What is Joy...

A feeling of great pleasure and happiness.
We all want it.
Everybody’s chasing it!
It’s the one thing we want for our kids.
The American Dream...
What will make you happy?
What is happiness?
“Happiness is an inside job.”

William Arthur Ward
“Ninety percent of your long-term happiness is predicted not by the external world, but by the way your brain processes the world.

Dr. Shawn Achor
Founder GoodThinkInc
Author of The Happiness Advantage
If You Think You Can, You Can!
And, If You Think You Can’t, You’re Right!
Resilience is...

- The ability to become strong, healthy, or successful again after something bad happens.
- The ability to “bounce back” when life doesn’t go as planned.
- A function of your ability to cope and the availability of resources to support health and well-being.
Resilience is Not...

- Resilience **IS NOT** about avoiding or denying stress or going through life without experiencing stress or pain.
- People feel grief, sadness, and a range of other emotions after adversity or loss.
Resilience (and Happiness) Can Be Learned!

- We used to believe resilience was something you were born with (or not).
- Building your resilience is sort of like weight training...you can’t go to the gym once and come out fit.
- Likewise, resilience is something we must constantly work on.
- The more you work out, the stronger you’ll be.
Random Acts of Kindness

Doing an act of kindness produces the single most reliable momentary increase in well-being of any exercise that has been tested.

Dr. Martin Seligman
University of Pennsylvania
Three Good Things

- Write down three good things
- Every night for two weeks
- In the last two waking hours of your day
- Focus on the positive!
- You will likely be happier for as long as six months
Gratitude Letters

“Happiness is not what makes us grateful. It is gratefulness that makes us Happy.”

David Steindl-Rast
Gratitude is a Gift
You Give Yourself

- Decreased depressive symptoms and increased feelings of well being
- Improved psychological well-being
- Improved working memory
- Improved sleep
- Improved immune system function
- Improved relationships
- Improved coping with emotional upheavals
Social Connections

• Loneliness is harmful to your health
  • Increases chance of premature death by 50%
    • Same as smoking 15 cigarettes a day
    • Air pollution increases risk of premature death by 5%
    • Obesity increases risk of premature death by 20%
    • Alcohol increases risk of premature death by 30%
• 40% of Americans are lonely at any given time
• Why is talking about loneliness taboo – silent epidemic
• Facebook makes it worse
• 4 am friends
• What Makes a Good Life- R. Waldinger
Parting Thoughts...

- Kindness Wins
- Focusing on the Positive Makes a Difference
- Gratitude Changes Things
- Relationships are key to Health, Happiness and Longevity
- Gratitude - Louis Schwartzberg
Living Well Meeting
Finding Joy

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