

The Happiness Advantage: Creating Lasting Positive Change

Odisea Macias
25 February 2017

"When I am unhappy, I tell myself that I am taking the easy easy way out, that happiness is a battle to be waged and not a feeling to be awaited".
-Denis Prager

Perspective

Positive

Introduction
Part 1: News and Perspectives
Part 2: The Life of a College Student
Part 3: Stress Management
Part 4: Creating Lasting Positive Change

Part 1: News and Perspectives
Write the word that best describes your current mood.
Happy Neutral Negative

Part 2: The Life of a College Student
What are your top 3 hobbies/ things that you are passionate about?

Part 3: Managing Stress
Stress Multiplier
• Amplified feelings of anxiety
• Higher emotional reactivity
• Higher risk of illness
• Lower productivity
• Lower creativity
• Lower motivation
• Lower self-esteem
• Lower self-confidence
• Lower self-efficacy
• Lower self-regulation
• Lower self-control
• Lower self-discipline
• Lower self-motivation
• Lower self-compassion
• Lower self-acceptance
• Lower self-respect
• Lower self-worth
• Lower self-value
• Lower self-esteem
• Lower self-confidence
• Lower self-efficacy
• Lower self-regulation
• Lower self-control
• Lower self-discipline
• Lower self-motivation
• Lower self-compassion
• Lower self-acceptance
• Lower self-respect
• Lower self-worth
• Lower self-value

Part 4: Creating Lasting Positive Change
- It takes **21** days to break or build a habit.
- You can train your brain to do this, all you need is two minutes, a journal, and privacy.

Shawn Achor's - The Happiness Advantage
- 5 Gratitude
- Journaling
- Exercise
- Meditation
- Random Acts of Kindness

Opening:

The word that best
describes your current mood:

Happy Neutral Sad

Agenda

Part 1: News and Perspective

**Part 2: The Life of a College
Student**

Part 3: Stress Management

**Part 4: Creating Lasting
Positive Change**

Part 1: News and Perspective

Write the word that best
describes your current mood:

Happy Neutral Negative



What are the top 5
things you think
about when you
hear the word
'News' in a media
setting?

The ratio of bad news vs. good news in
the media is :

17:1

Negativity Bias: our collective hunger
to hear and remember bad news.

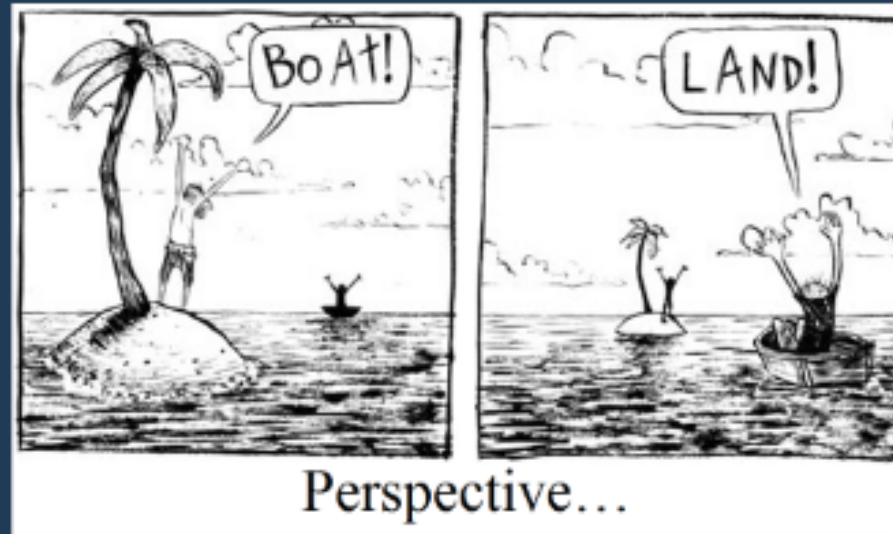
des

*Does media create
that negative news
bias OR does it
respond to our
preference for bad
news over good
news?*

"Not m
the len
world

"Not necessarily does reality change us, but the lens through which your brain views the world changes your reality".

– Shawn Achor



How can we realistically apply this?



alistically apply this?



Part 2: The Life of a College Student

What are your top 5
hobbies/ things
that you are
passionate about?

