

HAPPINESS FITNESS

strategies for more joy in your life



Dianne Callahan
Founder, Lighthearted Life



LIFE SUCKS

PATHOLOGY

ILLNESS

NEUROSIS

WHAT IS
WRONG
WITH YOU?

IS THIS ALL
THERE IS...?

LIFE
SATISFACTION

WHAT IS
RIGHT
WITH YOU?

WELL-BEING



POSITIVE
EMOTIONS

ENGAGEMENT

RELATIONSHIPS

MEANING

ACCOMPLISHMENTS



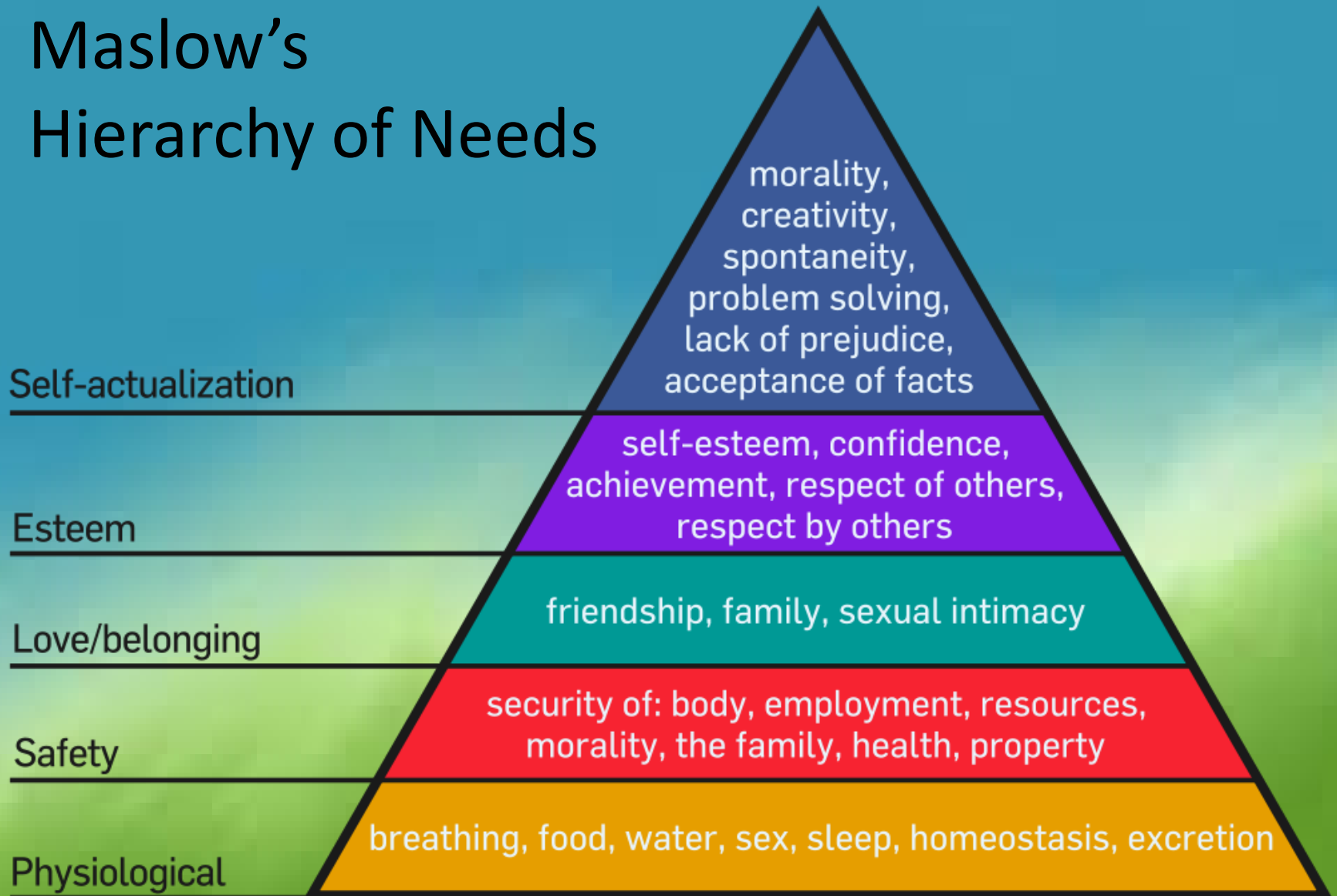
$$\begin{array}{r} 3x + 10 \\ \sqrt{5 - x} \end{array}$$



