



*The  
Pursuit  
of  
Happiness*

# Gratitude

- Thanks to **Brenda Carney** and the **Jeremy Bullock Memorial Trust**
- Thanks to the Montana Safe Schools Center and CAPE teams
- Thanks to **YOU**



# Hello and Welcome

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# The Flashback: What is the Pursuit of Happiness?



- Aristotle and Happiness
  - Not an emotion
  - Not material wealth
  - Not political achievement
  - Not so much an outcome, but a process of fulfilling one's virtuous potentials in the context of community
- And NOT this . . .



Are You  
**HAPPY**  
Or  
**SAD?**



**NO ONE CAN MAKE YOU  
HAPPY UNTIL YOU'RE  
HAPPY WITH YOURSELF  
FIRST.**

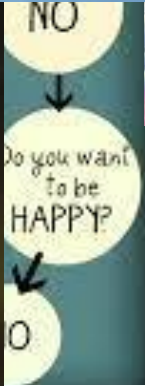
- ANONYMOUS

**NOTHING  
IS WORTH  
IT IF YOU  
AREN'T  
HAPPY.**

KUSHANOWIZ.COM

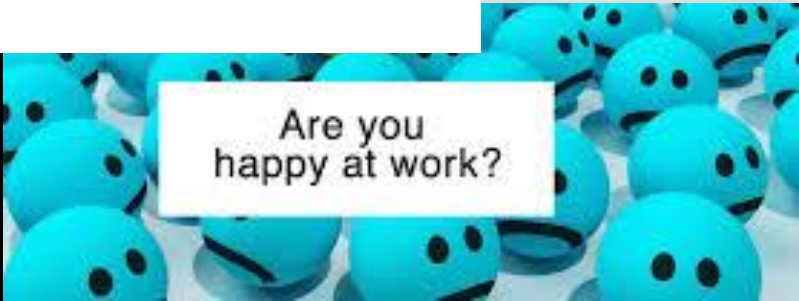
have,  
doing  
happy or unhappy.  
nk about.  
TRACTION.COM™

I hope  
you're  
happy  
now.



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oy with  
not who people think  
you are.

GOLDIE HAWN



Are you  
happy at work?

# The Best Definition?

Aristotle's idea (and others) – That place where the flowering of your greatest (and unique) virtues, gifts, skills, and talents intersect (over time) with the needs of the world [aka family/community].



# The Best Definition and YOU?

How do you match your gifts with the needs of your friends, family, communities, and the world?

TTK – Restaurant story



# Homework



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## Flip the Process:

- Notice—in your employees, co-workers, romantic partners, friends, etc., the manifestation of THEIR unique strengths (gifts, skills, talents, virtues) . . .
- Tell them, gently and respectfully, when you see these strengths [**Give them a validation memory**]



# Why Push Eudaimonic Happiness?

In the beginning, psychology spent 100+ years mostly studying: What's **WRONG** with YOU?

- Psychopathology and mental disorders
- Anxiety, depression, suicide, OCD, ADHD, ODD, PTSD, etc.
- We find what we are looking for.
- Let's water the flowers not the weeds!





# The Evidence-Based Eudaimonia Menu

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- The Three-Step Emotional Change Trick
- Three Good Things
- Gratitude Practice
- Savoring
- Acts of Kindness
- Mindfulness
- Flow
- Sleep Skills

# Tool #1: The Three-Step Emotional Change Trick

*We do not do toxic positivity*

1

Step One:  
Honor the  
emotion – Feel  
the feeling

2

Step Two: Think  
a new thought or  
do something  
different

3

Step Three:  
Share the good  
mood

A black and white photograph of a woman wearing a crown, lying in bed and looking upwards with a thoughtful expression. The image is dimly lit, with a soft light source behind her head.

