

Fun

Being Outside/Nature

“Do Nothing” Time

Creativity and Flow

Spirituality and personal belief systems



It's going to be okay... we'll figure it out



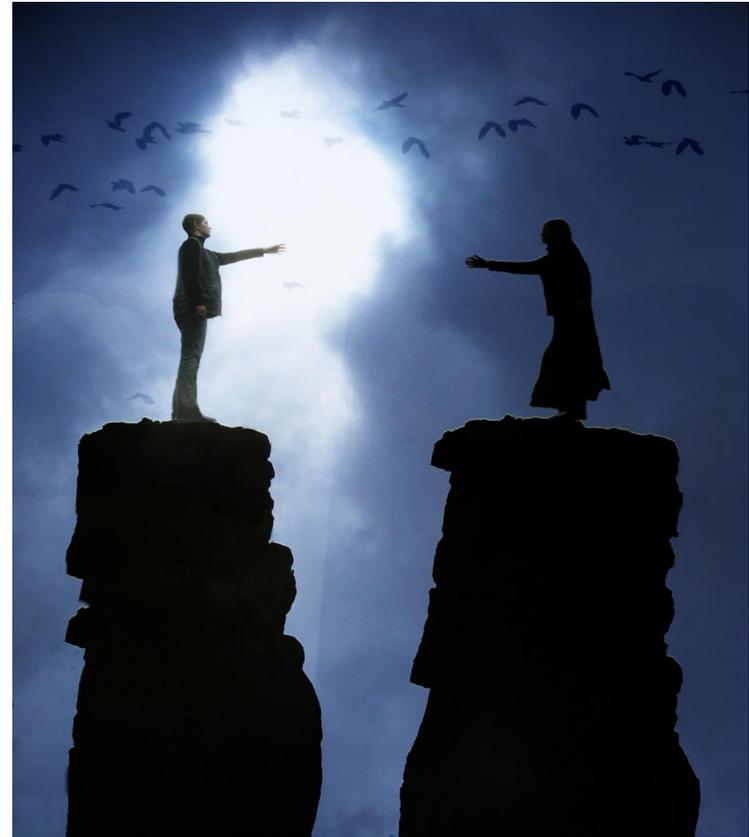
It's not business as usual

What can we do?

Focus on things that we know will increase happiness

Today's Topic: Relationships

Strategy: Using technology to stay connected



Evidence for Relationships

Across all studies, relationships are the number one predictor of happiness

Biological basis for need for others

Social capital – how our relationships help us

Varying our types of relationships

- Needs different people in different ways
- Not expecting one person to meet all our needs



Relationships

Close Relationships

- In the house
- With close relatives not with you
- Friends, family, others you worry about
- People who you feel close to



Social Integration

- Your community
- People you may interact with regularly, but may not know well
- classmates, teachers, coworkers, kids' friends
parents, neighbors



Maybe I don't know??

An Evaluation of my Relationships	I have a person like this	I am this for someone else	I have a need/desire for this in my life, but don't currently have it	I don't feel like I need this in my life right now
Someone to play with and have fun				
A 2 a.m. friend – someone I could call at any time				
Someone to help me with tasks, like cleaning, organizing, painting,				
A confidant to keep my secrets				
Someone I can complain to				
Someone to hug, hold, cuddle				
Someone who makes me laugh				
A hang out/drop in friend who can hang out				
A dreamer who helps me set goals				

What we need to build relationships

COMMON INTEREST

What are the things that you can talk about when you are together?

What are the things about which you are both passionate?

Strategies:

- Online classes
- New hobbies or activities
- Group chats or other topics

REPEATED CONTACT

Need to talk on a consistent basis to build up relationship

- Acquaintance – 40 hours
- Close Friend – 250 hours

Strategies:

- Scheduled time together
- Regular check ins
- Distance check ins (memes, jokes, texts)

Relationships and Social Distance

How can we use technology to build and maintain relationships

- – an interview with Dr. Matt Mishkind
- Can relationships be maintained when there is no face to face contact?
- How can technology bridge that gap?
- Talk about the role of social media during this time -- helpful, harmful, or both?
- What are some cool or new apps that people may not be aware of to keep us connected?
 - Do memes and jokes count?
 - Tips for having fun with these different kinds of technology?
- Talk about screen time for kids during the quarantine
- What are some specific strategies for playing with technology?

Top Apps Worldwide | Q1 2020 (vs. Q4 2019)

DOWNLOADS

1		TikTok	-
2		WhatsApp Messenger	+1
3		Facebook	-1
4		Instagram	+1
5		Facebook Messenger	-1
6		Likee	-
7		Snapchat	+1
8		SHAREit	-1
9		Netflix	+1
10		Spotify	-1

CONSUMER SPEND

	Tinder	-
	YouTube	+3
	Netflix	-
	iQIYI	-
	Tencent Video	-3
	TikTok	+2
	Disney+	+++
	Google One	+1
	Pandora Music	-3
	LINE Manga	-

MONTHLY ACTIVE USERS

	Facebook	+1
	WhatsApp Messenger	-1
	Facebook Messenger	-
	WeChat	-
	Instagram	-
	TikTok	-
	Alipay	-
	Kwai(快手)	+6
	Pinduoduo	+2
	Taobao	-2

LEVEL UP.

