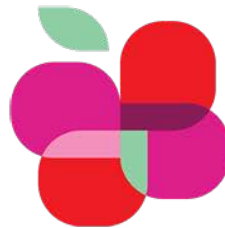




The Science of Happiness

Gillian Mandich, PhD



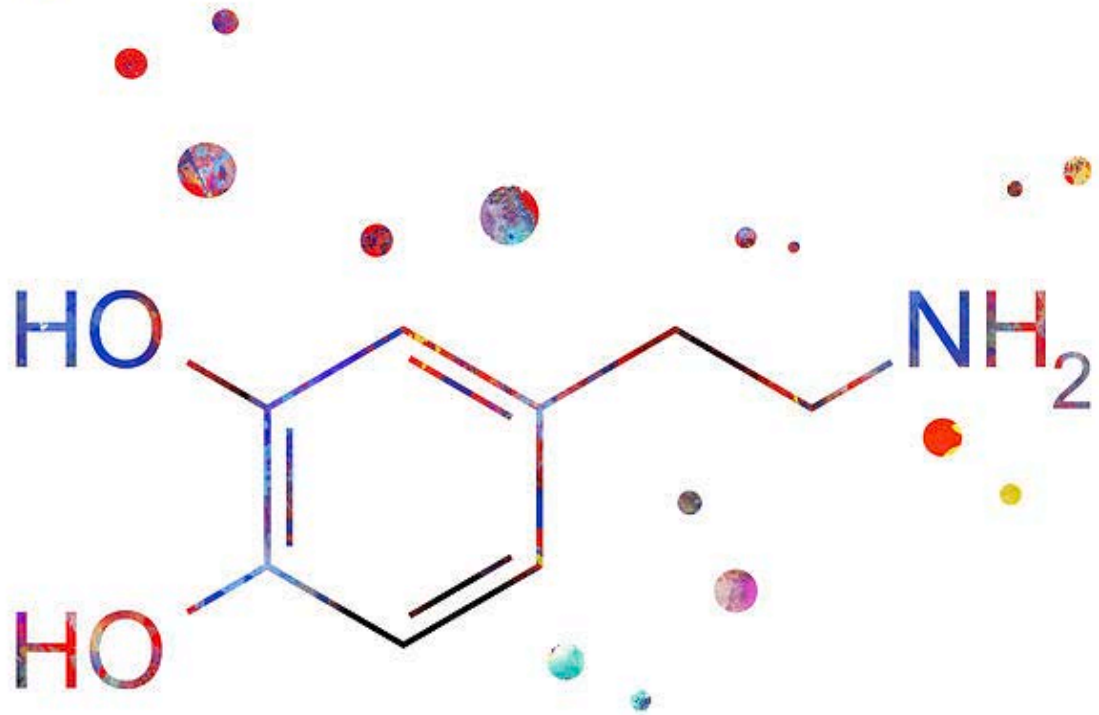
RTO
ERO

District 23
North York

Gillian is a very happy and well adjusted child. She has a fabulous sense of humor (and uses it often when you least expect it)

In Music, Gillian participates with happiness.

Gillian has enjoyed researching information using encyclopedias. She is able to gather the appropriate information and organize her work neatly. She is able to comprehend what she has read and can summarize stories nicely. She enjoys using her creativity.



There is no secret to happiness,
but there is a science to it.



What's
the
plan?

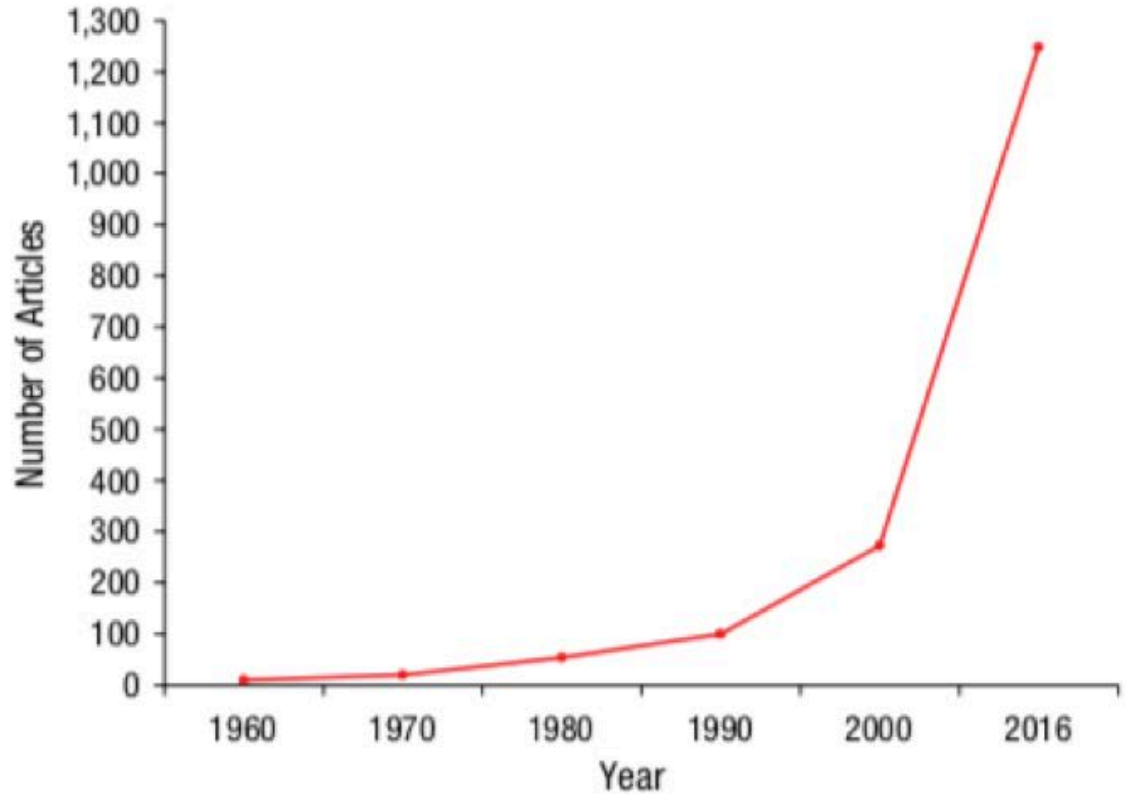
Today's Conversation

- The science of happiness
- Do you get happier as you get older?
- 3 myths of happiness
- 5 Tools & strategies
- Q&A

