# 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**

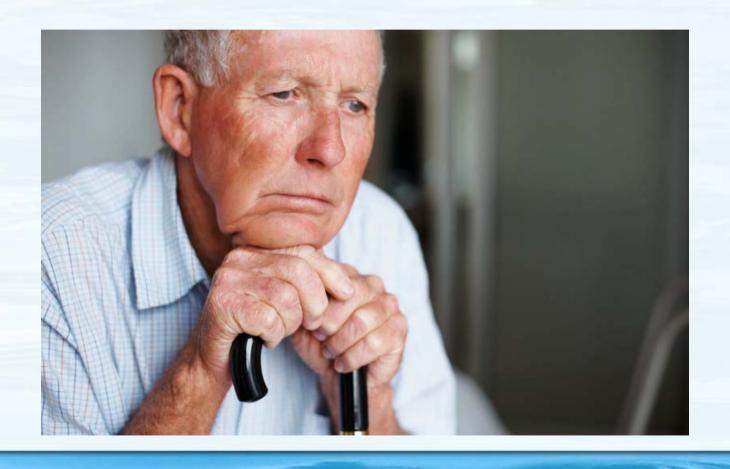
- Acute grief: There is no timetable for moving through grief
- Even as symptoms lessen, certain triggers can cause acute symptoms. Cycling through stages
- Ability to laugh over shared memories

 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 Llife 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
- Exercize, 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!** 

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 wellbeing



## 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.



#### **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

#### **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



### **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

#### **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

## WEST YAVAPAI GUIDANCE CLINIC

#### **SENIOR PEER PROGRAM**



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