1. Hello, intro

2. **ACTIVITY?** [Do “reflect on someone who’s had a positive impact in your life” – Someone that when you think of them you feel positive emotion – joy, thankfulness, appreciation, etc.]

3. There is a good deal of research on the **connection between happiness, health and productivity.**

4. When we are happy, there are **measurable changes** in our brain chemistry, and in our nervous systems that put us in a **state of greater resourcefulness.**

5. We have higher cognitive functioning, a higher level of creativity, more openness to new ideas, not to mention, the promotion of grey matter growth in the brain (that’s good), and a strengthening of our immune systems.

6. We are also emotionally contagious – spread emotion (positive or negative) two degrees down the line. So if we are consistently – not continuously -- in an emotionally positive place, we have the ability to a great positive influence on others – helping to promote their happiness, health, and productivity, and be part of a positive spiral…

7. And it turns out, there are a number of specific behaviors –well within our control -- that we can incorporate into our lives that promote 😊
1. Shawn Achor spent over a decade researching happiness, —
including one of the largest studies of happiness. He wrote a book
called, The Happiness Advantage which shares his findings. In this
Ted Talk, Achor explains how we can make choices and take action to
become more happy and productive.

2. After we watch, we will play with some of his suggestions and you
can create an action plan for practicing some of the activities that
lead to happiness.

3. First, we are going to watch a video. Show Video
http://www.ted.com/talks/shawn_achor_the_happy_secret_to_bett
er_work
   1. (In your playbook, you can report key ideas and insights.)

4. REFLECT & DISCUSS CONCEPTS


6. In our limited amount of time today, we’re going to not just talk
about the research around happiness, we’re going to try some of this
stuff out.
1. One of the activities that correlates highly with happiness is making time to reflect on and record what we are grateful for.

2. This is something you can do for a few minutes at the end of the day – have a journal or google doc and simply record three things that you’re grateful for.

3. Turn to Page 2 in your packet now and we’ll take a few minutes to record three things.

4. Debrief:
   1. Who’s willing to share?
   2. Note that I’ve given you space here to record for the next 5 days

Flickr user katewares https://www.flickr.com/photos/katewares/6101003523/ (CC BY-NC 2.0)
1. Exercise is a powerful way to promote general physical health AND happiness

2. Research comes out every day that reinforces and expands on the benefits of movement to exercise.

3. Don’t worry, we’re not going to do this right now (point to screen), although an impromptu dance party is a thing of beauty.
1. Speaking of research, good news: A lot isn’t as important as regularly.

2. The good news is you don’t need to be a gym rat to reap the benefits. Gretchen Reynolds, who has written on science, health and fitness for 20 years says, “The first 20 minutes of moving around provide most of the health benefits.

3. Exercise is something completely in your control and one of the top 3 things you can do to increase your physical, mental, and emotional energy.

4. Since it’s important to have regular exercise, it’s good to find simple ways to incorporate it into our lives. Forget about running a marathon, we need to find ways to exercise that are realistic and easy to incorporate into our lives.

5. So we’re not going to run laps or do pushups right now.
1. But let’s do some stretching – which is an effective way to get the blood flowing, and something that we can take a minute or two to do right at our desks.

2. Anyone here do yoga? Instruct yoga? Willing to lead in a few stretches?

3. Lead exercises

4. Ask: What are some ways in which you can incorporate more exercise into your life?

   1. Take the stairs a little more often, park far away from the entrance, take a walk. You will find yourself with more mental, as well as physical energy.
1. Repeated studies have demonstrated that meditation can rewire how the brain responds to stress.

2. Boston University researchers showed that after as little as three and a half hours of meditation training, subjects tend to react less to emotionally charged images.

3. Other research suggests that meditation improves working memory and executive function. And several studies of long-term practitioners show an increased ability to concentrate on fast-changing stimuli.

4. One paper cited by the Google crew even implies that meditators are more resistant to the flu.
Six weeks, 20 minutes a day...
• Reduces stress (quiets the limbic system)
• Improves creativity (stimulates neocortex)
• Reduces reactivity
• Increases resilience
• Improves EQ
• Softens cognitive rigidity
• Decreases rumination
• Increases verbal fluency
• Ability to overcome learned habits

That’s why Disney, General Mills, Google, Apple, Prentice Hall, Time Warner, Proctor and Gamble, Salt Lake County, etc, etc. promote mindfulness mediation in the workplace.