Thank
you



Number of scientific publications on happiness by 5-year periods



Happiness Defined

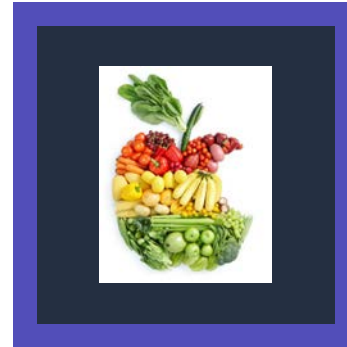
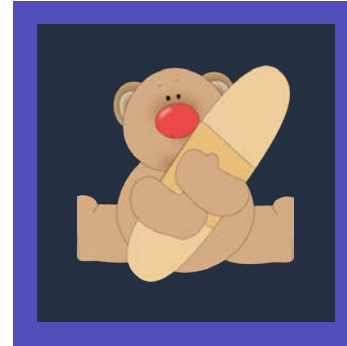
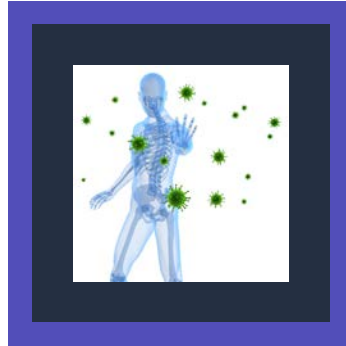
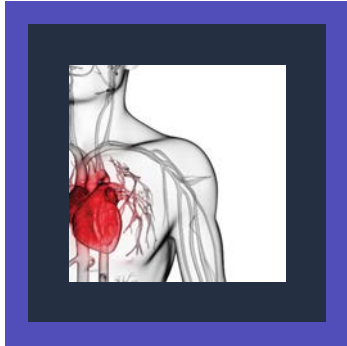
“The experience of joy, contentment, or positive well-being, combined with a sense that one’s life is good, meaningful, and worthwhile.”

~Dr. Sonja Lyubomirsky

The background of the slide is a dense, repeating pattern of green smiley faces. Each smiley face is a simple, stylized design with two dots for eyes and a curved line for a mouth, set against a dark green circular background. The smiley faces are arranged in a slightly offset grid, creating a textured, vibrant effect.

The Science of Happiness

Happy People Are Healthier



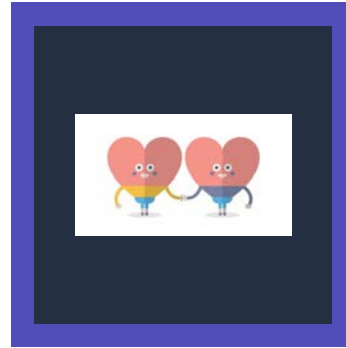
(Diener & Chan, 2011; Haller & Hadler, 2006; Koopmans, Geleijnse, Zitman, & Giltay, 2010; Veenhoven, 2008)

Happy People Perform Better at Work



(Chan & Lee, 2006; Lyubomirsky et al., 2005; Schiffrin & Nelson, 2010; Sheldon & Lyubomirsky, 2007)

Happy People Have More Fulfilled Lives



(Chan & Lee, 2006; Lyubomirsky et al., 2005; Schiffrin & Nelson, 2010; Sheldon & Lyubomirsky, 2007)



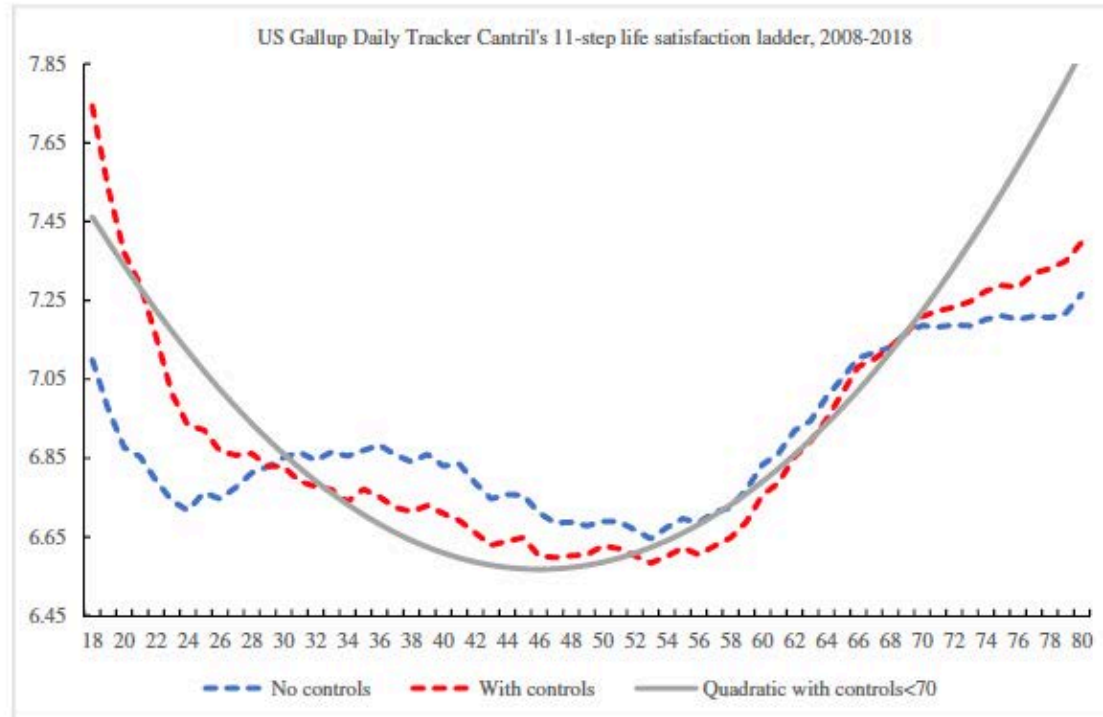


Fig. 2 US Gallup Daily Tracker Cantril's 11-step life satisfaction ladder, 2008-2018

“No ifs, no buts, **well-being is U-shaped in age**. The average age at which the U-shaped minimized across the 477 country-level estimates...is 48.3.