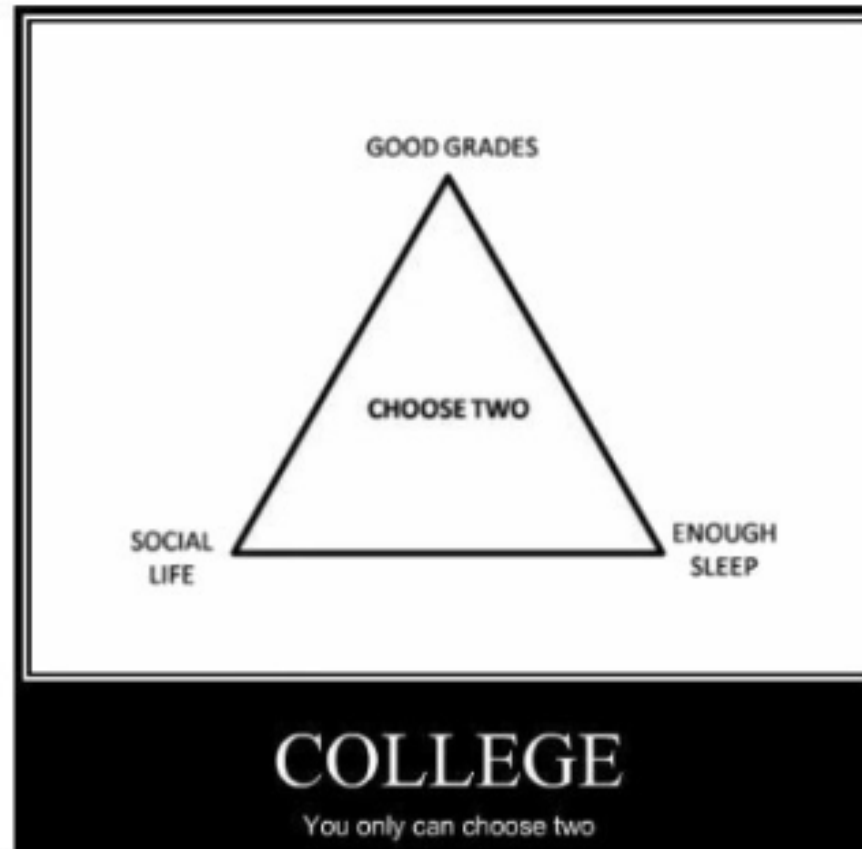


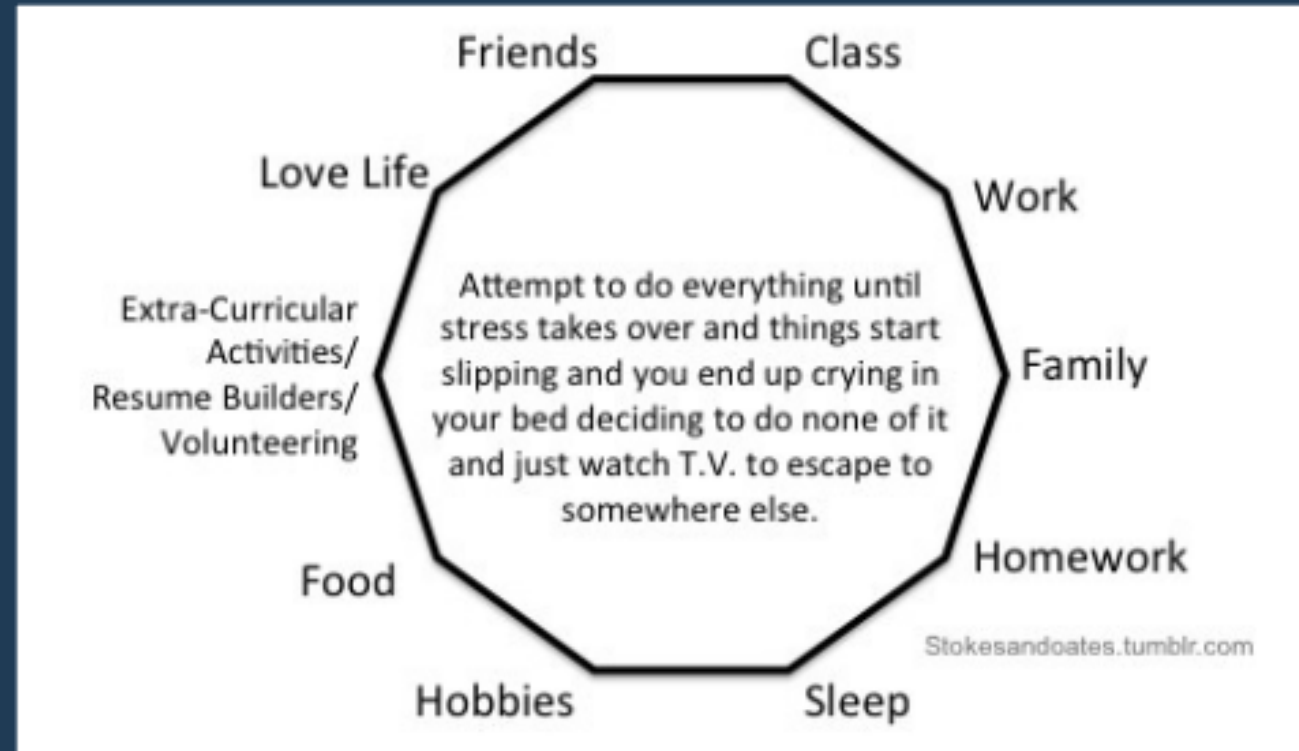
can change our formula for happiness and
success we can affect our reality...