Note: Downloads and consumer spend based on combined iOS App Store and Google Play as of March 28th. MAU based on iPhone and Android phone combined, last full month of data (Feb 2020). All estimates from App Annie Intelligence.

Top Games Worldwide | Q1 2020 (vs. Q4 2019)

DOWNLOADS

1		Brain Out	6
2		Hunter Assassin	+ 12
3		Woodturning	+++
4		Johnny Trigger	+ 68
5		PUBG MOBILE	- 2
6		Free Fire	—
7		WormsZone.io	+++
8		Subway Surfers	- 3
9		Draw Climber	+++
10		Rescue Cut	—

CONSUMER SPEND

	Game For Peace	2
	Honour of Kings	- 1
	Monster Strike	- 1
	AFK Arena	+ 34
	Candy Crush Saga	- 1
	Lineage 2	+ 31
	Fate/Grand Order	- 2
	Gardenscapes - New Acres	+ 5
	PUBG MOBILE	+ 2
	Rise of Kingdoms	+ 6

MONTHLY ACTIVE USERS

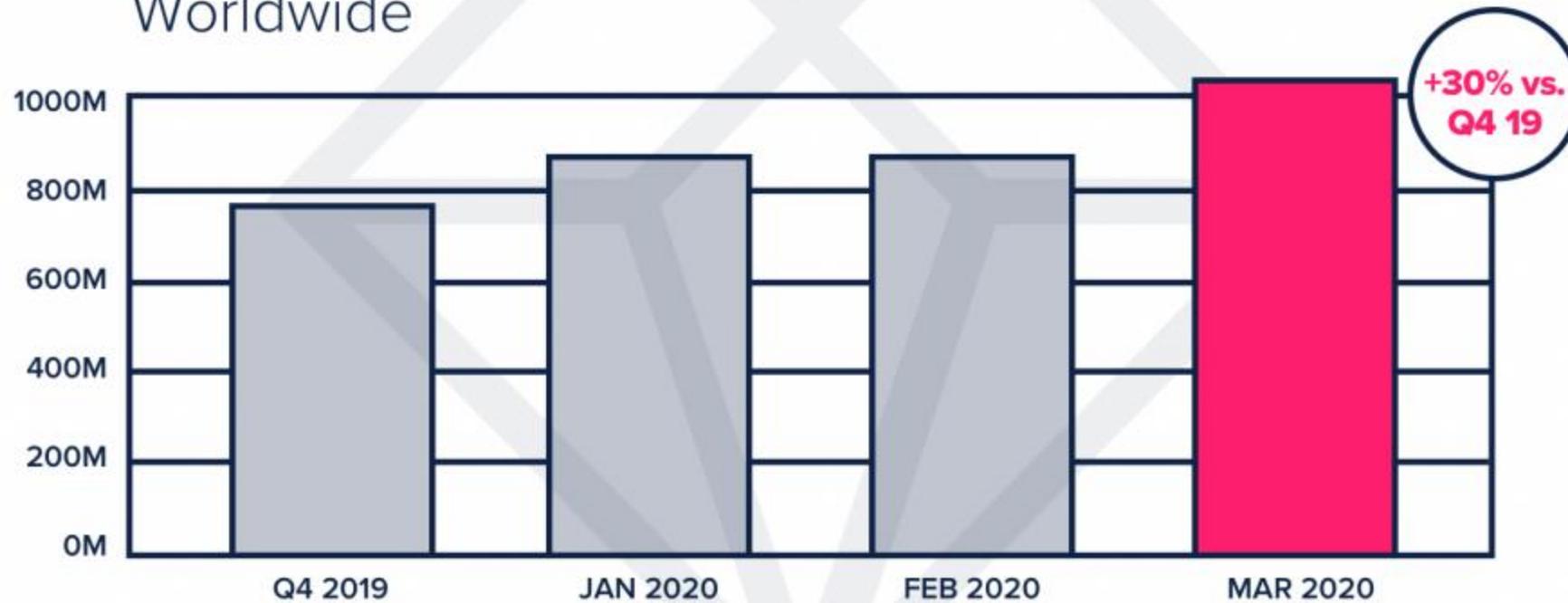
	PUBG MOBILE	—
	Candy Crush Saga	+ 1
	Honour of Kings	+ 1
	Game For Peace	+ 3
	Call of Duty: Mobile	- 3
	Anipop	—
	Subway Surfers	+ 2
	Clash of Clans	—
	Pokémon GO	- 4
	Minecraft Pocket Edition	+ 3

LEVEL UP.