It is in rich and poor countries.”

(Blanchflower, 2020)

“Being in one’s forties and fifties **exacerbates vulnerability to disadvantages and shocks**. That is people with disabilities, less education, broken families, lost jobs, and so on are likely also to get hit hardest by the effects of aging. Some might face downward spirals **as age and life circumstances interact**. Many will **not be getting the social/emotional support they need**, because midlife is the worst time to present vulnerability.”

(Blanchflower, 2020)

A close-up photograph of a file folder tab. The tab is made of light-colored paper and is attached to a brown cardboard folder. The word "MYTHS" is printed in a bold, black, serif font on the tab. The background shows other similar tabs, slightly out of focus. A thin white vertical line is visible in the upper right portion of the image.

MYTHS

of happiness

Myth #1:

I will be happy
when



Happiness is not an end point or a destination.

It is a means to a life well-lived.



Myth #2:

The goal in life is to be happy all the time.



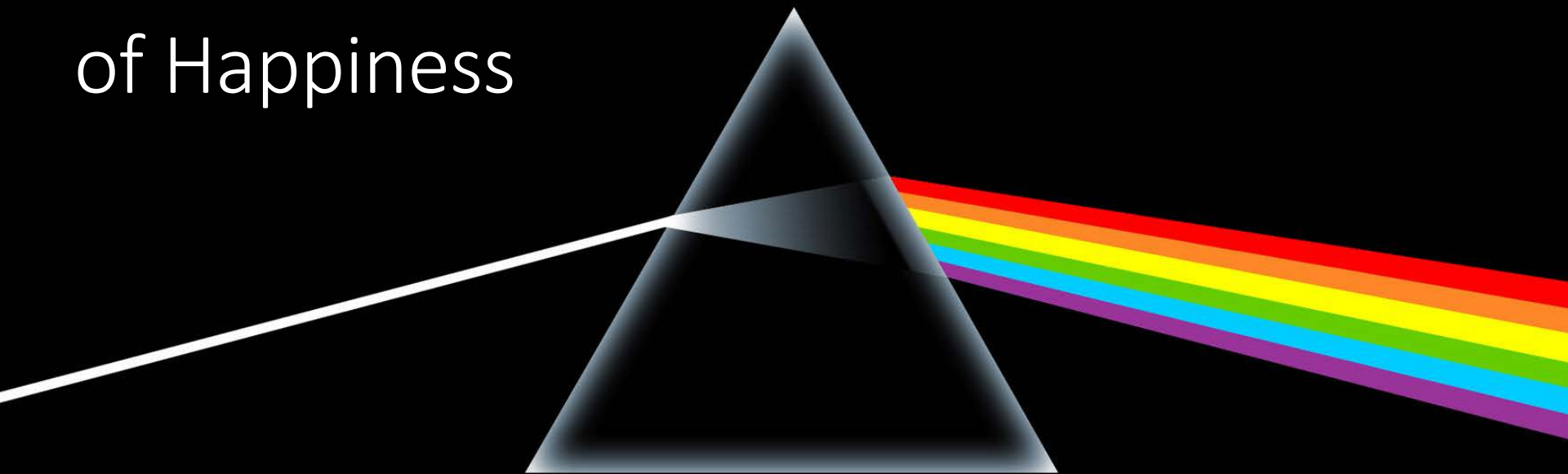
Embrace a spectrum of emotions



What is the opposite of happiness?



The Dark Side of Happiness





Life's beauty is
inseparable from its
fragility.

Susan David
PhD

Myth #3:

I know what makes
me happy.



2 Questions...



How happy are you right now?

If you won \$10,000 today, would you be happier if:

A



You spent it on a new wardrobe

B



You spent it on a trip to Jamaica (...when it's safe to travel again...)

C



You budgeted yourself ~\$200/week for a year for self-care (massages, fresh flowers, dinner)

D



You donated all your winnings to your favourite charity.

If you won \$10,000 today, would you be happier if:

A



You spent it on a new wardrobe

B



You spent it on a trip to Jamaica (...when it's safe to travel again...)

C




You budgeted yourself ~\$200/week for a year for self-care (massages, fresh flowers, dinner)

D

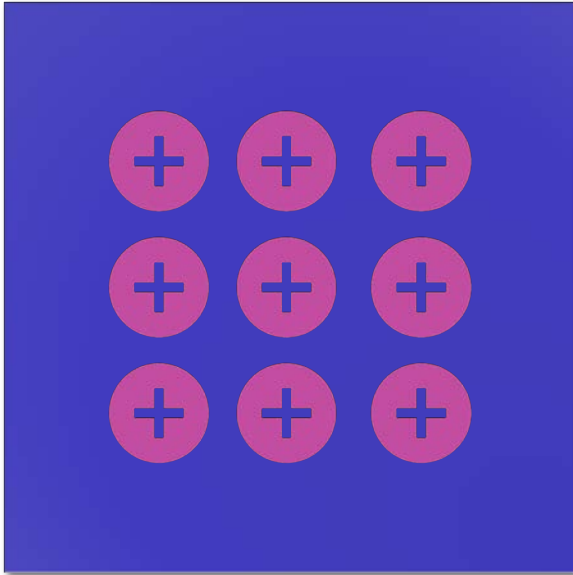


You donated all your winnings to your favourite charity.



