

How to Foster Happiness: Cultivating Emotional Language and Pursuing Value- based Actions

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Are You?

Happy?

How do you Know?

ARE YOU
HAPPY?

YES

NO

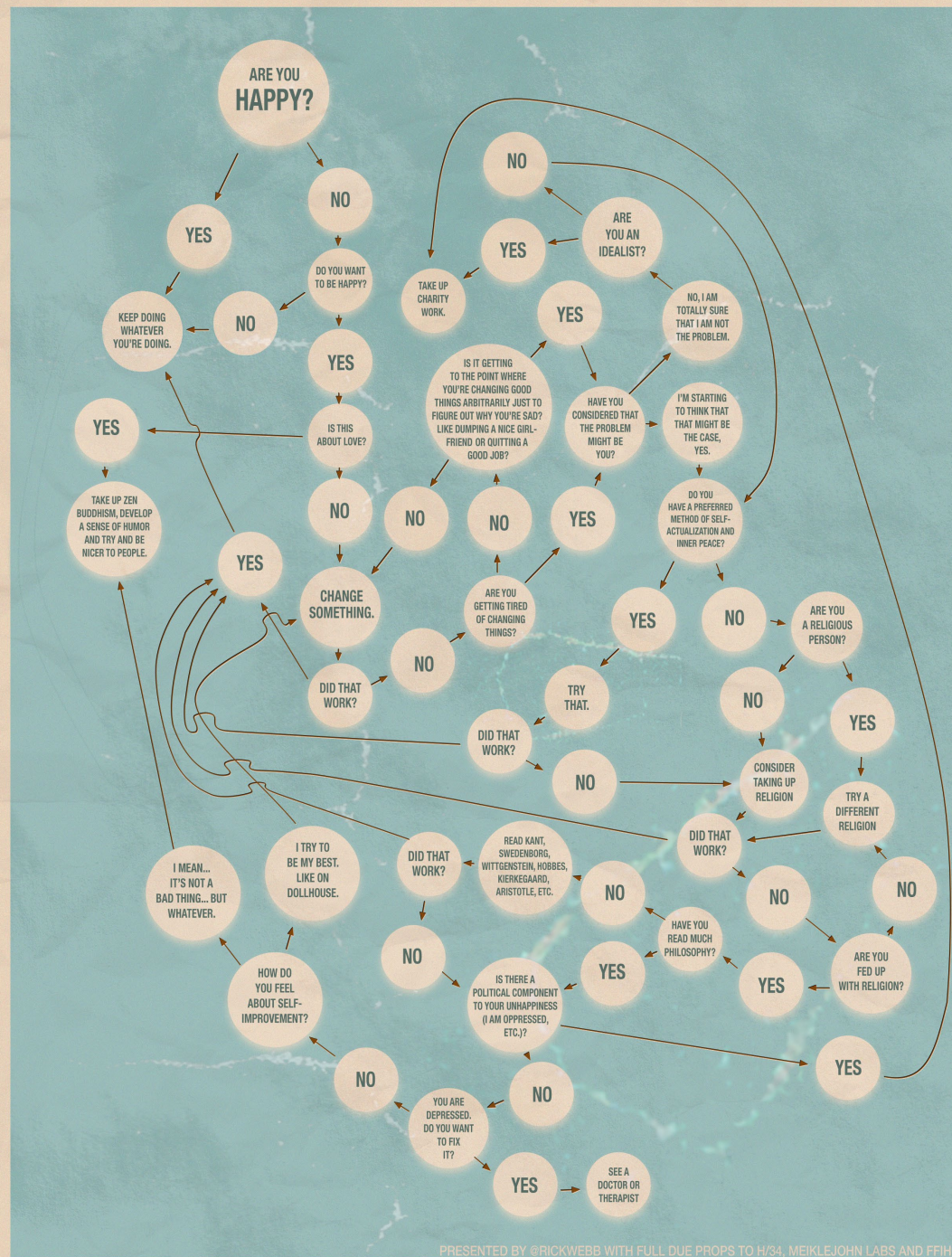
CHANGE
SOMETHING.

DO YOU WANT
TO BE HAPPY?

YES

NO

KEEP DOING
WHATEVER
YOU'RE DOING.



**Maybe a
different
understanding?**

Are you?

Present (vs. distracted)?
Aware?

Connected?

Let's try
this
together



Happiness is... (UC Berkley, Greater Good Science Center, <https://greatergood.berkeley.edu>)

...a formal definition of happiness can be tricky. After all, shouldn't we just know it when we feel it?

In fact, we often use the term to describe a range of positive emotions, **including amusement, joy, pride, and contentment.**

- To understand the causes and effects of happiness, researchers first need to define it.
- For most, the term happiness is interchangeable with "subjective well-being," which is typically measured by asking people about how satisfied they feel with their lives (evaluative)
- how much positive and negative emotion they tend to feel (affective)
- and their sense of meaning and purpose (eudaimonia)

Science of Happiness?

(imperfect)

The idea of measuring and comparing happiness over time

Or

Cultivating habits that serve wellbeing and happiness is a dynamic, and often present aspect, not the end goal.



Expectations and Pressure:

On Happiness, "trying to be happy" (perception of the desired constant state)

Where in my life is this Re-enforced?

