Happy Hour

FINDING HOPE THROUGH HAPPINESS
Welcome and Gratitude Activity
Getting through this using what we know

Happiness is a skill that can be learned
What have we learned

Joy

Laughter and taking ourselves less seriously

Fun

relationships
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
The power of gratitude

Gratitude has demonstrated benefits including:
- Alleviate anxiety and decrease fear
- Improve depression
- Build Self-Esteem
- Improve Relationships
- Increase Happiness

Gratitude and the Brain
Gratitude Research

Participants were randomly assigned to one of three groups:
- things for which they were grateful,
- things that bothered or annoyed them,
- things that were neutral.

Daily Writing about gratitude:
- Measures of well being
- Depression
- Hopefulness and optimism
- Life contentment
Gratitude and Meaning

The Water Heater Story

Bringing it all together – the Final Week

Making sense of this time through gratitude
Is it just luck?

Gratitude and Comparisons

What are the things that you have been grateful for, simply by a matter of circumstance?

For me:
- Age of my child
- Ability to work from home
- No one I know is sick
- Access to technology, internet

In What Ways am I grateful for certain life circumstances:

1.
2.
3.
4.
5.
6.
Making Lemons into Lemonade

What are the ways in which you have adapted to get through this time?

What might you find works for you?

For me:
- Daily walks/runs
- Family board games
- Weekend hikes
- I remembered that I know how to cook
- Spending time in my own back yard
- Creativity and fun

What will I keep?
1.
2.
3.
4.
5.
6.
### Doing the hard work: growth and change

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<thead>
<tr>
<th>Reasons</th>
<th>n/a</th>
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<th>2</th>
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<tbody>
<tr>
<td>Enhances my health and well being</td>
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<td>Improves my quality of life</td>
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<td>Helps me to make a difference in the world</td>
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<td>Deepens my meaning and purpose</td>
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<td>Advances my professional goals</td>
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<td>Advances my personal goals</td>
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<td>Brings joy to my life</td>
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<td>Helps me to connect with my community</td>
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<td>Nurtures my family life</td>
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<td>Nurtures my friendships</td>
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<td>Fosters my faith/spirituality</td>
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<td>I have given up a lot for this (list out if you like)</td>
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<td>I have gained a lot from doing this (list out if you like)</td>
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*Chart of Grateful Reasoning. From: The Gratitude Factor by Charles M. Shelton, 2010*
What will I take from this time?

What was the most surprising thing that happened?

What was one thing that was uncomfortable, but forced you to grow?

How am I different now than two months ago?

What might this mean for me moving forward?
  ◦ How do I nurture positive changes?

Though I am not grateful for the pandemic, one thing that I can express gratitude for is...
Thank you note project – write a thank you note to someone each week
*keep a daily gratitude journal
*write down a list of blessings and keep them in a box; set a time to review them
*participate in 100 days of gratitude on Instagram or Facebook
*take a daily walk and acknowledge all the things you see and appreciate
*pay it forward, grateful for sharing your gifts or blessings – help others be grateful
*write on bathroom mirror one thing for which you are grateful before bed so you will see it in the morning
*transform apologies for gratitude (rather than, sorry for being late. say “thank you for waiting for me.”)
*simply saying the words, “Thank You”
What comes next?

For you?

For Happy Hour?

For us as a community?
THANK YOU!!

GRATITUDE is the Key to HAPPINESS