We are pretty good at assessing HOW happy we
are

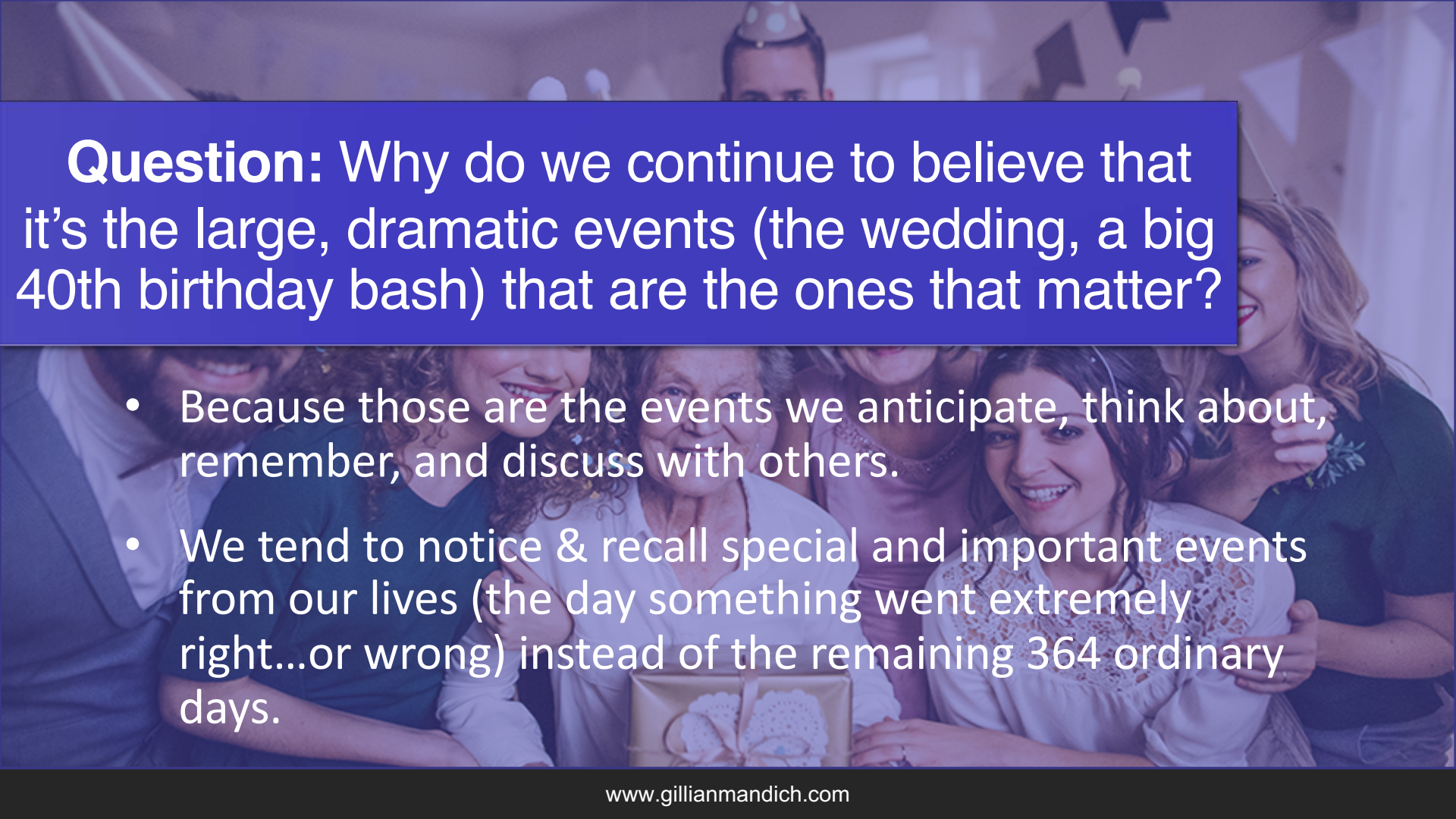
...but we are not so good at determining
WHAT makes us happy.



“Small” bursts of happy moments
add up.



Transient bursts of happiness
create upward spirals of positive
emotion.



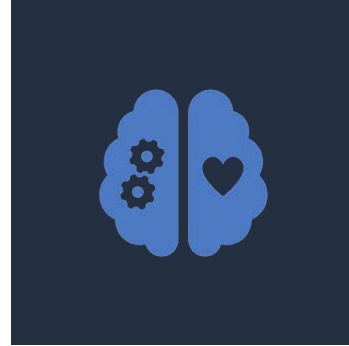
Question: Why do we continue to believe that it's the large, dramatic events (the wedding, a big 40th birthday bash) that are the ones that matter?

- Because those are the events we anticipate, think about, remember, and discuss with others.
- We tend to notice & recall special and important events from our lives (the day something went extremely right...or wrong) instead of the remaining 364 ordinary days.

Can We Actually Change This?