Do we expect to find it, deserve it, it finds us? (passive)

Do we cultivate? (Active)

Relationships (including that with ourselves)

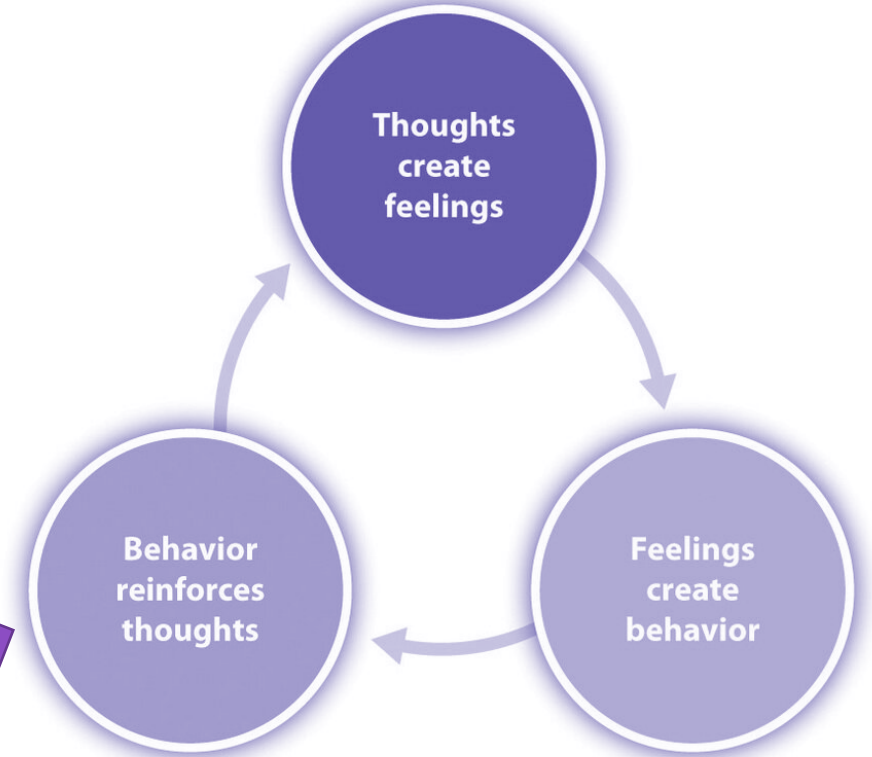
Choices

Intentions

Our Thinking and thinking about our thinking

Our recognition of, and experience of emotion

CBT Models



Chasing that elusive state and the “myth of arrival”

We're always chasing something--be it a promotion, a new car, or a significant other. This leads to the belief that, "When (blank) happens, I'll finally be happy."

While these major events do make us happy at first, research shows this happiness doesn't last. A [study](#) from Northwestern University measured the happiness levels of regular people against those who had won large lottery prizes the year prior. The researchers were surprised to discover that the happiness ratings of both groups were practically *identical*.

The mistaken notion that major life events dictate your [happiness](#) and sadness is so prevalent that psychologists have a name for it: *impact bias*. **The reality is, event-based happiness is fleeting.**

11 Habits of Supremely Happy People
By Dr. Travis Bradberry, Contributor
TalentSmart, President and 'Emotional Intelligence 2.0,' Coauthor
[11 Habits of Supremely Happy People | HuffPost Life](#)



Being, Connecting, Noticing and *Doing

Harvard Study of Adult Development – one of the longest-running studies on happiness.

- Social connections and community vs. isolation, disconnection
 - Healthier, “happier”, live longer
 - Threat to happiness is not from ...others, rather us, thoughts, not aligned with values or identification of what is important to us, how we think and want to engage with the world.
 - **Relationships**
 - **Not just the number of friends or simply being in a relationship, rather the quality of those relationships**
 - **Think Social media use, how do you engage? Feedback loops and quality (instant validation, fleeting and diminishing returns)**
 - **Why is this so hard**
 - **Relationships are complicated, hard work and take lifelong cultivation, pruning, re-growing**

Chemistry, our facilitators.

The good news is we have control.

(neuro-transmitters)

The skill of understanding naming *and not avoiding* emotions (not just tolerance, rather acceptance as intrinsic)

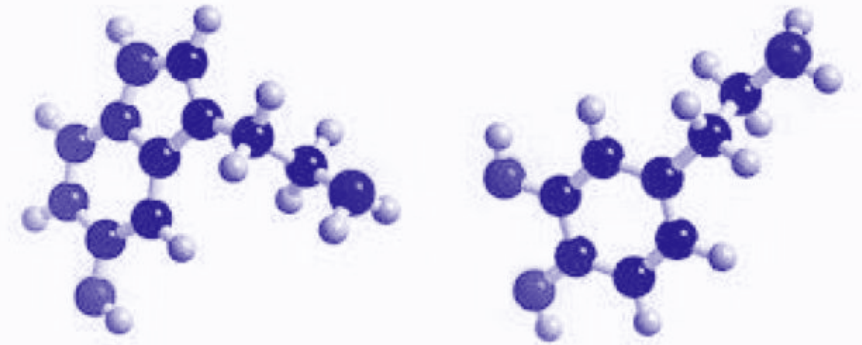
Note: Feelings are never dangerous!

