Stress, Happiness, & Effectiveness:  
The Science of Self-Care & Thriving  
Jim Harris, Ed.D., MSW

What will not happen!

What to expect!

Why study positive psychology?
The other side of the coin...

WARNING!

Red Region Disease

Positive Psychology & The Happiness Advantage


Why none of that will make you happy!

It is only 10%!
Where does it come from?

- Genes: 40%
- Life Conditions: 10%
- Intentional Behaviors: 50%


The Old Success Formula

- Hard Work
- Success
- Happiness

The Moving Target

The New Success Formula

- Happiness
- Hard Work
- Success
**Pep Talk!**

**Your Happiness Filter**
- What is happiness?
- Can anyone be happy?
- Are some people born happy?
- Is it possible to be happy and realistic?
- Can you be happy even when bad things happen?
- What are some of the benefits of being happy?

**The Research Says...**
- Happiness can be a choice
- Happiness spreads
- Happiness is an advantage


**What is happiness?**

“The joy you feel while moving toward your potential.”

What is happiness?

- Pleasure
- Engagement
- Meaning


Destination vs. Perception

Meaning: Know your why?

Compassion Satisfaction
“He who has a why can endure any how”
- Nietzsche

**Six-Level Model of Review**

- **Ground:** Current Actions
- **10,000 Feet:** Current Projects
- **20,000 Feet:** Areas of Roles & Responsibilities
- **30,000 Feet:** 1-2 Year Goals
- **40,000 Feet:** 3-5 Year Vision
- **100,000 Feet:** Life

**Now What?**

Inspiration?

**Inspiration is.....**

Purpose + Faith = Energy
Helping with soul!

Engagement: Know your how?

What is stress?
Seek first to understand!

Stress, Stress, & More Stress

- What is stress?
  - Arouses a physiological response.
  - Must be perceived as aversive (i.e. Ol’ Crap Button).
  - Person doesn’t feel control.
What is compassion fatigue?

• **Burnout** – Feelings of hopelessness and difficulties in dealing with work or in doing your job effectively.
• **Secondary Traumatic Stress (STS)** – Your work related, secondary exposure to extremely or traumatically stressful events.


Symptoms of Compassion Fatigue

• Hopelessness
• Anhedonia
• Continual Stress & Anxiety
• Pervasive Negative Thoughts
• Decreased Productivity
• Inability to Focus
• Feelings of Incompetency & Self-Doubt

Learned Helplessness

[Image of a dog looking sad]
What the stress response is for!

What does he need right now?

Right Here! Right Now!

- Increased Blood Pressure (cardiovascular disease due to scaring in circulatory system)
- Decreased immune functioning
- Affects hippocampus growth
- Decreased integration of memory
- Decreased digestion
- Decreased reproductive functioning
- Decreased neurogenesis.

“My life has been full of terrible misfortunes, most of which never happened.”

- Michel de Montaigne
Exact wrong time!

What does she need right now?

Good Morning
Let the Stress Begin...

How do you know when you are stressed?

Awareness: Know your what?
What are your buttons?

How bad is it?

“Control the controllables”
Loose Ends

“The average executive has 300 to 400 hours of reading and projects backlogged at home and at the office.”


Control without competence
Good or Great

Skill vs. Motivation

Get Control – Losing Your Mind

Who’s in charge?

Mental Energy (Psychic RAM)

Mental Dump

Get it all out of your head!
Do Something!!!
The Bottom-Up Approach

Why does this work?

Why things bug you
• No exact intended outcome.
• No next step.
• No reminders of outcome and steps.
• You made a deal!


Certainty Anchors

What are your certainty anchors?

The Stress Shortcut!

Mood Altering Substances
The Other Elements of Success

• Deepen Social Support Networks
• Increase Optimism
• Change Perception of Stress

(Achor, S., 2013)

The Happiness Advantage

• Spend Money
• Something to Look Forward To
• Conscious Acts of Kindness
• Meditation
• Exercise
• Infuse Positivity Into Your Life
• Do Your Signature Strength


Deep Social Networks

Intentional Support

• Who
• When
• Where

How about you?
Calm and Connected System

Spend Money (Not on Stuff)

Something to Look Forward To

The Rational Optimist

Optimism
Effort = Outcome

“My behavior matters...”

Meditation & Exercise

Learned Helplessness

Lloyd’s Theory

SO YOU’RE TELLING ME
THERE’S A CHANCE
Now What?

Inspiration?

Inspiration is.....

Purpose + Faith = Energy

Conscious Acts of Kindness

Infuse Positivity Into Your Surroundings

What is your intellectual & emotional diet?
You find what you are looking for!

Stress = Growth

If it doesn't challenge me, it doesn't change me.
Mindset

Effort = Outcome

“My behavior matters...”

Meditation & Exercise

Exercise a Signature Strength
Admiring vs. Solving Problems

The Action Plan
Your action plan is a living document, continuously...

- Revisit it
- Add to it
- Revise it
- Evaluate your progress on each critical element

The Law of the Harvest

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