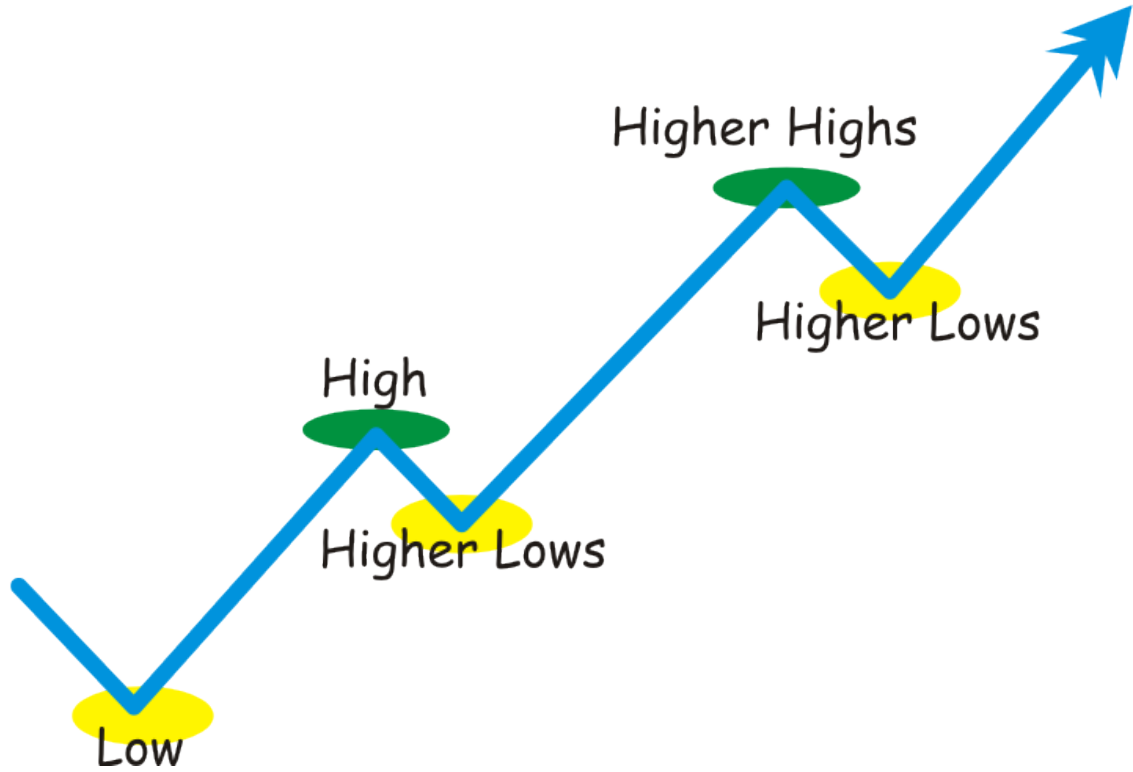


“I’m just not a very happy person.”



Research shows that happiness & resilience skills can be taught and can have positive implications for mental & physical well-being.

HAPPINESS







Tools & Strategies

#1: Connect



Social connection = #1
predictor of long-term
health + happiness.

(Waldinger, 2015)

Physical vs
social
distancing.

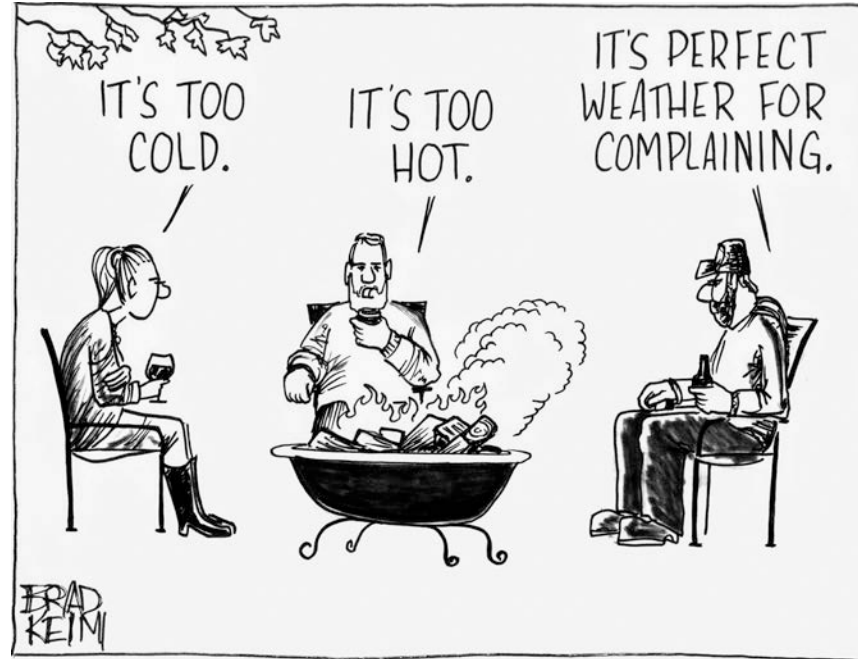
You don't have
to *be* close to
feel close.

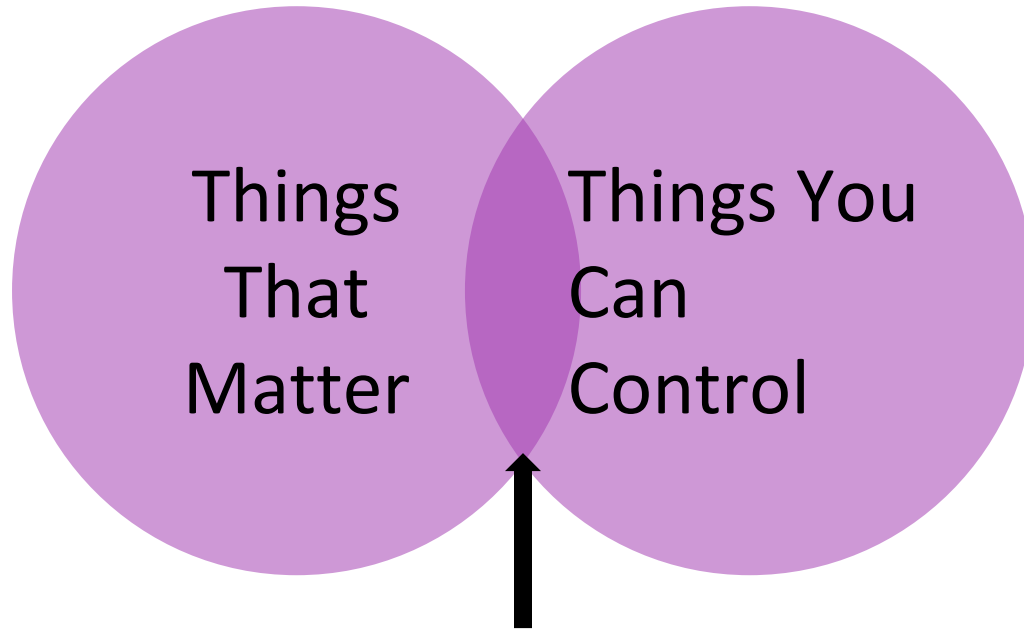
Get creative!