This practice of understanding of ourselves

=

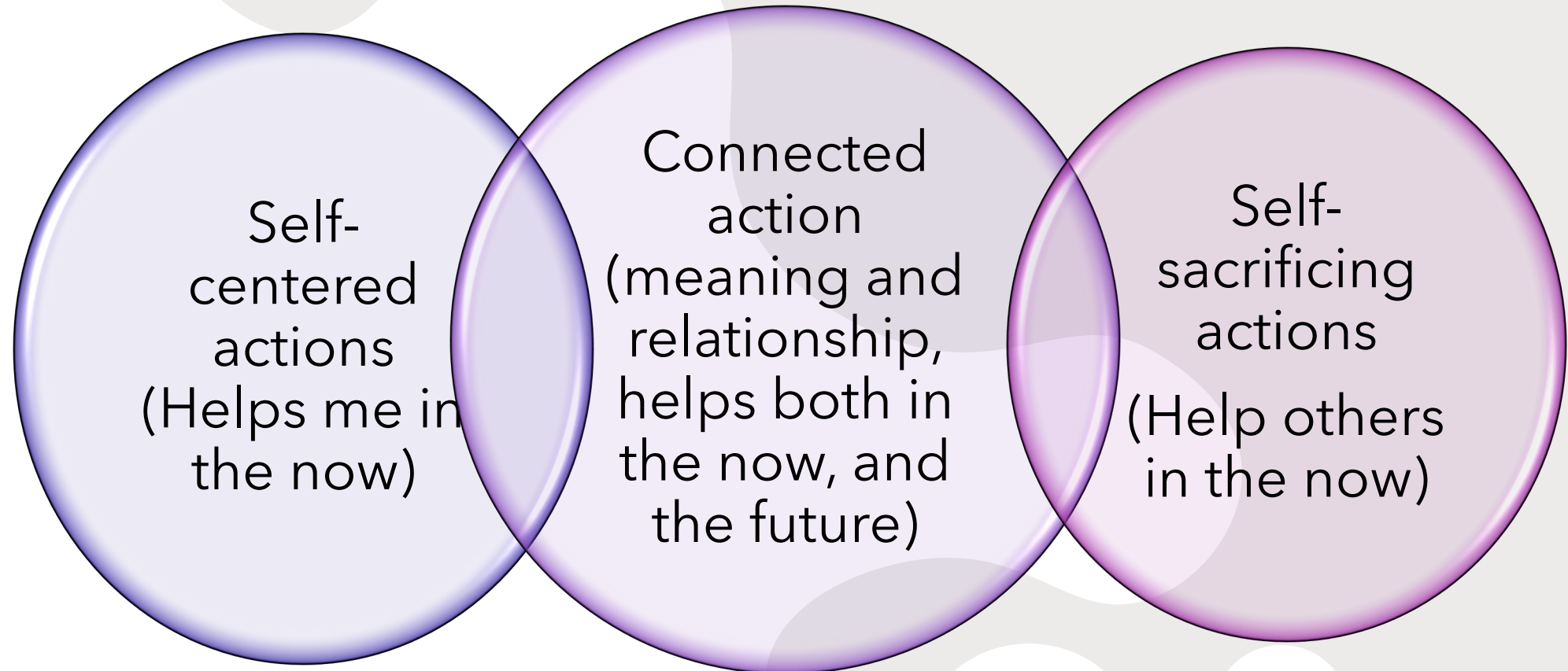
empathetic capacity for others, enabling quality of relationships and creating meaning