Note: Downloads and consumer spend based on combined iOS App Store and Google Play as of March 28th. MAU based on iPhone and Android phone combined, last full month of data (Feb 2020). All estimates from App Annie Intelligence.

Avg. Weekly Downloads in Games

Worldwide



LEVEL UP.

*Note: iOS and Google Play. March based on March 1 – 28 data.
All estimates from App Annie Intelligence.*

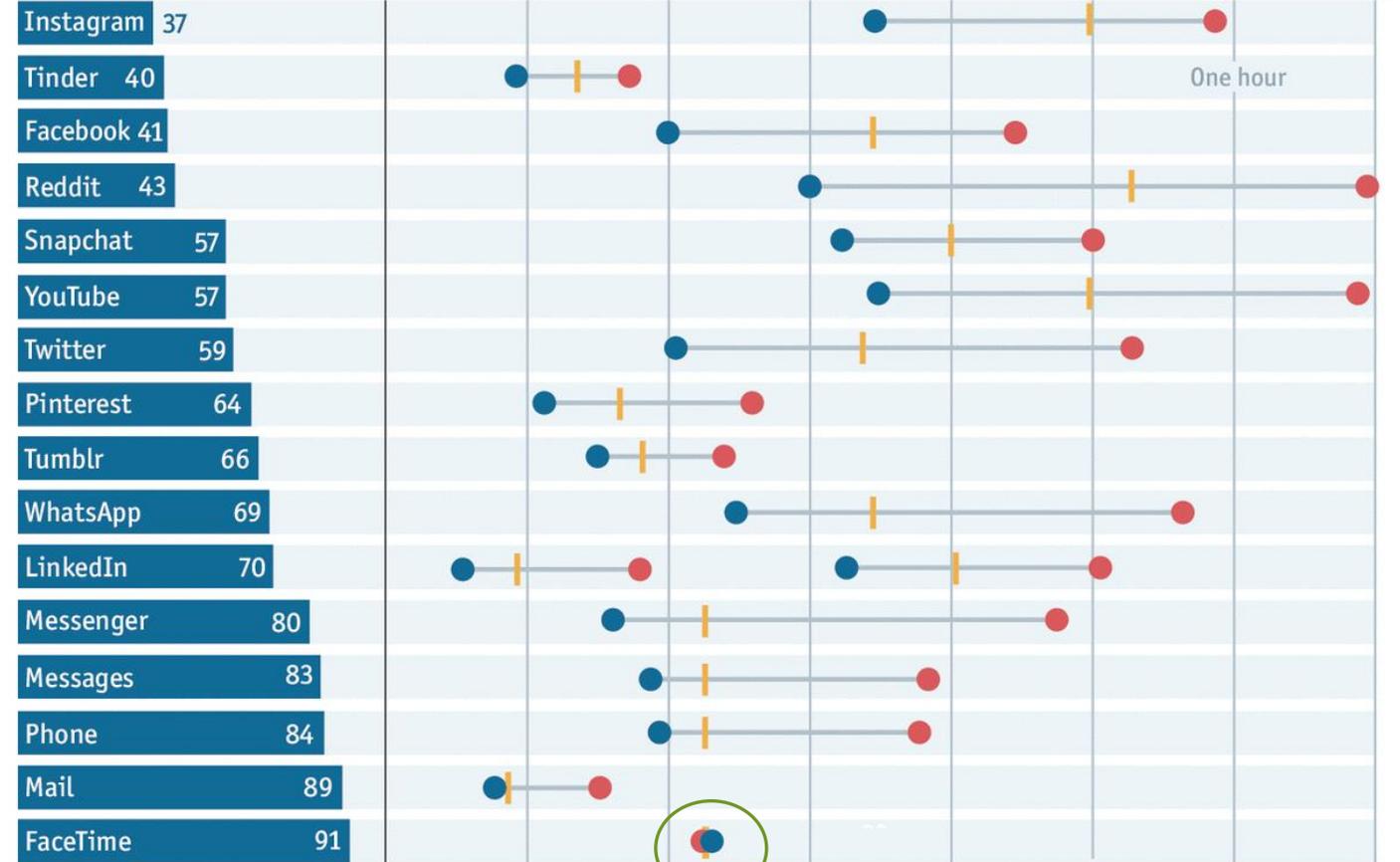
Unhappy hours

Users of Moment*, April-May 2018

% of users who are happy with the amount of time they spend on each app

Daily minutes spent on app

● Happy users ● Sad users | All users



Interactive



Source: Moment

Economist.com

*A time-management app

The **TAKEAWAY**

What is one thing you want to try this week in terms of relationships:

- - What is one thing I want to try to stay connected to my close relationships
- - What is one thing I can do to feel connected and that I am part of a community?
- How am I viewing my relationships as a benefit (not a burden) during this week?
- What is one fun thing I plan to try using technology this week?