

Positive Psychology

“Happiness is relative to the person experiencing it. This is why scientists often refer to it as “subjective well-being” because it’s based on how we feel about our own lives.”

Diener, E. & Biswar-Diener, R. (2008). *Happiness: Unlocking the Mysteries of Psychological Wealth*. Malden, MA: Wiley-Blackwell, at 4.

“Data abounds showing that happy workers have higher levels of productivity produce higher sales, perform better in leadership positions, and receive higher performance ratings and higher pay. They also enjoy more job security and are less likely to take



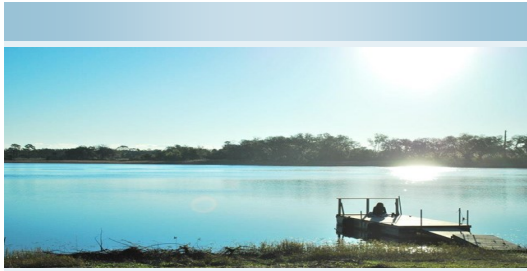
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Happiness at Work

21 Day Challenge

Jeanne Battersby, Transitional Coach



5 Things to do Daily for 21 days

1. Jot down 3 things that you are grateful for and why. In the 21 days don't repeat.

"Grateful people were more likely to seek out and use both instrumental and emotional support. Grateful people used coping strategies . . . by dealing with a problem . . . positive reinterpreting the situation and trying to find the potential for growth. Less likely to behaviorally disengage or deny problem exists."

Wood, Alex M., Jeffrey J. Froh, and Adam W.a. Geraghty. "Gratitude and Well-being: A Review and Theoretical Integration." *Clinical Psychology Review*: 890-905. Print. Page 891,892,& 901

Achor, S. (2010). *The happiness advantage: The seven principles of positive psychology that fuel success and performance at work*. New York: Broadway Books.

Daily for 21 Days



2. Random acts of kindness which can also include sending

a positive message to someone praising or thanking them.

Mulroy, Zahra. "Psychologist Reveals the Science behind Random Acts of Kindness and How We Can ALL Benefit." *Mirror* 25 Sept. 2015, News, Psychology sec. Web. 18 Nov. 2015.



3. Mediate at home or in your office for 2 minutes to

start.

Zinn, Jon; *Coming to Our Senses: Healing Ourselves and the World through Mindfulness*.



4. Exercise for 10 minutes. Take the stairs as

much as possible.

(Babyak et al., 2000)

Daily for 21 Days



5. Take time to describe in a journal the most meaningful experience of the past 24 hours.

"Journaling may allow individuals to experience decreased stress via feelings of relief through connecting with others or their own experience, increased insight, increased private expression, or feelings of personal cohesion or wholeness resulting from writing about their experiences."

Piotrowski, Nancy. "Health Benefits of Journaling." *Salem Press Encyclopedia of Health* January, 2015 Print

Achor's conclusion "Happiness can improve our physical health, which in turn keeps us working faster and longer and therefore makes us more likely to succeed."

https://www.youtube.com/watch?v=GXY_kBVq1M