

Build a Better World at Work and in Life With Kindness and Gratitude

AN INFOPEOPLE WEBINAR

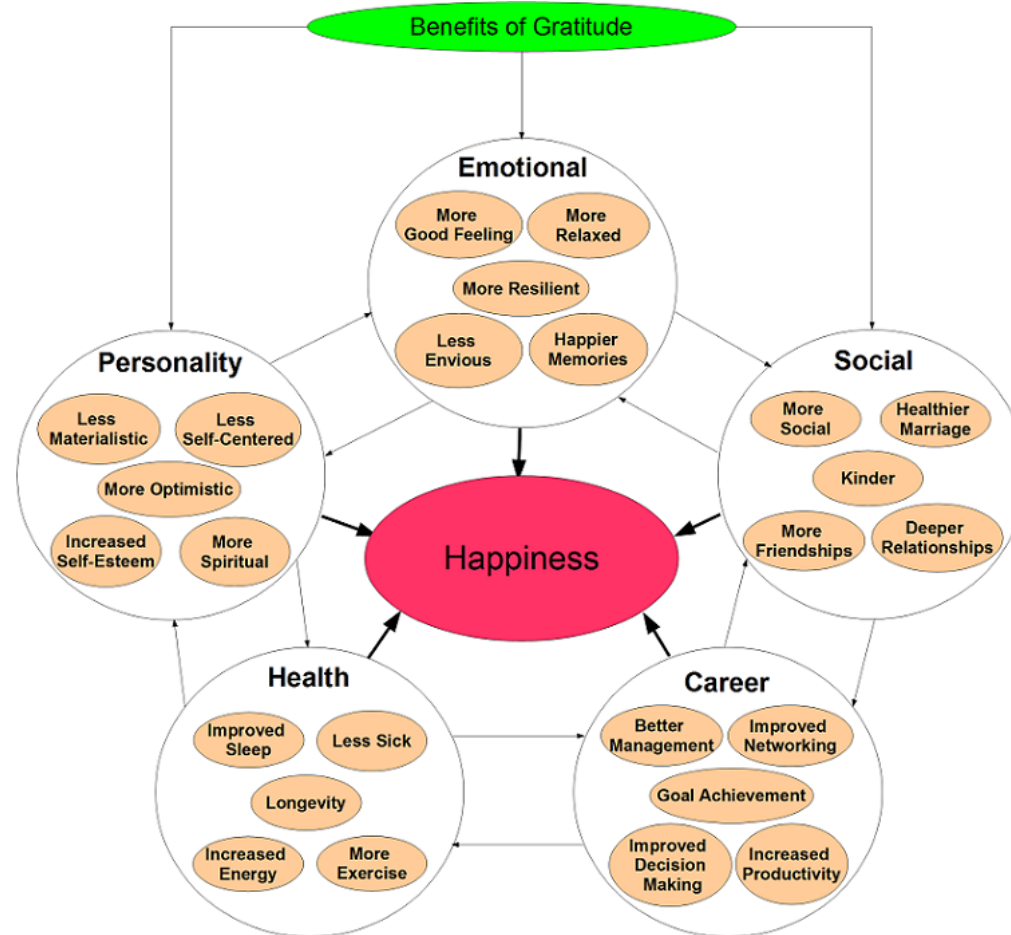
PRESENTED BY DAVID SECKMAN

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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**

The Science of Kindness

- ▶ **Kindness Decreases: Pain, Stress, Anxiety, Depression and Blood Pressure.**
- ▶ **Check out this fascinating video from [Life Vest Inside](https://www.youtube.com/watch?v=FA1qgXovaxUb)**
(<https://www.youtube.com/watch?v=FA1qgXovaxUb>)

Kind Communication

Why is it Necessary?

- ▶ Our emotions are Contagious [Mirror Neurons](https://www.youtube.com/watch?v=YAHgBAjcBbg)
(<https://www.youtube.com/watch?v=YAHgBAjcBbg>)
- ▶ The negativity Bias- The human mind is wired so that the negative emotions tend to last longer and effect 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

Effect of Gratitude Journal



Best Practices For Writing in a Gratitude Journal

- ▶ **Be specific**
 - ▶ **Surprise**
 - ▶ **Scarcity**
 - ▶ **Near misses**
-
- ▶ *Adopted from **Gratitude Works: a 21 day program for creating emotional prosperity** by Dr. Robert Emmons*

Make Writing in a Gratitude Journal a Habit

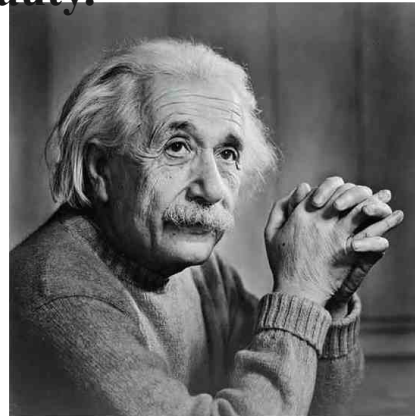
- ▶ **Do it the same day and time**
- ▶ **Pick a time of day where you don't feel rushed**
- ▶ **Use a notebook that you only use for writing a gratitude journal**
- ▶ **Make sure a pen or pencil is permanently attached to your notebook**

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 life but you haven't taken the opportunity to properly thank.**
- ▶ **Studies at Indiana University and UC Berkley documented changes in the brain associated with happiness, empathy, and compassion 3 months after writing a gratitude letter.**

Questions?/Stay Connected

- ▶ david@kindnessandgratitudeeveryday.com
- ▶ **Connect with me on Facebook search kindness and gratitude everyday**
- ▶ **Visit my webpage at:**
www.kindnessandgratitudeeveryday.com