

# Happy Hour

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FINDING HOPE THROUGH  
HAPPINESS



# Welcome and Gratitude Activity

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Getting through this using what we know

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Happiness is a  
skill that can be  
learned



# What have we learned

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Joy



relationships

Laughter and taking  
ourselves less  
seriously



Fun



# Things That DO Impact Happiness

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Relationships

Purpose and Meaning - Ikigai

**Gratitude**

Service and Altruism

Fun

Being Outside/Nature

“Do Nothing” Time

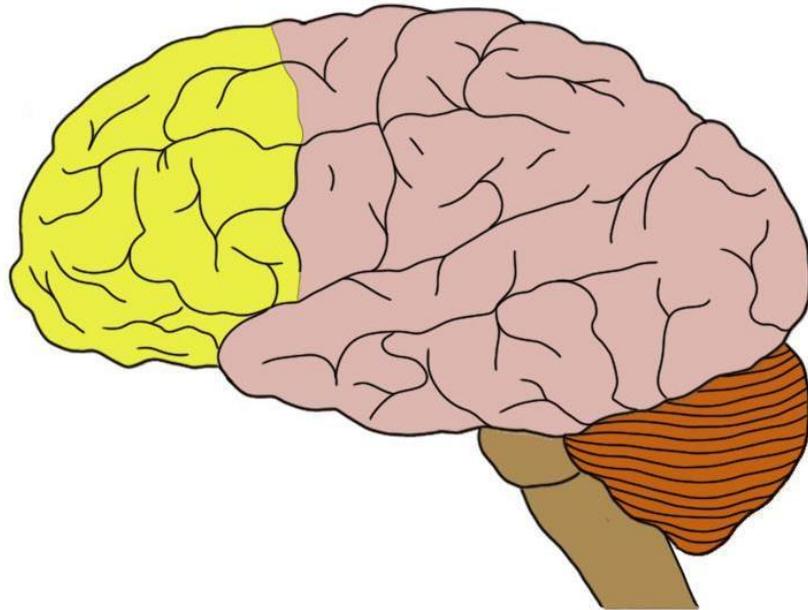
Creativity and Flow

Spirituality and personal belief systems



# The power of gratitude

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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

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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

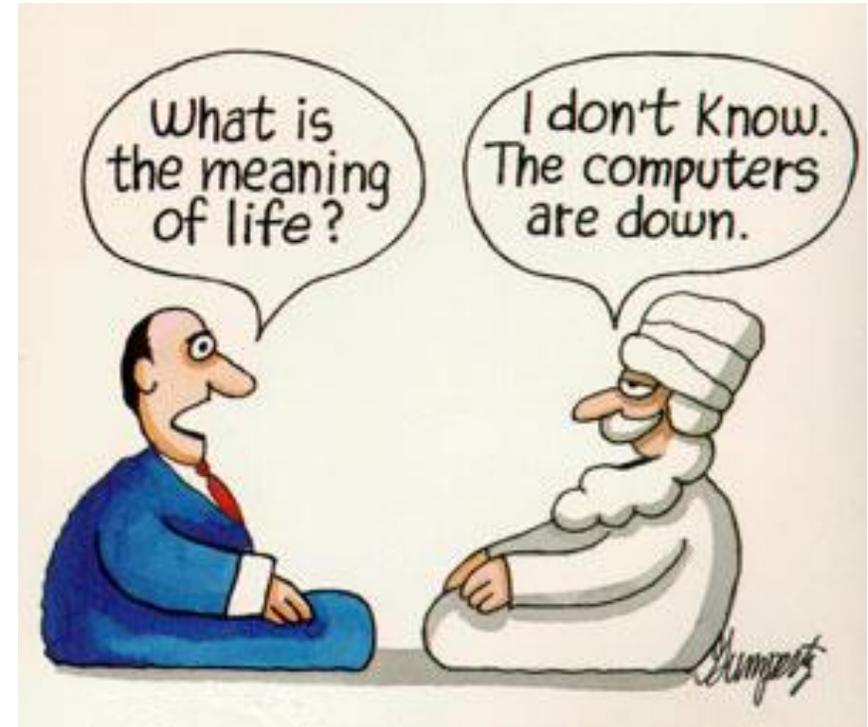
# Gratitude and Meaning

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The Water Heater Story

Bringing it all together – the Final Week

Making sense of this time through gratitude



# Is it just luck?

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## 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

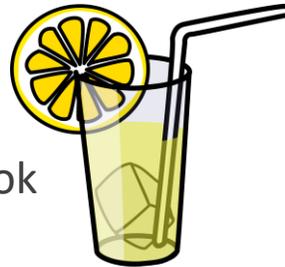
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What are the ways in which you have adapted to get through this time?

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

Reasons	n/a	1	2	3	4	5
Enhances my health and well being						
Improves my quality of life						
Helps me to make a difference in the world						
Deepens my meaning and purpose						
Advances my professional goals						
Advances my personal goals						
Brings joy to my life						
Helps me to connect with my community						
Nurtures my family life						
Nurtures my friendships						
Fosters my faith/spirituality						
I have given up a lot for this (list out if you like)						
I have gained a lot from doing this (list out if you like)						

# What will I take from this time?

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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...



# The **TAKEAWAY**

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- \*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?

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For you?

For Happy Hour?

For us as a community?

# THANK YOU!!

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