Poll: What Percentage of Human Happiness is Based on Heredity?

- A. 10%
- B. 50%
- C. 40%

The Science Of Gratitude
The Science of Kindness

- Kindness can be learned
- Kindness is contagious
- Kindness increases energy, the love hormone, happiness, lifespan, pleasure

- Kindness decreases pain, stress, anxiety, depression, and blood pressure.
- Check out this fascinating video from Life Vest Inside (https://www.youtube.com/watch?v=FAiXqKovoxUb)

Kind Communication

Why is it Necessary?

- Our emotions are contagious (https://www.youtube.com/watch?v=FAiXqKovoxUb)
- The negativity bias: The human mind is wired so that the negative emotions tend to last longer and affect us stronger than the positive emotions
Psychological Safety the Key to Dynamic teams

- Psychological Safety - a belief that one will not be punished or humiliated for speaking up with ideas, questions, concerns or mistakes

Expressions That Create Safety

- You might not realize this but....
- You probably already know this but.....
- Contrasting statements: I don't want or intend .... I do want or intend

Effects of Writing in a Gratitude Journal

- [Graph showing the effect of gratitude journaling over time]
Best Practices For Writing in a Gratitude Journal

- Be specific
- Surprise
- Scarcity
- Near misses

Adapted from Gratitude Works: a 21 day program for creating emotional prosperity by Dr. Robert Emmons

Make Writing in a Gratitude Journal a Habit

- Do it the same day and time
- Pick a time of day where you don’t feel rushed
- Use a notebook that you only use for writing a gratitude journal
- Make sure a pen or pencil is permanently attached to your notebook

The Benefits of Practicing the Loving Kindness Meditation

- WELL-BEING
- SOCIAL CONNECTION
- Decreases your bias towards others
- SELF-LOVE
- IMMEDIATE & LONG-TERM IMPACT
Einstein on Compassion

“A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.”

The Gratitude Letter

- Write a Gratitude Letter to someone who has had a profound impact on your life but you haven’t taken the opportunity to properly thank.
- Studies at Indiana University and UC Berkeley documented changes in the brain associated with happiness, empathy, and compassion 3 months after writing a gratitude letter.

Questions?/Stay Connected

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