

CREATING HABITS OF HAPPINESS

BUILDING RESILIENCE

SADNESS, GRIEF AND DEPRESSION

SOMETIMES ALIKE

BUT NOT THE SAME

SADNESS

- **SHORT TERM**
- **TRIGGERED BY MEMORIES, COMPASSION, WORLD EVENTS**
- **LONELINESS**
- **STRESS**
- **DISAPPOINTMENT**
- **CAN BE HELPED QUICKLY BY CERTAIN INTERVENTIONS**

GRIEVING

- **Acute grief: There is no timetable for moving through grief**
- **Even as symptoms lessen, certain triggers can cause acute symptoms. Cycling through stages**
- **Ability to laugh over shared memories**

- **Many symptoms are similar to depression**
- **Complicated grief: Loss through suicide, murder**
- **May require counseling and other interventions for depression.**

DEPRESSION



RISK FACTORS

- **Aging**
- **Genetics, family history**
- **Female and marital status**
- **Medications**

Risk Factors

- **Social problems: Loss of license, mobility,**
- **Stressful Life events: Caretaking, moving, loss of a life partner, pet, friends**
- **Lack of a supportive network and opportunities to socialize**
- **Unable to pursue favorite activities.**

HEALTH PROBLEMS

- **Body Image: Amputation, Cancer**
- **Life Threatening Illness**
- **Thyroid Disorders**
- **Vitamin B-12 Deficiency**
- **Dementia and Alzheimer's Disease**
- **Diabetes, stroke, heart disease**

MEDICATIONS WITH SIDE EFFECTS OF DEPRESSION

- **Blood Pressure**
- **Sleeping Pills and Tranquilizers**
- **Medication to treat Parkinson's**
- **Beta Blockers**
- **Calcium Channel-Blockers**
- **Heart Drugs with Reserpine**

Signs and Symptoms of Depression

- **Sadness and fatigue**
- **Loss of interest in activities previously enjoyed**
- **Social withdrawal**
- **Weight loss or gain**

- **Loss of appetite**
- **Insomnia or oversleeping**
- **Feeling helpless and hopeless**
- **Memory and concentration problems**

WHAT TO DO

- **Medical evaluation with Primary Care Physician Medical and/or Psychiatrist**
- **Medication and counseling**
- **Support groups**
- **Let friends and family know**
- **Exercise, healthy diet, avoid junk food**

7 HABITS OF HAPPINESS BACKED BY SCIENCE

Science has now confirmed that with certain practices we can change the neural pathways of our brain.

Happiness is a set of skills we can learn through practice.

- **10% of our happiness is due to our external circumstances**
- **90% based on our inner environment**
- **50% comes from our genes**
- **A full 40% accounts for our intentional daily activities**

HAPPINESS IS A CHOICE!

DAILY HABIT # 1

MINDFULNESS, The ancient practice of focusing on the present with non- judgemental awareness

- **Increase self-awareness**
- **Effectively manage painful thoughts and feelings**
- **There are various mindfulness practices such as Meditation, Mindfulness- based Stress Reduction and Mindfulness-based Cognitive Therapy**

DAILY HABIT # 2

PRACTICING GRATITUDE

- **A regular gratitude practice can change the brain's tendency to cling to negative things in our environment**
- **After 21 days of writing down 3 things you are grateful for you can increase positive thinking and a sense of well-being**

DAILY HABIT # 3



EXERCISE, BALANCED DIET, SLEEP # 3

- **May be the most effective happiness booster of all**
- **Happier people experience better health while the reverse is true for people with depression and anxiety**
- **A sense of well-being may make it easier to practice these habits.**

DAILY HABIT # 4



DOING GOOD #4

- **Giving to others releases endorphins, activating parts of our brain associated with trust, pleasure and social connection**
- **The Mother Theresa effect, kindness can boost the immune system**
- **Volunteering**

DAILY HABIT # 5

BEING VULNERABLE AND OPEN

- **Vulnerability does not mean being weak or passive. It means having the courage to be your true and authentic self**
- **If you are open, people will meet you there allowing you to experience true connection**

DAILY HABIT # 6



SOCIAL CONNECTION #6

- **Happiness is collective. Our happiness depends on the happiness of those we are connected to.**
- **It can boost mental and physical health and even immunity and longevity**
- **Happiness is contagious and can even impact a friend of a friend**

DAILY HABIT # 7

PURPOSE AND MEANING

- In work and in volunteering do what gives you a sense of purpose and has meaning**
- People thrive in environments where their strengths are emphasized**

- **Meeting a challenge or working towards a goal can be a joyous experience when it is well suited to our skills**
- **When we are positive dopamine floods the brain, it also activates all of the learning centers of the brain.**

Greater Good Science Center UCLA at Berkeley

- 1. Latest research on well-being**
- 2. Positive Psychology**
- 3. Emotional Intelligence**
- 4. Newsletter and Magazines**

<https://ggsc.berkeley.edu>

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SENIOR PEER PROGRAM



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