

Building Resilience, Happiness and Optimism

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THOUGHT FOR THE DAY

**If you want to be Happy for a Year or Two—
Win the Lottery**

**If you want to be Happy for a Lifetime –
Love What You Do!**



Unknown

Techniques for Increasing Happiness and Resilience

- **Count your blessings**
- **Practice acts of kindness/service**
- **Cultivating optimism**
- **Savour life's joys**
- **Avoid overthinking (act instead) and social comparison**
- **Learn to forgive**
- **Increase “flow experiences”**
- **Nurture relationships - your family and friends**
- **Develop coping strategies (Thought Disputation – ANTs & PETs)**
- **Take care of your body/soul**
- **Set goals and commit to them**



WRAP UP ...

HAPPINESS IS CONTAGIOUS!

We Are All in This Together!



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Great Books on Happiness

- **The How of Happiness by Sonja Lyubomirsky**
- **Creating Optimism by Martin Seligman**
- **Authentic Happiness by Martin Seligman**
- **Happier by Tal Ben Shahar**
- **Positivity by Barbara Frederickson**
- **The Happiness Handbook by Dr Timothy Sharp**

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