



# Grow your Happy: Using Science to Foster Resilience and Positivity for you and your family

Presented By:

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## Module 1: Introduction to Happiness Foundations

Summarize the definition of happiness based on information from the slides:

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Is there anything you would add to the definition?

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Are there some potential downsides to pursuing happiness?

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What are some of the benefits of happiness?

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Several tips for teaching your child happiness were listed, write down your top three: (you can also note them all or refer back to the slides as needed)

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What are at least 2 of the 5 tips from the Tal Ben Shahar Video on fostering happiness in your life?:

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## Module 2: The Brain and Automatic Biases

What is the negativity bias?

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In Alison Ledgerwood's Ted Talk on how people think. What is her trick for improving positive thinking?

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The Sentis Video demonstrates the power of neuroplasticity. At one point in time it was believed that the brain we were born with is the brain we have for life. But research is showing that 'neurons that fire together, wire together and we can change and strengthen the neural pathways in our brains depending on what we practice. How does this apply to catching 'automatic negative thinking' and practicing noticing the good with regard to growing our happy?

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What is realistic optimism?



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**Module 3:**

**What the Research says about happiness and how to apply relevant practices:**

How does practicing optimism impact our health?

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**Optimism Activity: Making an Anti-Gravity Jar:**

Ingredients you will need:

- A water bottle or jar with a tight sealing lid
- Baby oil
- Water
- Food coloring
- Silver glitter



Instructions:

- 1) Fill the bottle half full with baby oil.
- 2) Add about half a teaspoon of glitter next.
- 3) Fill the remainder of the bottle with water that you have dyed a color of your choosing
- 4) Screw the lid on tight and tape or hot glue gun it closed.
- 5) Shake the bottle vigorously then rest it on the table. AS you watch the glitter rise to the top of the bottle you can liken the glitter to positive thoughts that rise above the rest. Sometimes we need to shake up our thinking or turn things around to notice the good just like the jar.
- 6) Added benefit- you can also use the jar while refocusing and calming down “big” feelings as it takes a few moments for things to settle

**MODULE 3 CONTINUED:**

What are 3 of the 7 habits of Happy People you could start to use today?

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**Module 4: Using our Body to Promote Positive Emotions**

Think of a place you might like to go either for yourself or with your family and practice the “Awe” Walk. What kinds of things might you build into this practice to review later to elicit positive feelings?

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Jane’s best fitness infographics list 16 ways exercise can make you happy. What are some things about exercise you learned from her visuals?

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**Module 5: Getting Creative With Gratitude**

Barbara Frederickson has identified 5 ways that gratitude supports our happiness, they include:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_



After Dr. Ike Shibley's Ted Talk Write your own gratitude list applying the strategy of making the items specific like he mentions (what do you notice about how you feel when you do this exercise?):

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**Grateful practice:** After listening to the Grateful song Decide how you want to develop your own gratitude tree.

You can also select family members favorite songs and design a family play list to listen to and dance to while you are making your gratitude tree. \*\*Bonus: moving our bodies and signing while doing activities we enjoy also helps bring about feelings of joy and happiness!!

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See the remaining slides in Module 5 for additional gratitude practices you can do for yourself and with family!



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