SEROTONIN & DOPAMINE



Technically, the only two things you enjoy

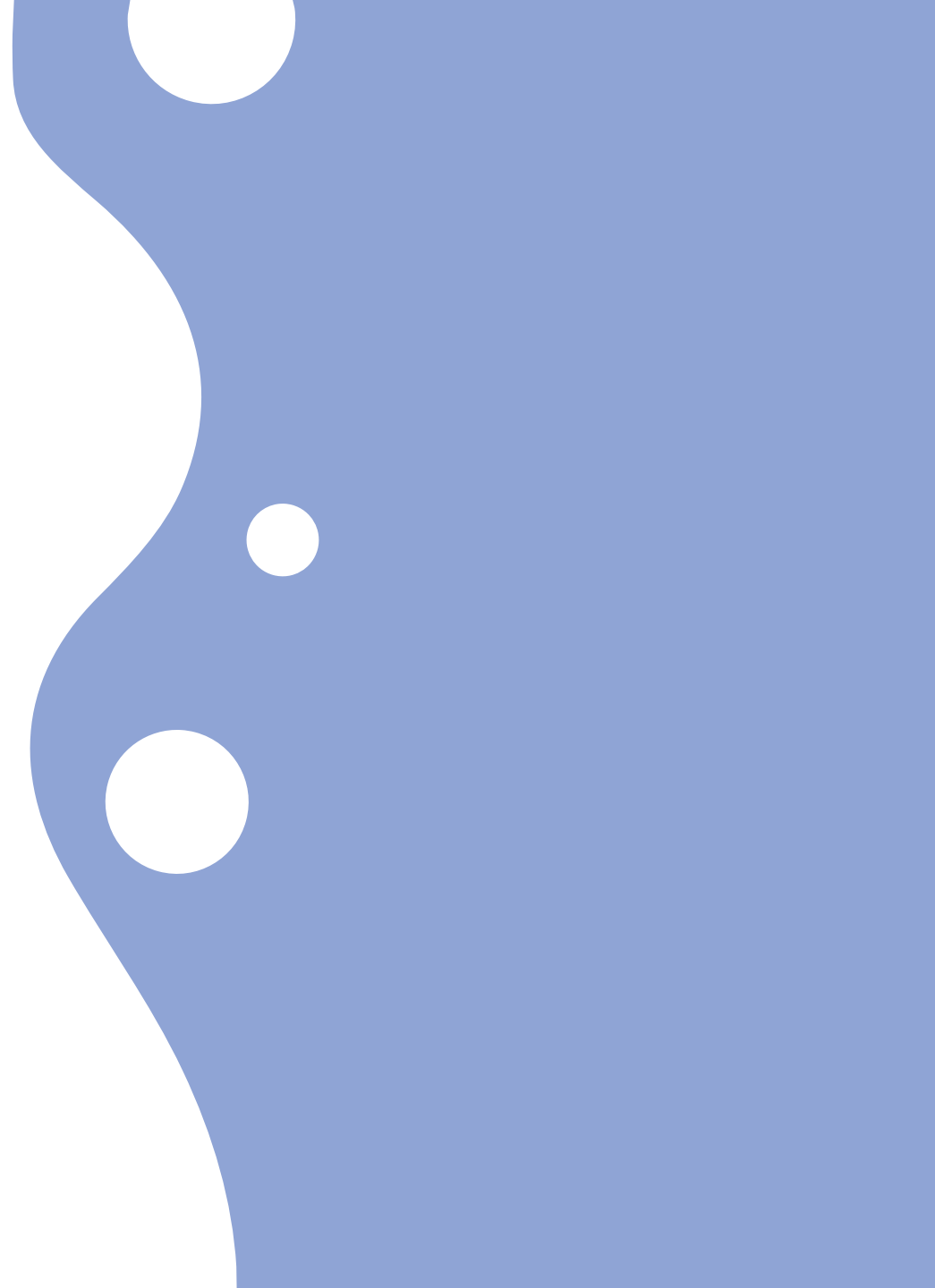
Connection



Values mini-identification

Take a moment – write down or think to yourself:

- What are 2 things that are important to me?
- How much time every day do I spend attending to those things?

