



Finding your Mojo: in the Moment and in your Mission

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Mission and Moments



People with high well-being:

- Are more successful
- Achieve more
- Earn more
- Live longer
- Have better mental health



Well-being is built through:

Positive Emotion:

joy, curiosity, contentment...

Engagement

**Positive
Relationships**

Meaning or Purpose

Accomplishment



The Bottom Line of Well-Being

Take Notice – savour the good bits

Keep Learning – try something new.

Be Active – whatever way you enjoy.

Connect - the cornerstone of well-being

Give - do something for someone else.

Moments and Mission



Positive Emotion

Savouring

Gratitude



Relationships

Living Your Values

Helping

Positive Emotion. What's it all about?

- Love
- Joy
- Gratitude
- Serenity/
contentment
- Interest/curiosity
- Hope
- Pride
- Amusement
- Inspiration
- Awe



Positive Emotions 'Broaden & Build'

- Not just the opposite of negative emotions

A different function

- Not flight or fight but...
- **Approach and learn**



Broaden your attention and thinking.

We take in more information
and make better use of it:

- Improved problem solving
- IQ test performance
- Increased perception



Build Enduring Personal Resources



Prof. Barbara L. Fredrickson

- **Physical:** reduces stress
- **Social:** builds social support
- **Mental (cognitive):**
increased learning,
mindfulness
- **Psychological:** self-efficacy,
self-acceptance, optimism.

Positive Emotions Help Us Build...

“Upward
Spirals”

How can we create
upward spirals in
our lives?



Savouring – a way to increase the positive

Anticipating

looking forward



Savouring the moment

enjoying the now



Reminiscing

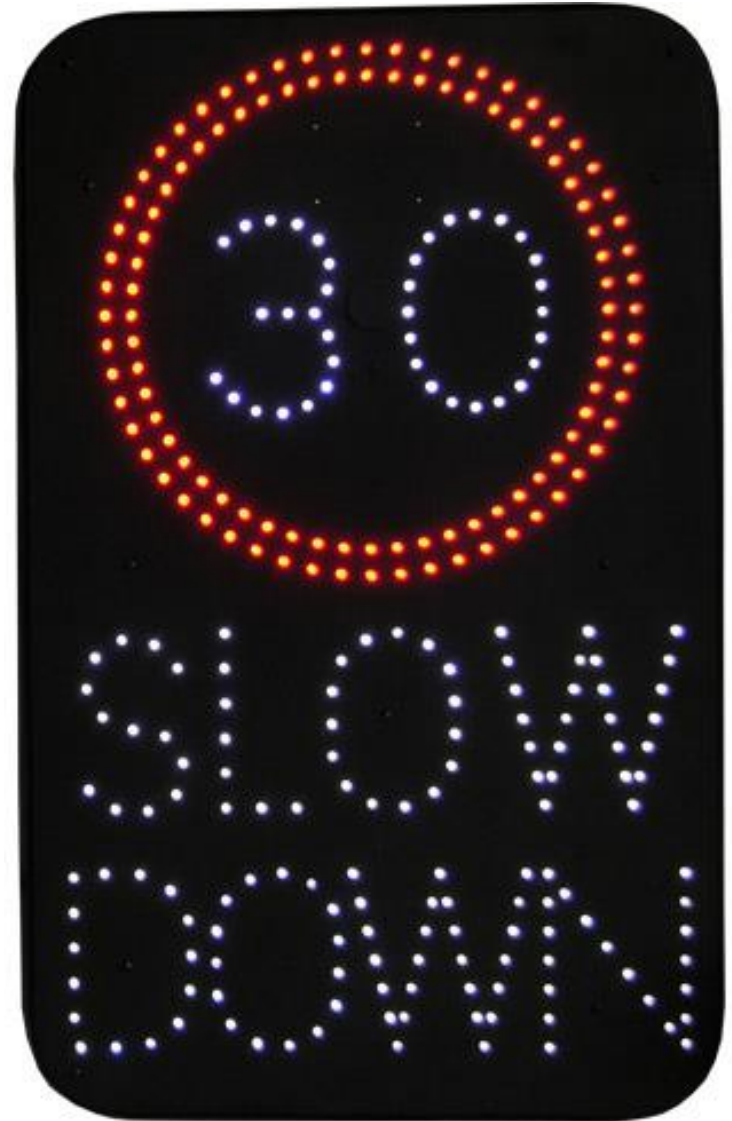
looking back on good times



Savouring: noticing what's good

What's the
speed of
savouring?

Where is your
attention?



Exercise on Savouring

“Really, really, taste!”



"In our daily lives, we must see
that it is not happiness
that makes us grateful,
but the gratefulness that makes
us happy."

- Albert Clarke



Gratitude Down the Years

Thinking back to your own youth,
to whom do you feel most grateful?

In what way did that person help you?

What did they give you?

How do you feel when you
remember them?



Gratitude helps you to:

- Do the right thing!
- Feel closer to people
- Stop keeping up with the Jones'
- Counter 'entitlement'
- Keep enjoying 'new toys'
- Cope with the tough stuff
- Feel better about you



Some people are born grateful. The rest of us should practice!