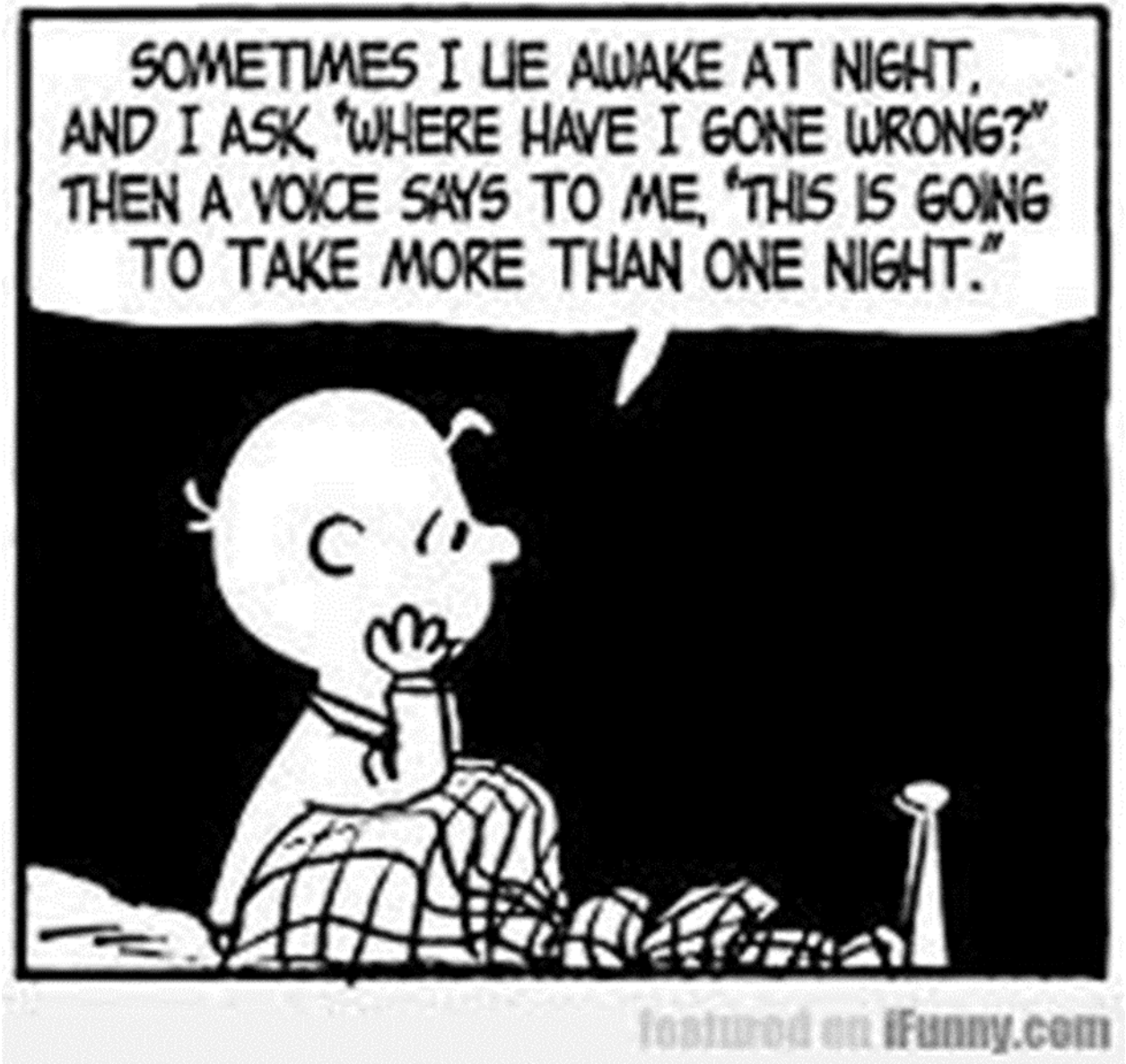
## Tool #2: Three Good Things

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- Survey
- Rumination is **all-natural**, but not helpful