Who is one
person you
can reach out
to TODAY?

2. Control What You Can





What Your Should Focus On

Autonomy

“ The feeling that your life, it’s activities and habits, are self-chosen and self-endorsed. ”

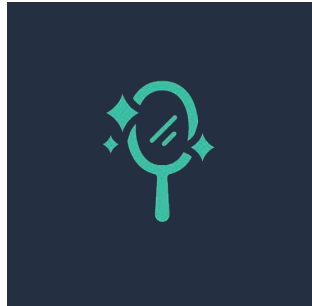
Autonomy

- Significant contributor to happiness
- Above:

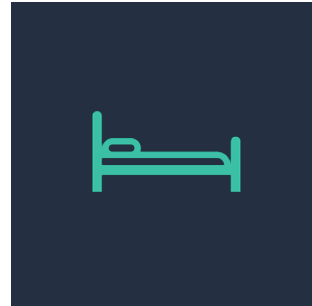
Money



Attractiveness




Good Sex Life



Popularity



(Salmansohn, 2011)



What can YOU control TODAY?



LIVE

BREAKING NEWS

LOCAL STINGRAY IN GREAT MOOD

18:30

THE WATER IS NICE AND WARM AND HIS FLAPPY PARTS FEEL VERY FLAPPY INDEED

**Our environment matters.
What we watch matters.
What we listen to matters.**

“

Individuals who watched 3 minutes of negative news in the morning had a 27% greater likelihood of reporting their day as unhappy 6-8 hours later.

”

(Achor & Gielan, 2015)

How To Stay Sane + Informed

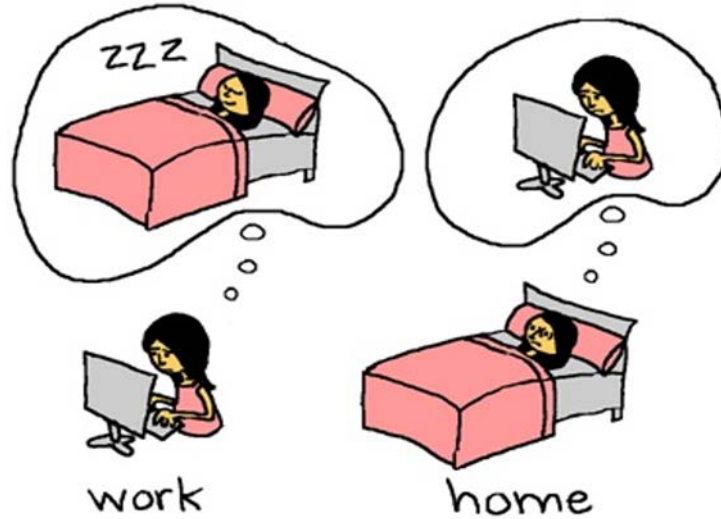
Check in 1-2x's/day

Avoid the news before bedtime

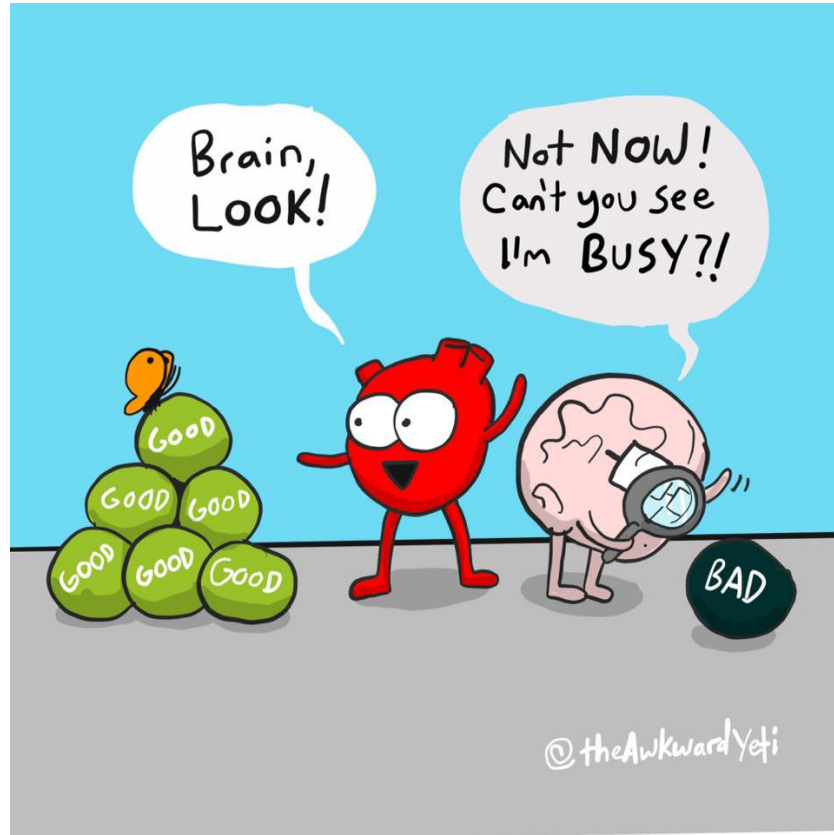
Only get your news from credible sources