- Ask 'who do you feel grateful towards?'
- 'What's the best thing about...?'
- Daily list of 'three good things'
- Count your blessings



Non-Exercise Activity Thermogenesis

(That's NEAT!)



Dr James Levine

Any movement is good. More is better.



So, who are the happiest people?



‘Love, Help, Be True to Yourself’

Close, enduring relationships

Relationships >>> money, status, jobs

Live out your values

Helpers are happier

How much positive emotion do we need?



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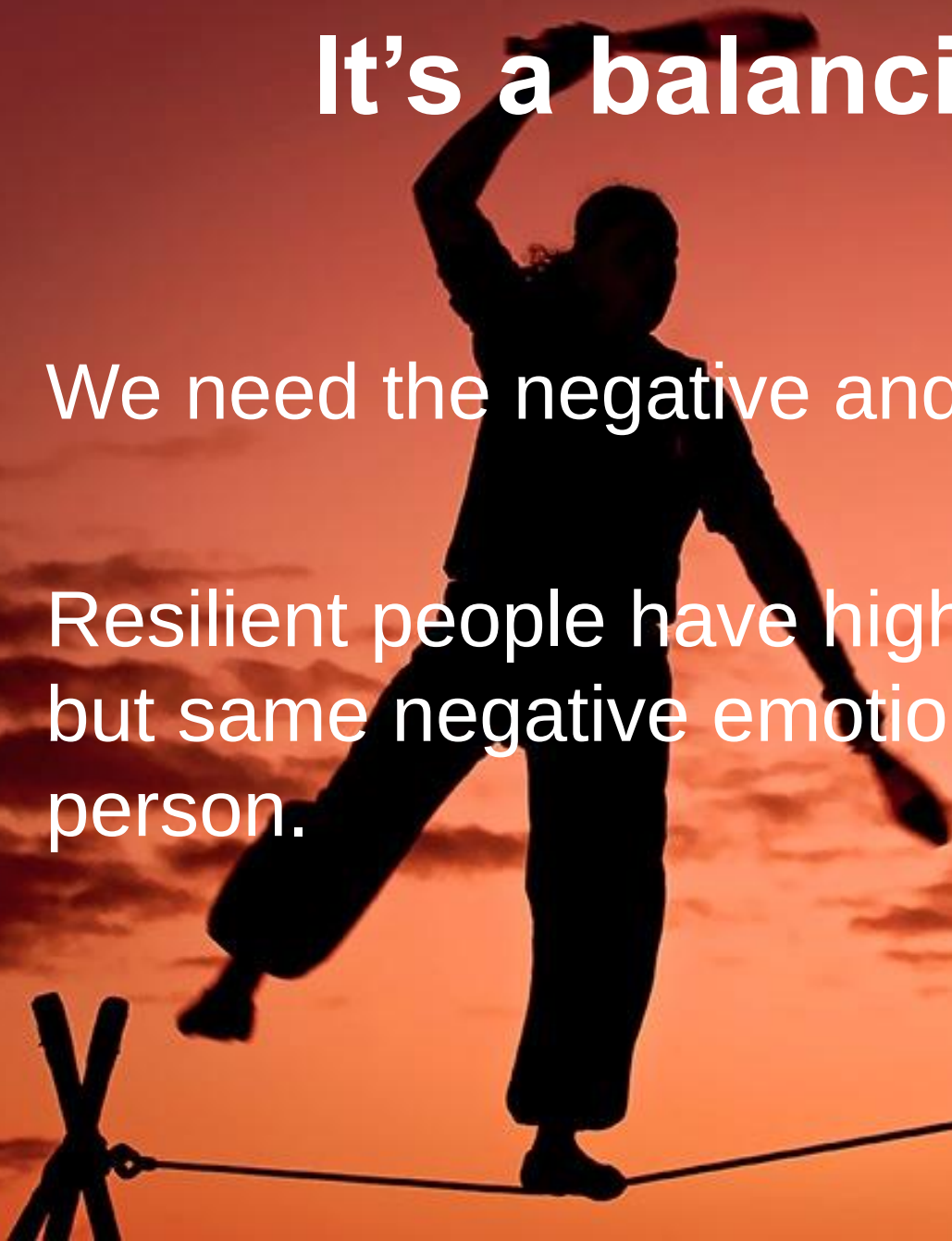


3:1 “The Golden Ratio”

It's a balancing act !

We need the negative and the positive

Resilient people have high positive emotion but same negative emotion as the average person.



High performing work teams

- Positive : negative ratios 5.6 : 1
- Inquiry : advocacy 1 : 1
- Internal : external 1 : 1



Marcial Losada



The happiest relationships

These couples wear rose-tinted glasses

And have a positive : negative ratio of 5 : 1



Think of a Friend

1. What's one thing that irritates you about this person? Reinterpret it as positively as possible.

1. What do you appreciate most about this person?



Living Out Your Values

“Would someone following you for one week be able to tell what is most important to you in life?”



If it matters to you, do it!

Doing what's important to you helps:

Depression, Chronic pain,
Anxiety and Well-being.



The helper's high



What is the helper's high?

- **Euphoria** - endorphin release

Followed by:

- **Calm**
- Improved **emotional well-being**
- Increased sense of **self-worth**
- Reduced **stress**
- Improved **health**



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