

THE HAPPINESS OF HEALTH

WHY TEACH ABOUT HAPPINESS?

- **Happy people are:**
 - **More Sociable**
 - **More Flexible**
 - **More Creative**
 - **More Loving**
 - **More Forgiving**
 - **Less Easily Frustrated**
 - **Physically and Mentally Healthier**
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HAPPY PEOPLE ARE (CONT.)

- **Have higher quality of life**
 - **Are less likely to become ill**
 - **Live longer more productive lives**
 - **Teens who are happy are less likely to get involved with drugs and crime**
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WHAT IS HAPPINESS?

- Is it developed more internally or externally?
 - Is it what happens to us or how we react to events?
 - Nature or Nurture? (50/40/10)
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CAUSES OF UNHAPPINESS

- **Stress**
 - **Self-esteem**
 - **Being a perfectionist**
 - **Change**
 - **Comparing**
 - **Personal relationships (lack of or conflict in)**
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CAUSES OF UNHAPPINESS

- **Pessimism**
 - **Holding a grudge/onto the past**
 - **Worrying about the future**
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IMPORTANCE OF STRESS MANAGEMENT

- **Segal's 5 causes**
 - **Demandedness**
 - **Judgmentalness**
 - **Awfulizing**
 - **Vulnerability**
 - **Fears**
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IMPORTANCE OF FORGIVENESS

- **Takes the power away from the person**
 - **Allows you to move on**
 - **Demonstrates a position of strength**
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FORGIVENESS

- **Do we forgive others readily? Why? Why not?**
 - **Do we expect our friends/family to forgive us readily?**
 - **Why?**
 - **How do we react if they don't?**
 - **What is the difference?**
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FORGIVENESS

- **Assume the person had good intentions**
 - **Do unto others as you would have done unto you – so if you would expect forgiveness you must be willing to give it**
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FORGIVENESS

- **All of us have done things we regret**
 - **We must be willing and able to forgive ourselves**
 - **Learn from our mistakes and do our best not to make the same one again**
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- <http://www.youtube.com/watch?v=o2BITY-3Mp4>
 - <http://www.youtube.com/watch?v=mBDeFi-04VM>
 - <http://www.youtube.com/watch?v=1VUCK2MZty4&feature=fvwrel>
 - http://www.youtube.com/watch?v=66Yxs1C_iQo
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IMPORTANCE OF CHALLENGING ONESELF

- **Branden defined self-esteem as one's reputation with oneself.**
- **He developed his 6-Pillars of self-esteem**
 - **<http://nathanielbranden.wordpress.com/2008/03/30/nurturing-self-esteem-in-young-people/>**
- **In order to grow and gain self-esteem one must accept challenges, learn from their mistakes, act in accordance with their values, and pursue something meaningful.**

ACTIVITY 1- KINDNESS

- **Every day this week you must do three unselfish acts of kindness for three different people. Throughout the week you must do something for a family member, a friend, an acquaintance, and a stranger. You must not do it to get anything in return – the act itself is the return.**
- **How did this make you feel? How do you think this impacted others? Was there a difference based on your relationship with this person? What did you learn from this? Did this impact on how you see yourself? How others see you?**

ACTIVITY 2 - FORGIVENESS

- **Write a letter to someone who you treated unfairly and apologize for your actions. You may also follow up with a phone call or face to face conversation. You may not get into an argument if they come back at you. You must simply say you understand, you apologize, and you hope they will be able to forgive you.**
 - **Reflect on how this impacted both of you**
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ACTIVITY 3 - FORGIVENESS

- **Write a letter of apology to yourself for something you regret doing in the past.**
 - **How did this impact you? Did it help you move on and reduce some of your guilt?**
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ACTIVITY 4 - FORGIVENESS

- **Write a letter of forgiveness to someone who has hurt you. This is someone who you have not been able to forgive and they still cause you to hurt every time you think of them. Start by telling them how they hurt you and why. Conclude with a sincere statement of forgiveness by recognizing they were either sick or doing the best they could do at that time. Do not send this letter.**
 - **How did this letter make you feel? What did you learn from this experience that can help you with your happiness?**
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ACTIVITY 5 - APPRECIATION

- **Write a letter to someone who has really been important to you – a parent or sibling. Tell them specific things they did or said and how those things helped shape who you are today. Do not just tell them you love them – tell them why you love them.**
- **Reflect on how this made you feel as you were writing it, after you sent it, and how you think it made them feel. How was this experience for you?**

ACTIVITY 6 – ACCEPTING CHALLENGE

- **The student must attempt something that is safe, appropriate, legal, and will not harm anyone else that is challenging and outside their comfort zone.**
- **Reflect on how you felt as you were preparing to do it, how you felt while you were doing it, and how this has impacted you after you did it.**