TRADITIONAL PSYCHOLOGY

POSITIVE PSYCHOLOGY

Maslow's Hierarchy of Needs



HAPPY PEOPLE ARE HEALTHIER



They have lower rates
of cardiovascular
disease



They have better
immunity



They heal faster
after injuries



They're more likely
to have a healthier
diet



They live longer

Keep It Steady



It's healthier to have steady levels of moderate happiness over a period of time than spikes of extreme happiness.

WHY YOUR HAPPINESS *ISN'T* JUST ABOUT YOU

Happy people...



Are more productive
at their jobs



Typically have deep
relationships with others



Help others and
volunteer more



Are more likely to
donate money to
charity



Are more creative
problem-solvers

HERE'S WHAT HAPPINESS IS NOT



Feeling
hunky-dory all
the time



Having all the
money you
could ever want



Refusing to see
the negative stuff
in the world

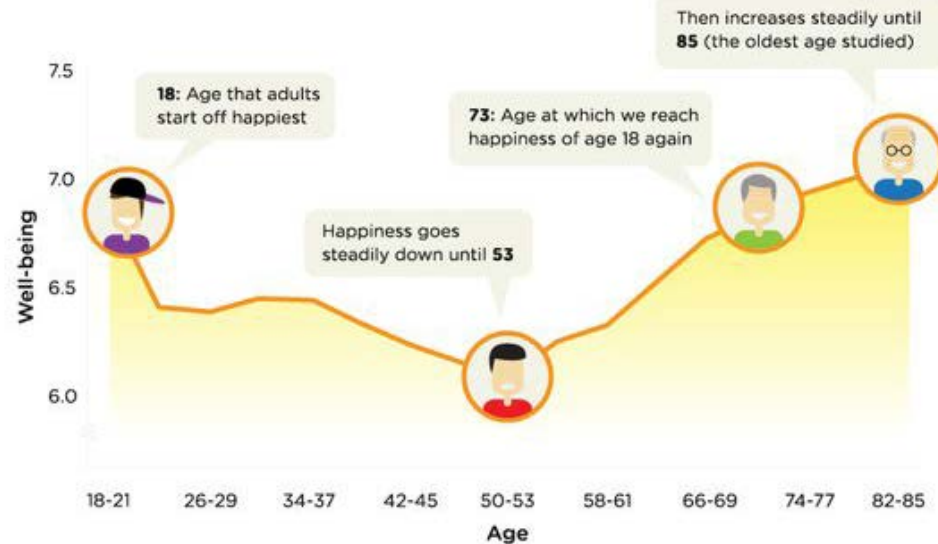


A final destination

SO WHAT'S THE HAPPIEST AGE, ANYWAY?

Studies have found different numbers for the "happiest age".
Here's a peek at some of their findings:

A large 2010 study looked at the distribution of psychological well-being in the U.S. The middle years of life were the least happy, then well-being climbed steadily after mid-life.



"We don't stop playing because we grow old.
We grow old because we stop playing."

—George Bernard Shaw

WHAT IS HAPPINESS, ANYWAY?

We all have deeply personal (and different!) definitions of happiness.
But here's how scientists see it:

*Happiness is a
combination of*



How satisfied you
are with your life



How good you feel on a
day-to-day basis

40%

of your happiness is controlled by your thoughts, actions, and behaviors



It varies from person to person, but approximately ...



50%

is genetically determined



10%

is determined by your circumstances

Contrary to popular belief, **we get used to our circumstances over time**, so they don't play as large of a role in our happiness level as we might think!



Happiness is a skill that you can build with consistent practice.