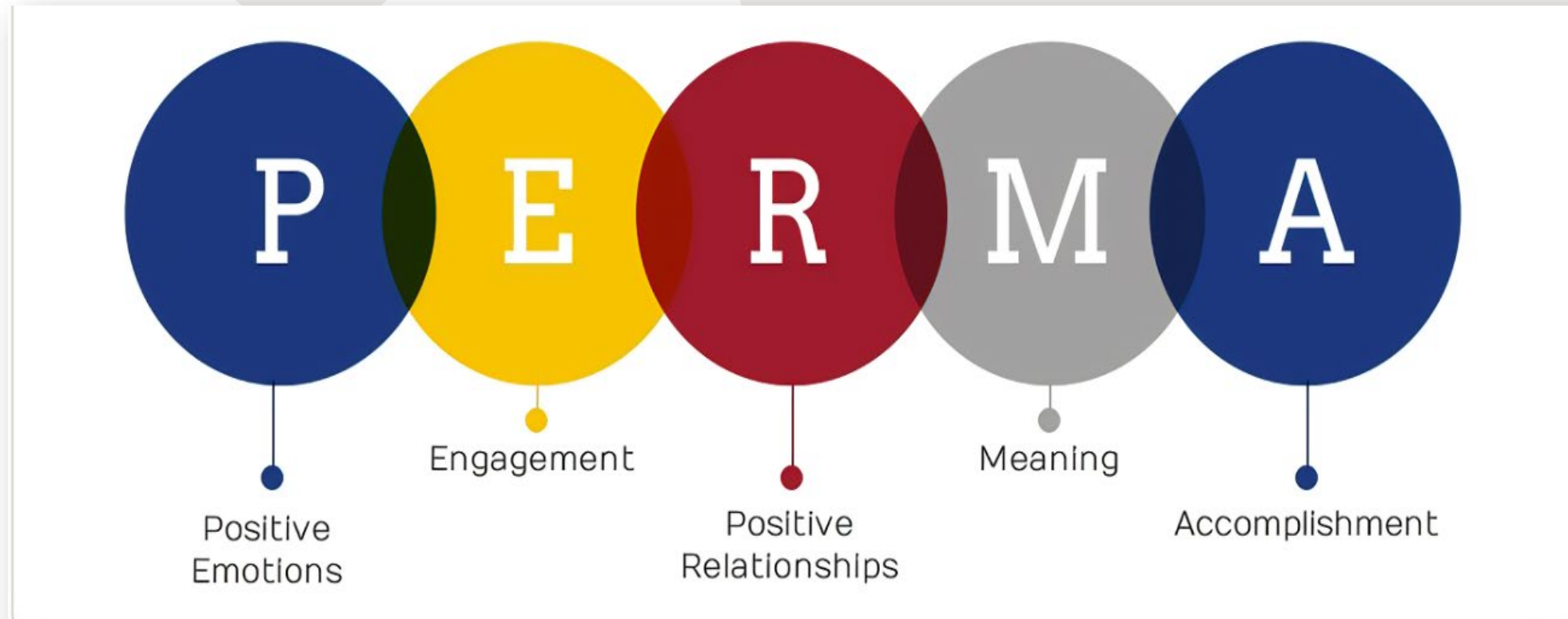


Thinking and Values/Meaning

Dr. Martin Seligman's PERMA+ Model Explained: A Theory of Wellbeing


24 Feb 2017 by Melissa Madeson, Ph.D.

Scientifically reviewed by Maike Neuhaus Ph.D; [The PERMA Model: Your Scientific Theory of Happiness \(positivepsychology.com\)](http://positivepsychology.com)




P – Positive Emotion

Positive emotion is much more than mere 'happiness.'



Positive emotions include hope, interest, joy, love, compassion, pride, amusement, and gratitude.




Positive emotions are a prime indicator of flourishing, and they can be cultivated or learned to improve wellbeing (Fredrickson, 2001).

E – Engagement

According to Seligman (2012), engagement is “being one with the music.”



It is in line with Csikszentmihalyi's (1989) concept of “flow.” Flow includes the loss of self-consciousness and complete absorption in an activity. In other words, it is living in the present moment and focusing entirely on the task at hand.



Flow, or this concept of engagement, occurs when the perfect combination of challenge and skill/strength is found (Csikszentmihalyi & LeFevre, 1989).

R – Positive Relationships



Relationships encompass all the various interactions individuals have with partners, friends, family members, colleagues, bosses/mentors/supervisors, and their community at large.



Relationships in the PERMA model refer to feeling supported, loved, and valued by others. Relationships are included in the model based on the idea that humans are inherently social creatures (Seligman, 2012). There is evidence of this everywhere, but social connections become particularly important as we age.

M – Meaning



Another intrinsic human quality is the search for meaning and the need to have a sense of value and worth.




Seligman (2012) discussed meaning as belonging and/or serving something greater than ourselves.



Having a purpose in life helps individuals focus on what is really important in the face of significant challenge or adversity.

A – Accomplishments/Achievements



Achievement/Accomplishment in PERMA is also known as achievement, mastery, or competence.

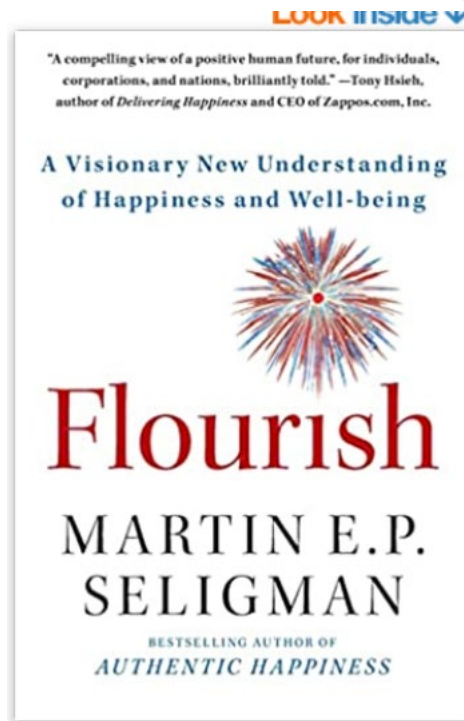
A sense of accomplishment is a result of working toward and reaching goals, mastering an endeavor, and having self-motivation to finish what you set out to do. This contributes to wellbeing because individuals can look at their lives with a sense of pride (Seligman, 2012).

Tools:

PURPOSE+ PERMA Profiler

This PURPOSE+ PERMA Profiler is a quick online assessment that asks relevant questions related to each component of PERMA.

<https://www.purposeplus.com/survey/perma-profiler/>



In general, to what extent do you lead a purposeful and meaningful life?

Not at all ○ ○ ○ ○ ○ ○ ○ ○ ○ Completely

The Flourishing Scale asks participants to rate themselves on specific areas of wellbeing. Flourishing is one of the most important components of resilience and wellbeing.

The-Flourishing-Scale-Statements.png (1200×1048) (b-cdn.net)

[illegible]



Cultivating Emotional Language

A few things.

Lifelong process of learning, naming and re-learning, because we, relationships, and circumstances change, emotions are adaptive.