Turn it off if you feel stressed/anxious

3. Mind Your Mind



YELLOW BLUE ORANGE
ORANGE GREEN BLUE
BLUE ORANGE GREEN
BLACK WHITE PURPLE





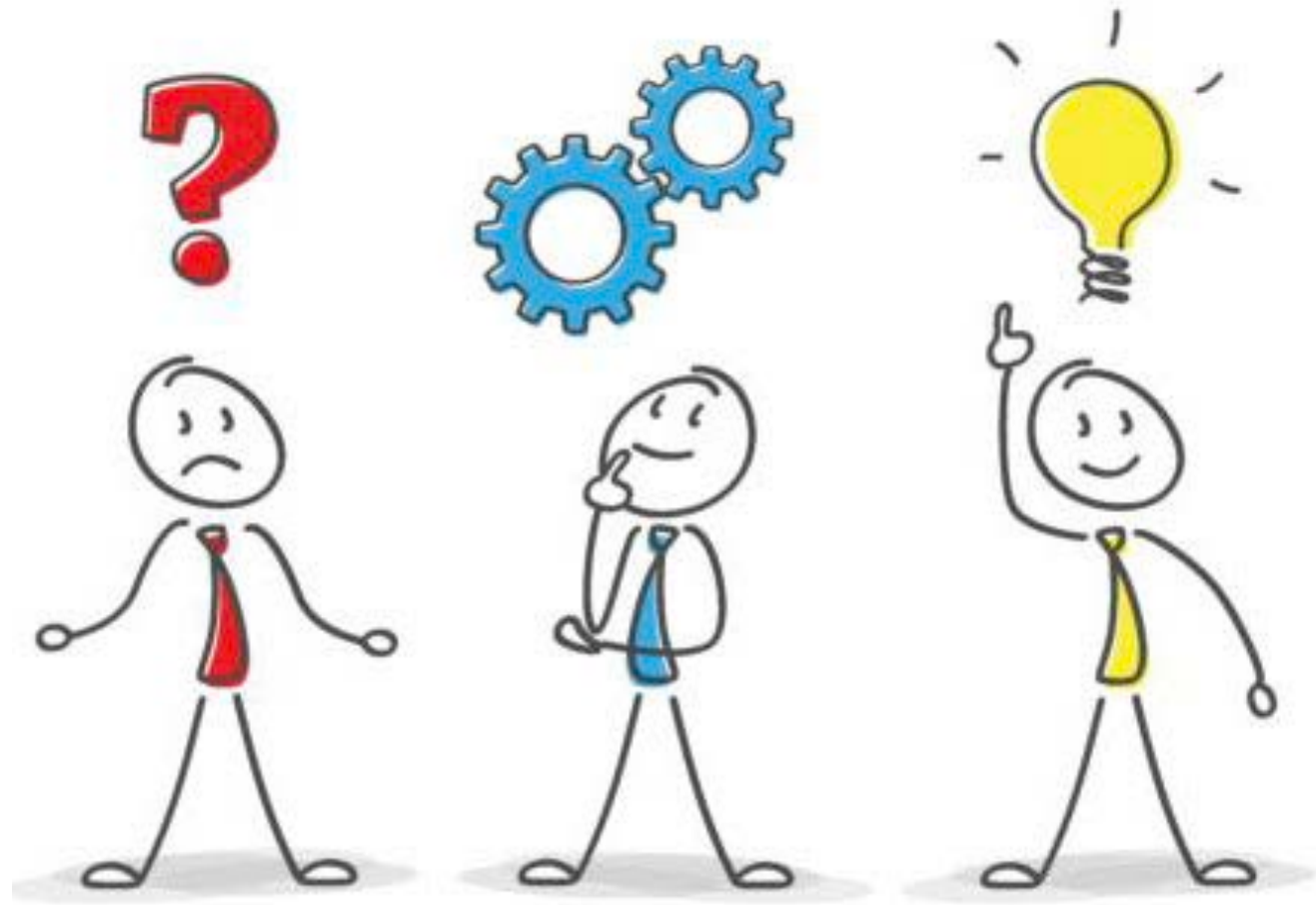
Check Your Lens

Study: bankers after a banking crisis

- Most were incredibly stressed, but a few were happy & resilient.
- What did the resilient bankers have in common?



They didn't see problems as threats, they saw them as challenges to overcome.



(Achor, 2017)



Were those
people wired
differently?

No, it can be learned

Second study: by showing the “normal bankers” a video explaining how to see stress as a challenge, there was a 23% drop in stress & increase in happiness + work engagement.

4. Practice Gratitude

gratitude

- The quality or feeling of being grateful or thankful.
- A feeling of thankfulness or appreciation, as for gifts or favours.
- Thanks, thankfulness, appreciation, gratefulness.