Hard + Happiness = Success

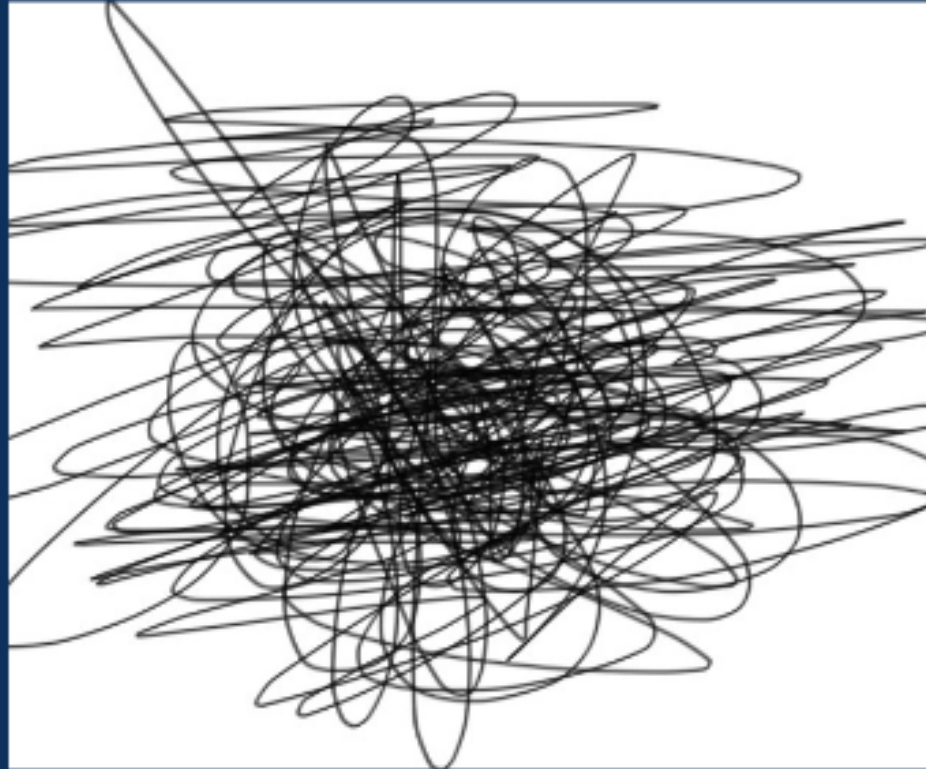


Per





The biggest challenge is deciphering the meaning of
life, which is this shape:



#lifegoals

Most believe...

Work Hard + Success = Happiness



+



=



If we can change our formula for happiness and success we can affect our reality...

Work Hard + Happiness = Success



+



=



Your brain at a **positive** state performs significantly better than at negative, neutral or stress.

Your intelligence, creativity, and energy level rises by **31%**.

"When I am unhappy, I tell myself that I am taking the easy easy way out, that happiness is a battle to be waged and not a feeling to be awaited".

-Denis Prager

The Happiness

Positive

Shawn Achor's - The Happiness Advantage

[illegible]

- 3 Gratitudes
- Journaling
- Exercise
- Meditation
- Random Acts of Kindness

- It takes **21** days to break or build a habit.
- You can train your brain to do this, all you need is two minutes, a journal, and privacy.