Mini emotional check; right now

How are you feeling? (body)

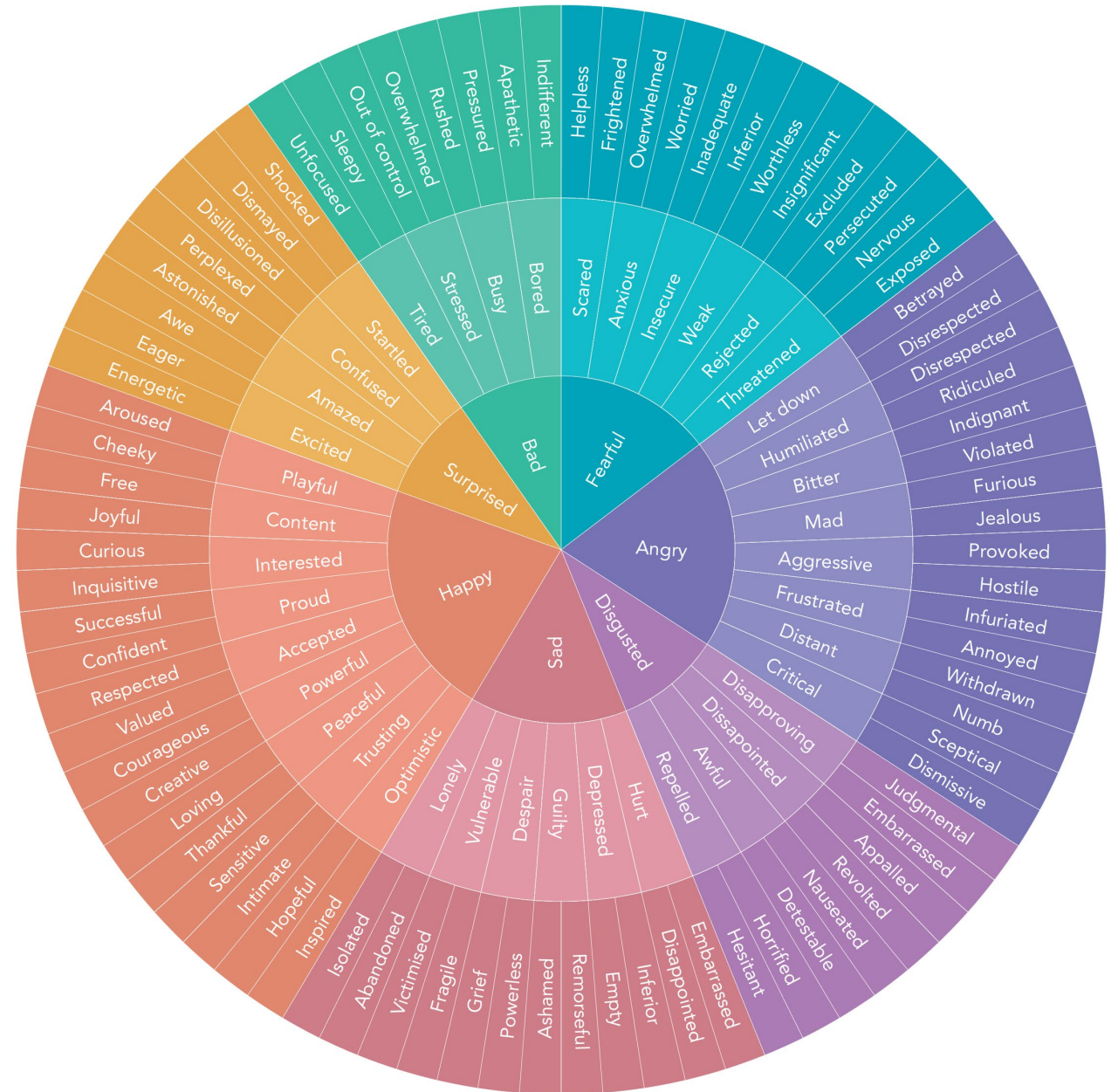
What are you feeling? (emotional name)

Bonus - How many emotions can you name?



Emotions are complicated

Beyond dyads or absence of (i.e., Happy vs Angry or absence of Sad)