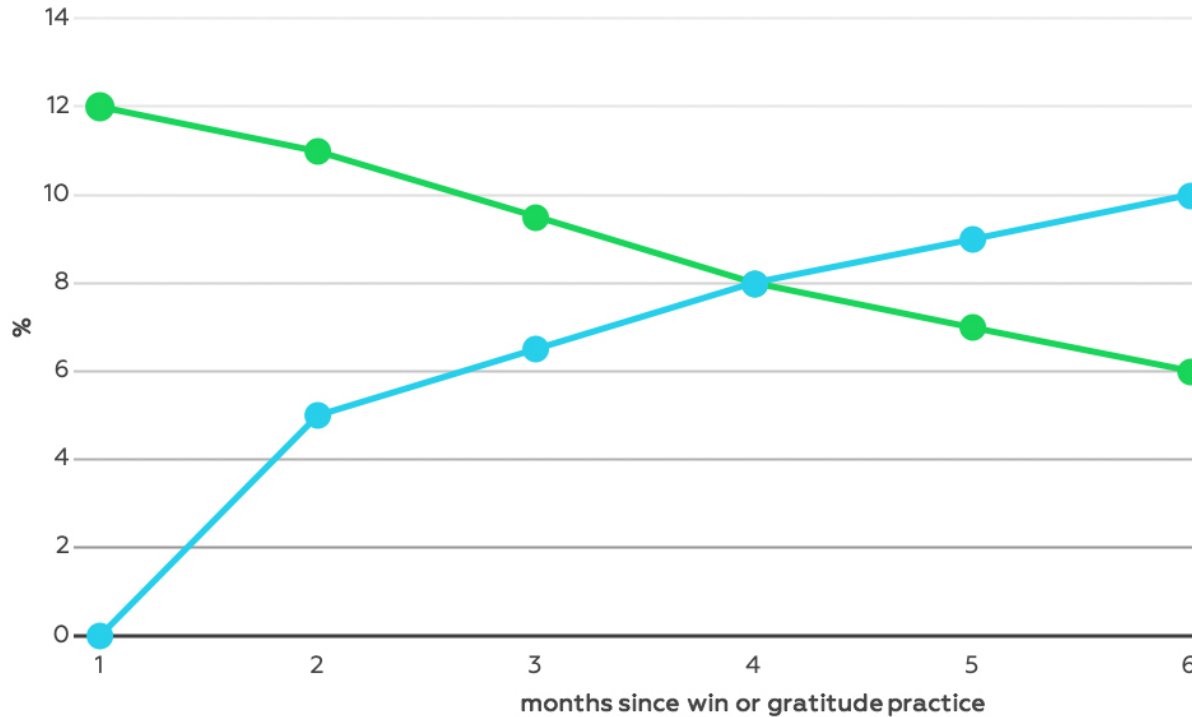
Examples:

Signs of gratitude and support were
here at the Crawford ranch.
gratitude for every bl

Gratitude: What Matters

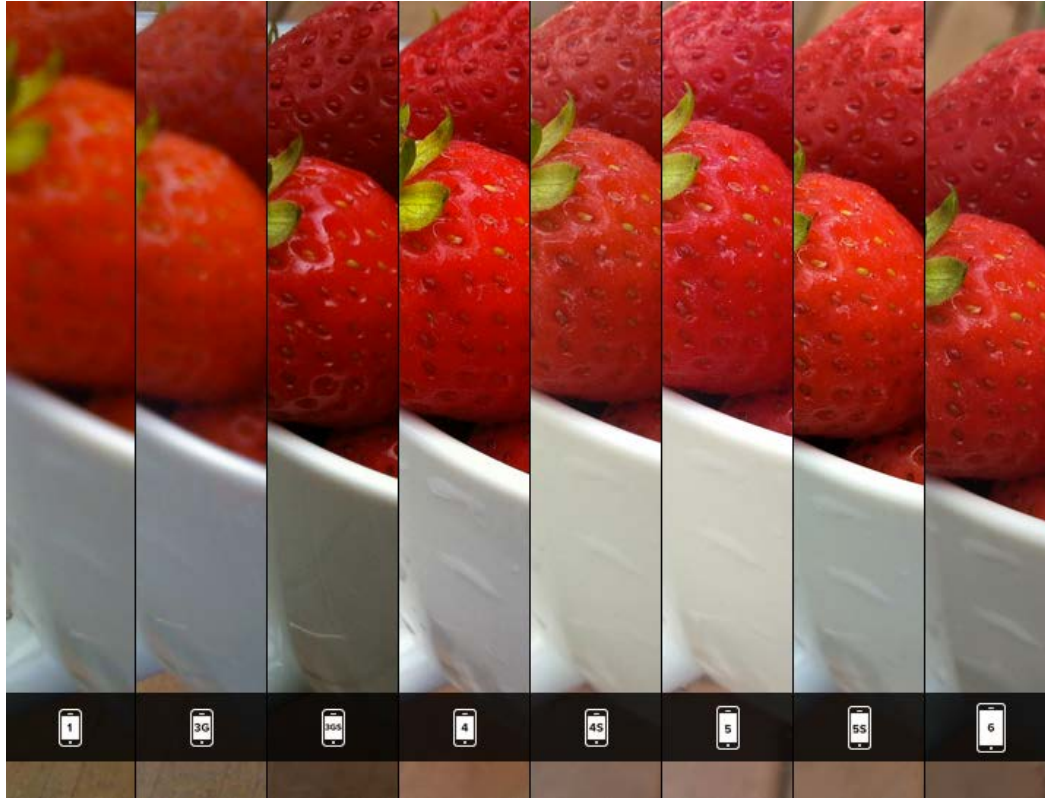
Be	specific
Write	it down
Mix	it up
Use	a gratitude tool
Create	a routine

Gratitude Journal vs. Winning The Lottery



(Tunney, 2006)

lottery gratitude



Gratitude:
Small
changes over
time = big
results

Gratitude Questions

1

What amazing thing has happened to you today?

2

List 3 body parts that you are grateful for and why.

3

Write about a person in your life that you're especially grateful for and why.

4

What skills or abilities are you thankful to have?

5

What is something you're grateful to have learned this week?

A close-up photograph of a computer keyboard. The keys are black with white characters. The 'delete' key is prominently featured on the right side of the frame. A light blue rectangular box is overlaid on the center of the image, containing the text '5. Delete' in white. The background is slightly blurred, showing other keys like 'P', '['/ '{', and ']'/'}'.

5. Delete



The power of stepping away.

Tools & Strategies

1. Connect
2. Control what you can
3. Mind your mind
4. Practice gratitude
5. Delete

A hand is shown from the top, reaching down towards several small, delicate purple flowers. The flowers are growing out of a thick layer of bright green moss. The background is a soft, out-of-focus bokeh of light and dark spots, suggesting a natural, outdoor setting. The overall mood is gentle and hopeful.

Thank You & Be Well!

info@gillianmandich.com

[@gillianmandich](#)

Learn more at:

www.gillianmandich.com

www.happyandresilient.com