You have the ability to control how fulfilling your life is!

PHYSICAL FITNESS CONTINUUM



HAPPINESS FITNESS CONTINUUM



PHYSICAL FITNESS CONTINUUM



HAPPINESS FITNESS CONTINUUM

Thoughts & Actions

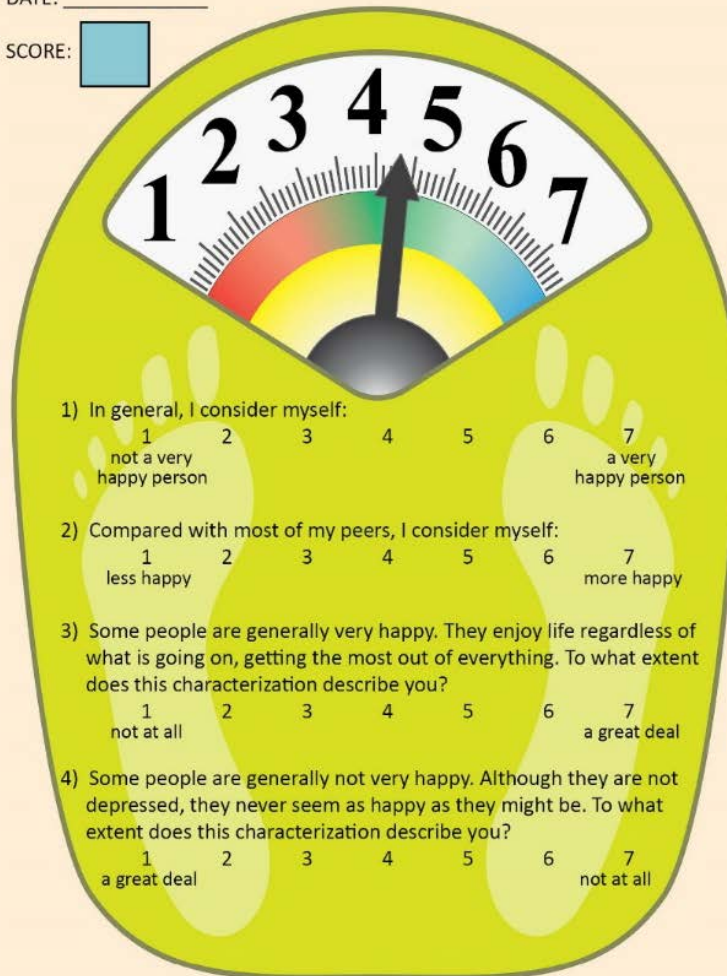
Just like get physically fit, enjoying a real increase in your own happiness is attainable **if you are prepared to do the work.**



HAPPINESS FITNESS SCALE

DATE: _____

SCORE:



CALCULATING YOUR SCORE

Total #1 _____ + #2 _____ + #3 _____ + #4 _____ = _____ divided by 4 = _____

Your score will fall between 1 and 7; the average score runs between 4.5 and 5.5.



ENDURANCE



STRENGTH



BALANCE



FLEXIBILITY



ENDURANCE

Sleep * Exercise * Breathe



lifestyleinspiration.com





BALANCE

Savor * Gratitude * Celebrate

THE POWER OF GRATITUDE

“In 12 years of research, I have never interviewed a single person with the capacity to really experience joy who does not also actively practice gratitude.”

Brené Brown, Ph.D.

In one study, people who practiced gratitude by jotting down 3 good things that happened each day for one week:



Felt happier and less depressed for up to 6 months



Reported better sleep quality



Were more likely to engage in healthy behaviors like exercise

*Get even more happiness out of a good experience
by **savoring it***



Use all your senses: pay attention to sights, sounds, smells, etc.



Pay attention to the little details of the experience



Share it with someone else



Linger! Dwell on the moment

Savoring experiences makes us happier, more grateful and more hopeful while reducing levels of stress, guilt, and depression. They strengthen the parts of the brain connected with happiness.