A way to build language & practice emotional identification

The Ekman's Atlas of Emotions <http://atlasofemotions.org/#introduction/>



The Timeline

Our emotions are
The timeline
that initiate
experiences
a response

Try choosing
from the list

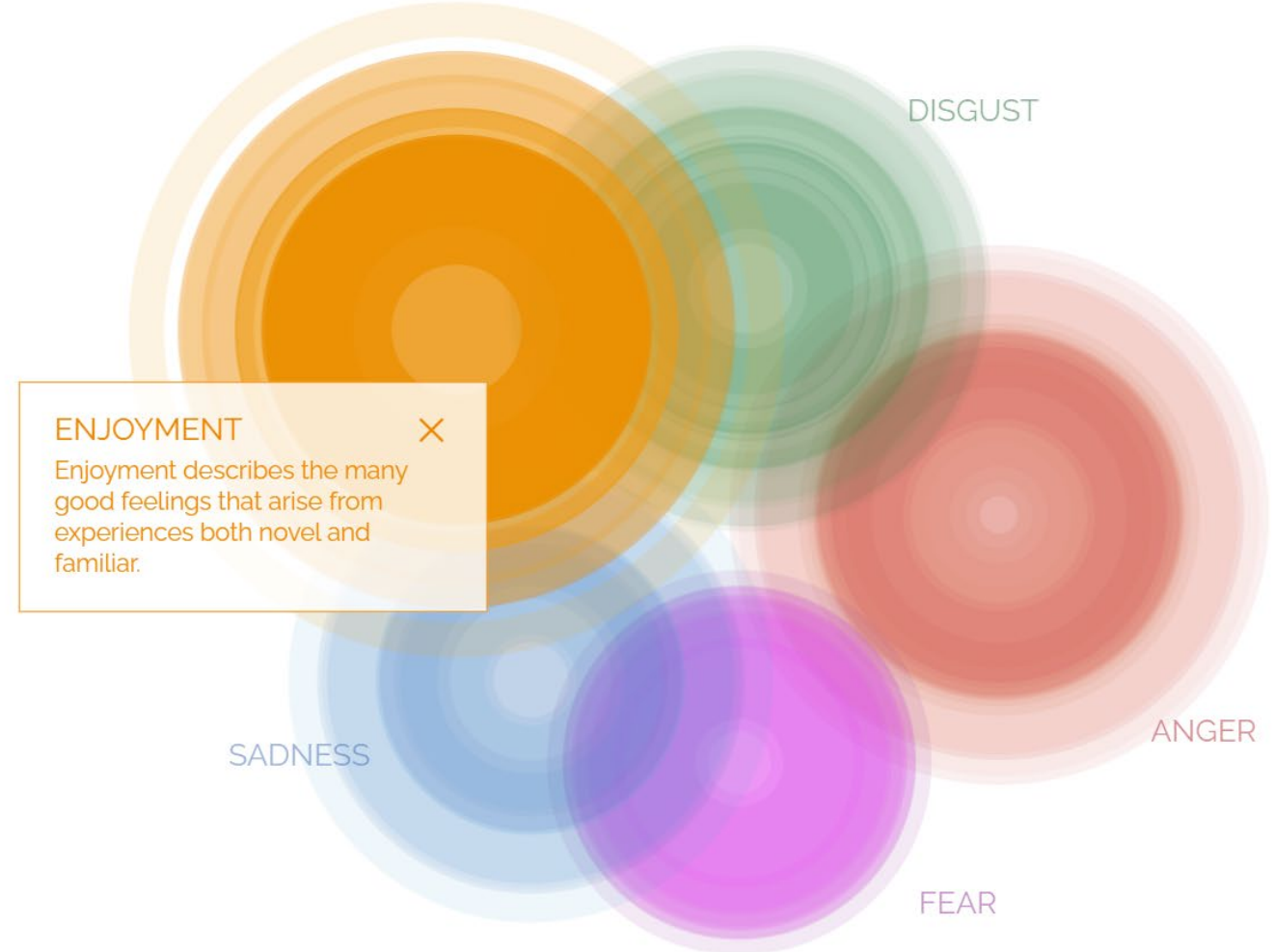
Notice how
lead to a
depending

HOW

Our Experience

Most emotions researchers agree on these five Universal Emotions: emotions that all humans, no matter where or how we were raised, have in common. The movement of the shapes reflects the fluid nature of emotions – the way their strength and frequency varies from moment to moment. Select an emotion to learn more.

Introduction Timeline **Experience** Response Strategies 



Emotional Coping Wheel

1. Recognize
2. Stay with, don't avoid or deny
3. Name
4. Notice
5. Intentional Action



1. Recognize you're having an emotion 2. Stay with it for a minute or two 3. Name the emotion 4. Notice your physical sensations 5. Ride it out or use a coping skill

Wellbeing and Relationship Habit (Cultivation) Tip List

*To cultivate
is to care,
respond
and invest*

Train your brain to be more positive

Express gratitude

Nurture and enjoy your relationships

Live in the moment and savor life's pleasures AND
engage in hard tasks and validate accomplishments

Focus on living with meaning, aligned with your values.
Recognize and re-assess your values over time, they will
change over time

Practice:

Deep connections (not only fleeting boost of "surface/comparison-based" boosters, as this can be an exhausting cycle with low returns)

Kindness (a choice we often have is whether to be right or be kind)

Mindfulness, awareness in the moment. Choosing what and how to pay attention.

Discernment - Filter noise (everything is urgent, so nothing is important)

Care for yourself (Dimensions of wellbeing: physical, health, financial/security, psychological...)

A Few more apps:

MOOD METER APP



The screenshot shows the Mood Meter app website. At the top, there's a navigation bar with 'App', 'Team', 'Process', and 'Science'. The main heading is 'MOOD METER' with the subtitle 'Build Emotional Intelligence to Last a Lifetime'. Below this are buttons for 'Download on the App Store' and 'ANDROID APP ON Google play'. A paragraph describes the app as a gift of self-awareness based on research from Yale. At the bottom, there are five colored boxes with icons and text: 'Expand your emotional vocabulary', 'Gain insights about your inner life', 'Regulate your feelings', 'Remember to check in with yourself', and 'View your report'. A smartphone on the right shows the app's interface with a forest background and a 'Back' button.

