Stress, Happiness, & Effectiveness: The Science of Self-Care & Thriving

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What will not happen!

What to expect!

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

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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?


The Old Success Formula

Hard Work ▶ Success ▶ Happiness

The Moving Target

The New Success Formula

Happiness ▶ Hard Work ▶ Success
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

Job  Career  Calling

**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

http://www.compassionfatigue.org/\index.html

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

Skill vs. Motivation

Good or Great

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
Now What?

Inspiration?

Inspiration is.....

Purpose + Faith = Energy

Conscious Acts of Kindness

Infuse Positivity Into Your Surroundings

What is your intellectual & emotional diet?
Calibrating the Mind

You find what you are looking for!

Stress = Growth

If it doesn’t challenge me, it doesn’t change me.

“...and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’”

- Ms. Frizzle

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...

a. Revisit it
b. Add to it
c. Revise it
d. Evaluate your progress on each critical element

The Law of the Harvest

Stay Connected!

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