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

AN INFOPEOPLE WEBINAR
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OCTOBER 24 2018
Poll: What Percentage of Human Happiness is Based on Heredity?

- A. 10%
- B. 50%
- C. 40%
The Science Of Gratitude

Benefits of Gratitude

Emotional
- More Good Feeling
- More Relaxed
- More Resilient
- Less Envious
- Happier Memories

Personality
- Less Materialistic
- Less Self-Centered
- More Optimistic
- More Spiritual
- Increased Self-Esteem

Health
- Improved Sleep
- Less Sick
- Longer Life
- Increased Energy
- More Exercise

Career
- Better Management
- Improved Networking
- Goal Achievement
- Improved Decision Making
- Increased Productivity

Social
- More Social
- Healthier Marriage
- Kinder
- More Friendships
- Deeper Relationships
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=FA1qgXovaxUb)
Kind Communication

Why is it Necessary?

- Our emotions are Contagious  
  Mirror Neurons  
  (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
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.”
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 Berkley 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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