App Team Process Science

MOOD METER

Build Emotional Intelligence to Last a Lifetime

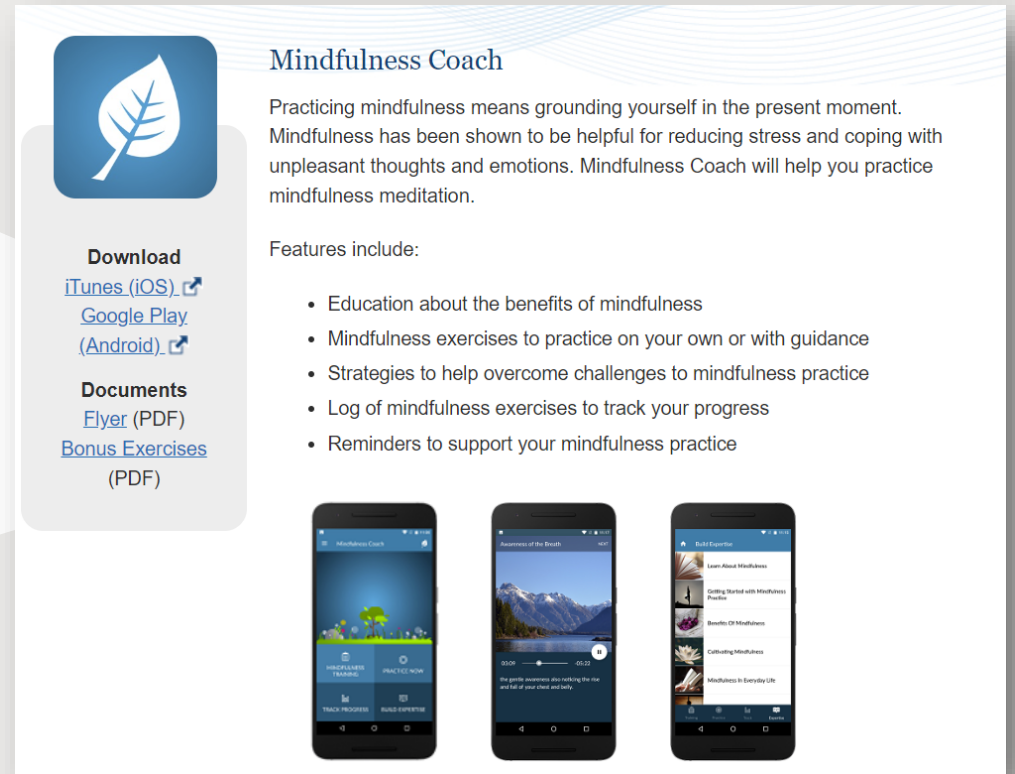
Download on the App Store ANDROID APP ON Google play

A gift of self awareness for yourself, and for others. Based on decades of research from Yale. Tell your Mood Meter mobile app how you feel and build emotional intelligence that lasts a lifetime.

- Expand your emotional vocabulary. Discover the nuances in your feelings.
- Gain insights about your inner life. Learn what's causing your feelings over time.
- Regulate your feelings. Use strategies to regulate your feelings, enhance how you manage your life.
- Remember to check in with yourself. Use reminders to check-in on your feelings throughout the day.
- View your report. Learn how your feelings are affecting your decisions, relationships, and performance.

Over time, you'll develop emotional intelligence skills that can help you in all areas of life.

Mindfulness Coach - PTSD: National Center for PTSD (va.gov)



The screenshot shows the Mindfulness Coach app website. It features a blue leaf icon in a square. Below the icon are links to 'Download iTunes (iOS)' and 'Google Play (Android)'. There are also links for 'Documents', 'Flyer (PDF)', and 'Bonus Exercises (PDF)'. The title 'Mindfulness Coach' is followed by a paragraph about practicing mindfulness. Below this is a list of features. At the bottom, three smartphones show different app screens: a home screen with a tree, a meditation session with a mountain background, and a 'Build Together' screen with various icons.

Mindfulness Coach

Practicing mindfulness means grounding yourself in the present moment. Mindfulness has been shown to be helpful for reducing stress and coping with unpleasant thoughts and emotions. Mindfulness Coach will help you practice mindfulness meditation.

Features include:

- Education about the benefits of mindfulness
- Mindfulness exercises to practice on your own or with guidance
- Strategies to help overcome challenges to mindfulness practice
- Log of mindfulness exercises to track your progress
- Reminders to support your mindfulness practice

Download [iTunes \(iOS\)](#) [Google Play \(Android\)](#)

Documents [Flyer \(PDF\)](#) [Bonus Exercises \(PDF\)](#)

Thank you!

This is a start, explore more on your cultivation journey (lots out there!)

<https://www.tenpercent.com/all-podcasts>

<https://optimistminds.com/happiness-scales/> (happiness and scales for measuring)

<https://positivepsychology.com/psychology-of-happiness/> (some research summaries)

<https://daringtolivefully.com/happier-tal-ben-shahar#:~:text=Harvard%E2%80%99s%20most%20popular%20course%20was%20a%20class%20on,1504%20%E2%80%93%20Positive%20Psychology%2C%20was%20described%20as%20follows%3A> (an overview and resources from Harvard's famous 'Happiness Course')

https://corporatetrainingmaterials.com/products/Increasing-Your-Happiness?utm_source=bing&campaign-name=01S&device=c&mclid=159a5a27bc201fa5bf4239bdb3ed2cfb&utm_medium=cpc&utm_campaign=01s%3A%20us&utm_term=happiness%20training&utm_content=Increasing%20Your%20Happiness (a promo for a paid course, but has some good 'cut and paste' tips for helping to improve one's happiness)

And here too!

<https://parrcenter.unc.edu/programs/happiness-and-well-being/> (Parr Center for Ethics)



The Positive Emotions and Psychophysiology Laboratory, <https://peplab.web.unc.edu/>

Take a good
breath and think of
who you will
intentionally
connect with
today

