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 Advantage: Creating Lasting Positive Change

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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.
Does media create that negative news bias OR does it respond to our preference for bad news over good news?
"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?
Part 2: The Life of a College Student

What are your top 5 hobbies/things that you are passionate about?
College
You only can choose two

GOOD GRADES

SOCIAL LIFE

ENOUGH SLEEP

CHOOSE TWO
Attempt to do everything until stress takes over and things start slipping and you end up crying in your bed deciding to do none of it and just watch T.V. to escape to somewhere else.
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."

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Part 3: Managing Stress

Stress Statistics:

- American Institute of Stress:
- **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

**QUADRANT 2: Quadrant of Quality**
- Important, NOT Urgent
  - Exercise
  - Relationship Building
  - Values Clarification
  - Book you want to write
  - Bonding with kids
  - Preparation/Planning

**QUADRANT 3: Quadrant of Deception**
- Not Important, Urgent
  - Interruptions, some calls
  - mails, reports
  - Some meetings
  - “Pressing matters” appear important but not important!

**QUADRANT 4: Quadrant of Waste**
- Not Important, NOT Urgent
  - Facebook
  - Checking fun emails
  - Time wasters
  - Mindless TV Shows
  - Trivia, Busywork
  - Wasting good time
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.
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 Gratitude
- 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.
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THANK YOU!