- It takes **21** days to break or build a habit.
- You can train your brain to do this, all you need is two-minutes, a journal, and privacy.

perspective

Agenda

- News and Perspective
- The Life of a College Student
- Business Management
- Creating Lasting Positive Change

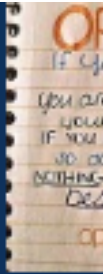
Heat
and moist.
Negative

The Happiness Advantage: Creating

Part 3: Managing Stress

Stress Statistics:

- American Institute of Stress:
- <https://www.stress.org/stress-is-killing-you/>
- **Stress** is the #1 killer, it kills and breaks down every organ in the body.
- **Stress** is the basic cause of 60% of all human illness and disease.
- **Stress** increases: the risk of heart disease by 40%, risk of heart attack by 25% and the risk of stroke by 50%.
- 40% of **stressed** people overeat or eat unhealthy foods.
- 44% lose sleep every night.
- **Stress** shrinks the brain, it reduces grey matter in regions tied to emotion and physiological functions.



Stress is a challenge, not a threat. Stress is inevitable but you do have control over your response to it.

OPTIMISM IS KEY

If you expect the WORST,
the WORST will happen
you are your own STRESS, your own ANGER,
your own SADNESS and FRUSTRATION
IF YOU LET THINGS BOTHER YOU, THEY WILL
so don't let them. JUST BE HAPPY! 😊
NOTHING in life is EASY, so make the
best of all of it.
don't dwell on the negatives
optimism is key.

Time Management: The Quadrant Approach

QUADRANT 1 *Quadrant of Necessity* Important, Urgent ✓

Crisis
Emergencies
Disaster
Deadline Projects
Last Minute preparations
Pressing Problems

STRESSED LIFE!



QUADRANT 2 *Quadrant of Quality* Important, NOT Urgent ✓

Exercise
Relationship Building
Values Clarification
Book you want to write
Bonding with kids
Preparation.Planning



ACHIEVE GOALS
FASTER!

QUADRANT 3 *Quadrant of Deception* Not Important, Urgent ✗

Interruptions, some calls
mails, reports
Some meetings
"Pressing matters"
appear important but not important!



Interrupts
Productivity!

QUADRANT 4 *Quadrant of Waste* Not Important, Not Urgent ✗

Facebook
Checking fun emails
Time wasters
Mindless TV Shows
Trivia, Busywork
Wasting good time

⚠ DANGER

NO GOALS
ACHIEVED!

Time Management: The Quadrant Approach Results

Quadrant 1:

- Results include: stress, burnout, crisis management, always putting out fires.

Quadrant 2:

- Results include: vision, perspective, balance, discipline, control, few crises

Quadrant 3:

- Results include: short term focus, crisis management, feeling victimized and out of control, shallow relationships.

Quadrant 4:

- Results include: total irresponsibility, fired from jobs, dependent upon institutions for basics.

Time Management Tips:

- Spend time planning and organizing.
- Set goals and prioritize.
- Use a “to do” list.
- Consider your biological prime time.
- Establish routines and stick to them.
- Set timelines for tasks.
- Create organized systems for doing things more efficiently.
- Eliminate the urgent.
- Find where you are wasting time and stop doing those things.
- Don't waste time waiting.
- Avoid being a perfectionist.
- Conquer procrastination.
- Learn to say “no.”
- Reward yourself.

...inks the brain, it
...er in regions tied to emotion
...ological functions.

ve

Part 4: Creating Lasting Positive Change

- It takes **21** days to break or build a habit.
- You can train your brain to do this, all you need is two-minutes, a journal, and privacy.

Creating Lasting Positive Change

Shawn Achor's – The Happiness Advantage

- 3 Gratitudes
- Journaling
- Exercise
- Meditation
- Random Acts of Kindness



Summary:

1. Happiness is a choice.
2. Happiness spreads.
3. When making decisions, ask yourself whether they are important and not urgent. Focus on maintaining valuable relationships and achieving important results.
4. Waiting to be happy limits our brains potential for success.
5. Happiness is an advantage.
6. Share this with anyone. Tiny tweaks can lead to big changes.

Stress Management
Creating Lasting
Positive Change

perspective

"When I am unhappy, I tell myself that I am taking the easy easy way out, that happiness is a battle to be waged and not a feeling to be awaited".

-Denis Prager

Positive

- Stress is the #1 factor that slows down every organ in the body.
- Stress is the basic cause of human illness and disease.
- Stress increases the risk of disease by 40%.
- 40% of stressed people eat unhealthy foods.
- 44% lose sleep at night.
- Stress shrinks the brain's grey matter in the hippocampus and prefrontal cortex.

and
re
at best
nt mood:
Negative

Creating Lasting
Shawn Achor
Happiness
• 3 Gratitude
• Journal

THANK
YOU!