FLEXIBILITY

Forgiveness * Kindness * Smile



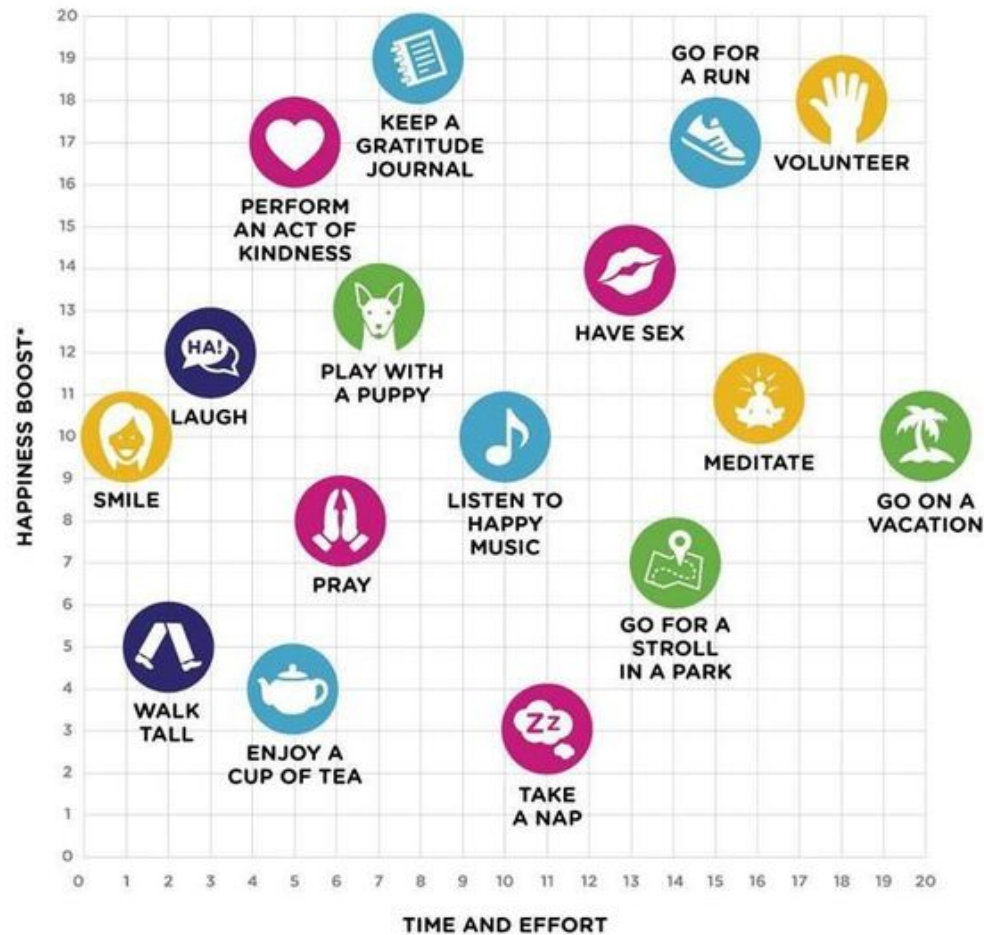
“We achieve inner
health only through
forgiveness – the
forgiveness not only of
others but also of
ourselves”

– Joshua Loth Liebman



Smile

Science Says You Have Time For HAPPINESS



*Mood changes vary from person to person but try some of these activities to find out what makes you most happy.
Illustrations: Getty, Huffington Post

THE HUFFINGTON POST

JOY

activities to shake off a bad mood



Play with Dagny

Put on some great disco music

Sit down with a new magazine

Call my BFF, Mom, Son

Give a sincere compliment

Plan our next family gathering

Organize or decorate a little corner

Pumpkin Spice Latte???

Pet my cats

Color

Take a walk

Hug my hubby

Read a great book

Sing



TIP: If you are really in a funk, set a timer and let yourself really wallow in that bad mood for 10 minutes. When the alarm goes off, decide to do something that will bring you joy.



STRENGTH

Relationships * Meaning * Growth

THE SEARCH FOR MEANING

To feel connected to a deeper purpose or mission in life is key for our well-being.

