

HAPPY & WELL

Evidence Based Practices for Happiness and Well-Being



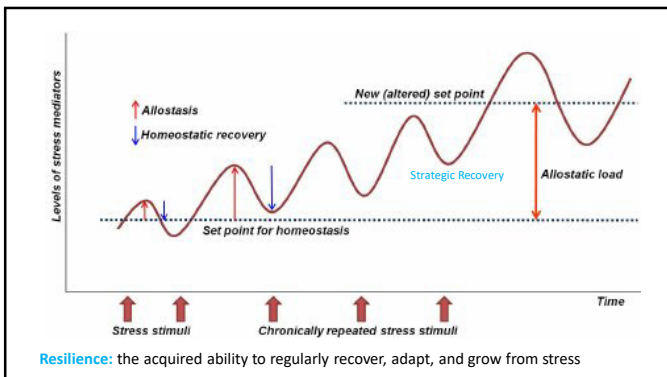
Stress: non-specific response

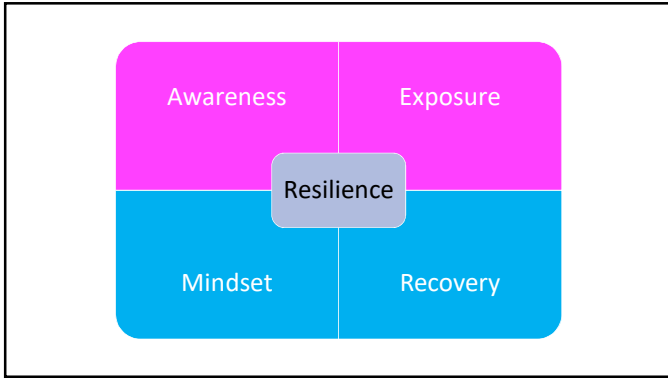
Normal Stress: maintain current capacity, regular & expected, manageable

Training Stress: more than current capacity, deviation from normal, intentional or unintentional

Excessive Stress: exceeds current capacity, unplanned or unintentional, chronic or acute

Allostatic Load: the cumulative burden of chronic stress and life events. It involves the interaction of different physiological systems at varying degrees of activity. When environmental challenges exceed the individual ability to cope, then **allostatic overload** ensues.





HAPPINESS & WELL-BEING

Emotions linked to happiness: awe, love, joy, interest, hope, pride, amusement, inspiration, & gratitude

3 Components: Pleasure, Engagement, & Meaning

Well-Being: State of being happy or sometimes the co-existence of happiness, health & occasional the add-on of prosperity

“What’s simple to do is simple not to do”

Compound Effect: D. Hardy

Rx

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*Exercise at a minimum
30 minutes, 3 times per
week*

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*Write down 5 things for
which
you are grateful for at
least weekly*

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*Complete 5 deliberate
acts of
Kindness at least one
day per week*

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*Smile and
act happy daily*

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*Seek intentional
change*

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*Spend money on others
and experiences
rather than things*

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*Spend time daily on
enhancing
relationships*

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Stop Phubbing

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Laugh daily

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Forgive them

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*Take moments of calm
at least
15 minutes daily*

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A quick intermission

Reference: Letz, L. Happy & Well: Evidence Based Strategies for Happiness and Well-being, 2021
