

The Power of Positive

~~un~~happy

~~un~~like

~~un~~healthy

~~in~~correct

~~un~~prepared

Happy = Healthy

- Emotional vitality
- Optimism
- Supportive Network
- Self Regulation



Learned Happiness

To re-wire the brain:

- Focus on the positive side of life
- Find a silver lining
- Change your way of thinking
- Turn a negative situation into a learning experience



The Function of Negative Thoughts

Negativity is a defense mechanism to protect ourselves from potential physical, mental, or emotional harm



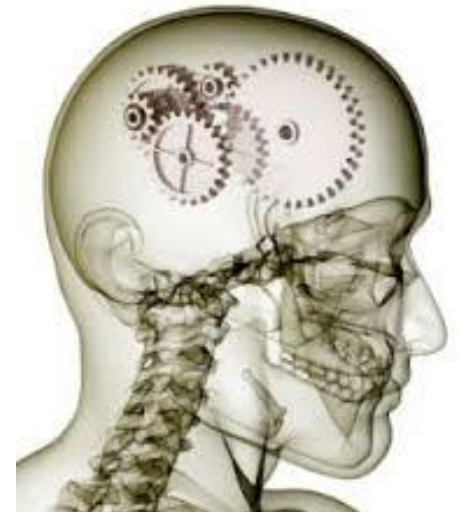
7 Common Habits of Unhappy People

1. Aiming for perfection
2. Living in a sea of negative voices
3. Getting stuck in the past / future
4. Comparing yourself to others
5. Focusing on the negative details in life
6. Believing the world revolves around you
7. Overcomplicating life

If you don't like something,
change it.
If you can't change it,
change your attitude.
MAYA ANGELOU

Science of Happiness

- Experiences (negative or positive)
- New neural pathway (connection in your brain)
- Neurons fire down a pathway (stronger connection)
- Hormones produced
 - Serotonin – Feel Good
 - Cortisol - Stressed



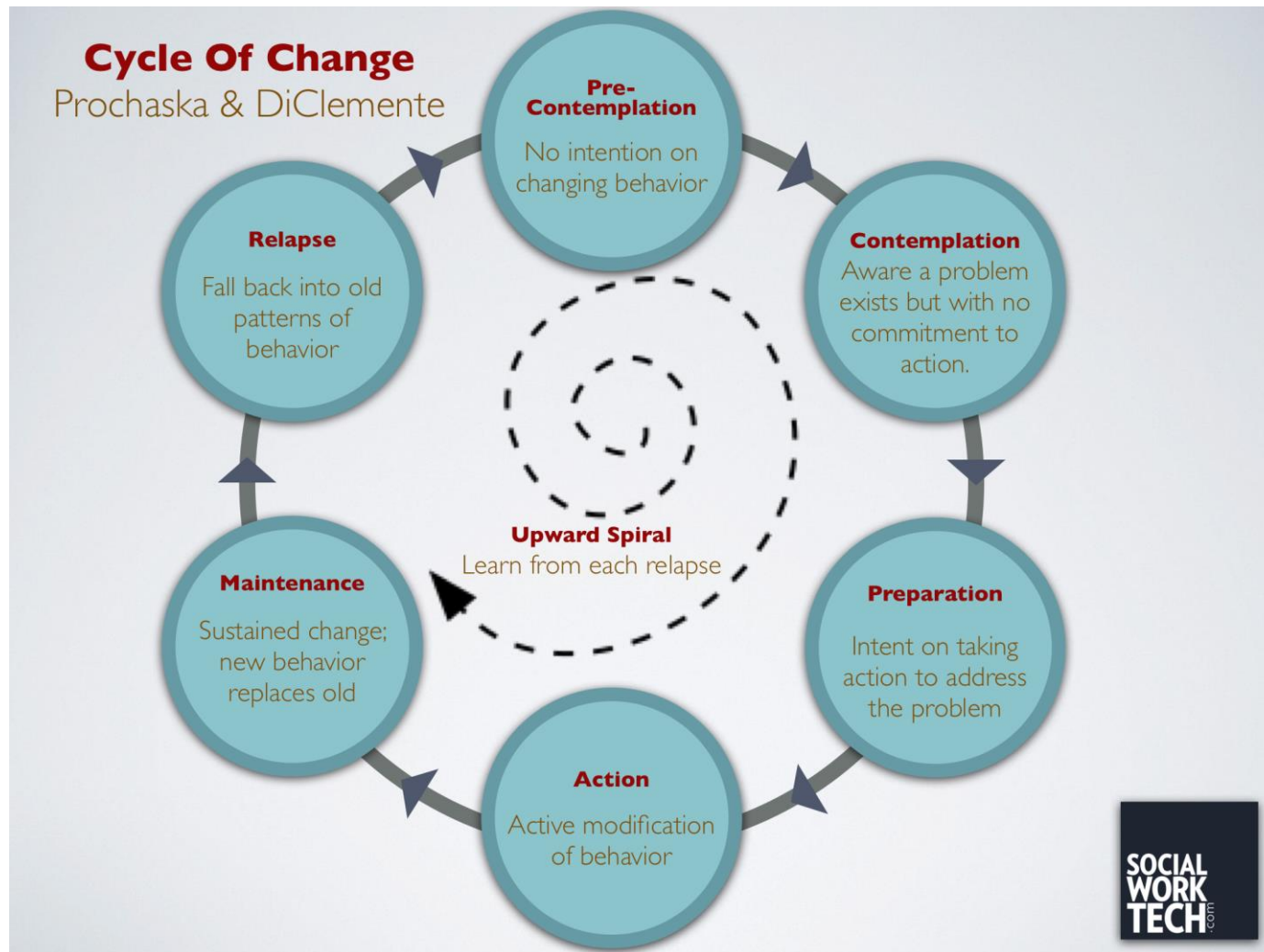
Learned Happiness (re-visited)

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Stages Of Change



Guided Meditation



Final Thought:

- *Watch your thoughts, for they become words.*
- *Watch your words, for they become actions.*
- *Watch your actions, for they become habits.*
- *Watch your habits, for they become character.*
- *Watch your character, for it will become your destiny.*

~ Author Unknown

Sources

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