• Let’s try 3 minutes meditation
• Diana Winston, UCLA Mindful Awareness Research Center
  http://marc.ucla.edu/body.cfm?id=22

5 minute debrief
1. “How are you feeling?”
2. “What was that like for you?”
3. Other ways to practice mindfulness or attention training? (walking, being mindful in the moment. Body scan.)

4. Benefits
   1. This strengthens your attention muscle
   2. Activate Para Symp Nerv
   3. Promotes Immune system
   4. Promotes gray matter growth in brain
   5. Increases self-awareness and empathy
1. Happiness research shows that doing an act of kindness or expressing appreciation to someone increases happiness on both ends.

2. One suggestion is to send a short appreciative email once/day.

3. [snowball fight]

4. Take sheets in front of you, write down one act of kindness you did in the past week. Big or small.

5. Crumble up and throw. Snowball fight!!!

6. Open and read.

7. Debrief – what were you feeling during that activity? Why?
   1. Exercise
   2. Play
   3. Hearing about kindness – activates mirror neurons in our brains. We get to experience the giving and receiving of it.

Flickr User: streetmatt https://www.flickr.com/photos/119760624@N05/15761889077/ (CC BY 2.0)
1. Turn to page 3

2. Review ingredients

3. Suggest that they keep a daily journal where they record the things that they did to support their happiness.

4. This isn’t selfish – it makes you walking emotional contagion – patient zero in an upward spiral of health, happiness, and effectiveness.

5. End with “dealer’s choice” ; invite them to write and share ideas

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1. Time to make a reflect and make a plan

2. To the music of Ben Lee – Happiness
https://www.youtube.com/watch?v=OCsHqAGhTpc

3. Page 5 – list 4 things you can do to promote happiness and circle 2 that you will.

4. Share commitments

5. Page 4 – Share key insights and takeaways

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http://www.flickr.com/photos/14592361218/sizes/l/in/photosstream
1. Thank you for having me here
2. Stay in touch! (peterbromberg@gmail.com)
3. Be happy!
DELETED SCENES....

Savage Chickens

by Doug Savage

COOL! DELETED SCENES!

BEEP

LATER...

YA I CAN SEE WHY

BEEP

www.savagechickens.com
1. Take Breaks:
   1. Research shows that even a short 10 minute break away from our desks can rejuvenate us and lead to better engagement and creative problem-solving.

   2. A 2010 study at the University of California “found that when rats have a new experience, like exploring an unfamiliar area, their brains show new patterns of activity. “

   3. But only when the rats take a break from their exploration do they process those patterns in a way that seems to create a persistent memory of the experience. The researchers suspect that the findings also apply to how humans learn.”

   4. Also, the research on how bad sitting is for you… Has anyone seen the latest (in paper on Wed)


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https://www.flickr.com/photos/67158364@N00/144769275
1. Second Thing: Eat Well and often.

2. Again, I’m not going to preach, but if you’re not eating a healthy balance diet it’s like you’re coming up to bat with 1 strike on you.

3. Research shows that breakfast is super important, and it is better to nibble on small snacks between meals (especially protein like nuts, cheese), then to go long periods without food. Protein in the morning is especially important.

4. Nibbling on protein and not binging on sugar will make sure your metabolizing glucose evenly throughout the day and won’t see big drops of energy loss.

5. Glucose is also been identified as key to impulse control and good decision-making. Another reason to keep you metabolism steady and (here’s some good news) nibble on some sugar in the late afternoon if you need to make key decisions or boost focus. (sugar in fruit is better than sugar in juice, or sugar in sodas…)
Flickr User mhillier https://www.flickr.com/photos/46943749@N06/6107851480/ (CC BY 2.0)
“Repeated studies have demonstrated that meditation can **rewire how the brain responds to stress.** Boston University researchers showed that after as little as three and a half hours of meditation training, subjects tend to **react less to emotionally charged images.**

“Other research suggests that meditation **improves working memory and executive function.** And several studies of long-term practitioners show an increased ability to **concentrate on fast-changing stimuli...”**

-Wired Magazine