People who report having more meaning in their lives are more likely to have stable moods and show sociable behavior.



People of all ages report being happier when they have more meaning in their lives.

Different Ways People Find Meaning



Through a fulfilling career

People who find meaning at work show more motivation and engagement on the job.



Through spirituality/religion

Studies show that Americans who are spiritual or religious tend to be happier. Besides meaning, it also gives people a built-in social network.



By raising kids

85% of parents think that their children bring them the most happiness and fulfillment of any relationship.



By pursuing goals that align with their core values

Goals that include commitment to something outside ourselves (such as our friends, family or community) promote life satisfaction.

Few factors have as much impact in our lives and our longevity as our sense of connection to other people.

Feeling disconnected has a bigger impact on your health than smoking 15 cigarettes a day.

People who feel disconnected are 3-5 times more likely to experience stroke, cancer, heart attack and suicide.



POST-TRAUMATIC GROWTH
IT'S ABOUT A NEW LIFE,
A LIFE APPRECIATED,
A BETTER LIFE THAN THE
ONE BEFORE.



3 Things That Will Kill Your Happiness Over Time



Comparing yourself
to others



A lack of close
friendships



Holding onto
resentment

INCREASE YOUR HAPPINESS IN THE LONG RUN BY...



Nurturing
relationships



Having new
experiences



Helping others



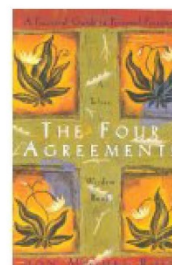
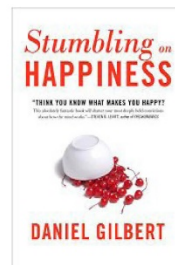
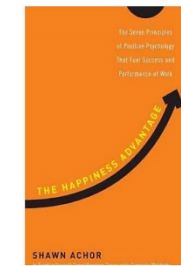
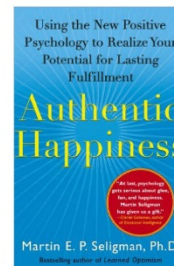
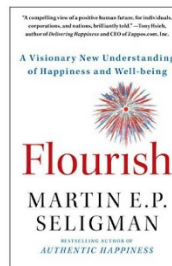
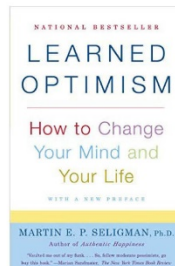
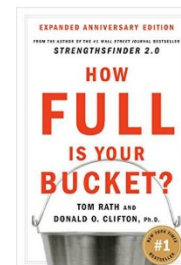
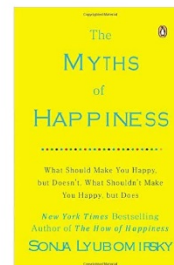
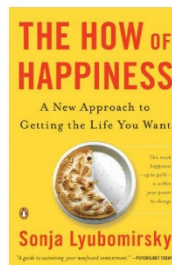
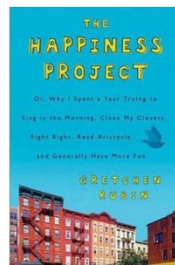
Being grateful for
what you have



HAPPINESS FITNESS

Strategies For More Joy In Your Life

RESOURCES



WEBSITES:

Happify.com
LiveHappy.com
ActionForHappiness.com
Pursuit-of-Happiness.com
ProjectHappiness.org



Lighthearted Life

...living each day with joy, meaning and purpose

Happy Birthday!

May 9, 2016



Hello! Today is my birthday AND the launch of my website LightheartedLife!! The very best gift I could ask for would be for you to subscribe to my blog so you can receive emails with updated posts. I will be posting on a variety of topics about creating a meaningful an...

[Read More](#)

Meet Dianne



Dianne is the founder of Lighthearted Life and a lover of all things meaningful, beautiful and encouraging.

[Read More](#)

Let's stay connected!

Join our mailing list

Today is National Pastanaut's Day!

www.LightheartedLife.org