# Why?

This seems  
to be the  
way our  
brains are  
built



# Three Good Things



- ▶ Seligman's signature technique
  - ▶ Before you go to sleep (or right now)
  - ▶ Write down (or think about) three good things that happened during the day (or last 24 hours)
  - ▶ Then track down in your mind **“Why” those things happened**
  - ▶ Seligman: After a week, you'll want to keep doing it (JSF: Maybe)
  - ▶ **Volunteer?**



# What we do . . . Naturally. . .

## The Opposite of Savoring



- ▶ We **dampen or spoil** good experiences, while savoring or chewing on our mistakes
- ▶ Anybody ever get stuck **chewing on the negative** or spoiling the positives? [Yet another natural obstacle to happiness]



# THE BENEFITS

Enhances Resilience

Decreases Depression

Increases Happiness

Increases Optimism



## Present Savoring



# FUTURE

## SAVORING

- Joyful anticipation!
- Gaining pleasure from looking forward and imagining future happy events.
- Anticipating and fantasizing about upcoming positive events.
- Likely to experience intense emotions.
- Be more optimistic.



A close-up of a car's side-view mirror. The mirror's frame is black and curved. Inside the mirror, a landscape is reflected: a paved road with a white dashed line curves through a dry, grassy field towards a large, dark mountain range under a bright sky. The car's body is visible on the right side of the mirror's frame.

## **PAST SAVORING**

(looking back on happy times)

- good at buffering stress-
- brings up positive feelings-
- creates connections-

The background of the slide features large, expressive pink brushstrokes that sweep across the frame. In the top right corner, there is a solid red rectangle. The title 'Mutual Reminiscence' is centered in a bold, black, sans-serif font.

# Mutual Reminiscence

**Get together with a friend and  
talk about the good times.**

**Pair up or get in groups**

- **Show a photo from your phone**
- **Tell your favorite story**

# Tool #4: Gratitude

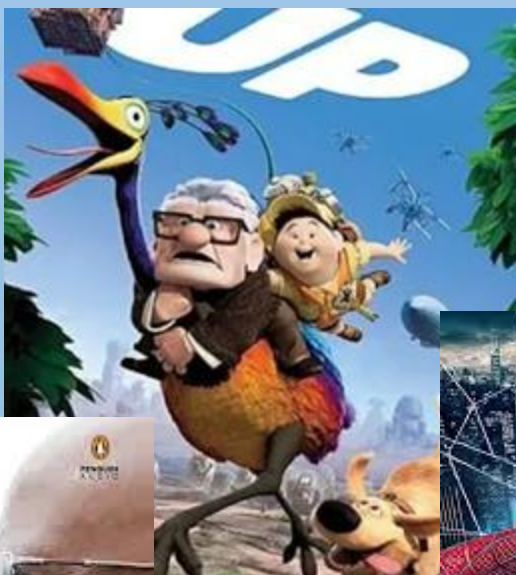
- ▶ Do you want to increase optimism, improve life satisfaction, be healthier, exercise more, and be happier?
- ▶ Weave intentional gratitude into your life



# Gratitude Practices

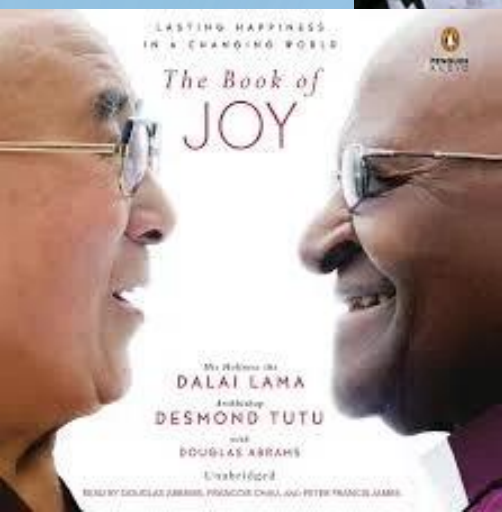
- ▶ Gratitude List
- ▶ Gratitude Jar
- ▶ Gratitude Photography
- ▶ Gratitude Tree or Wall
- ▶ Reverse Gratitude
- ▶ Gratitude Letter Writing





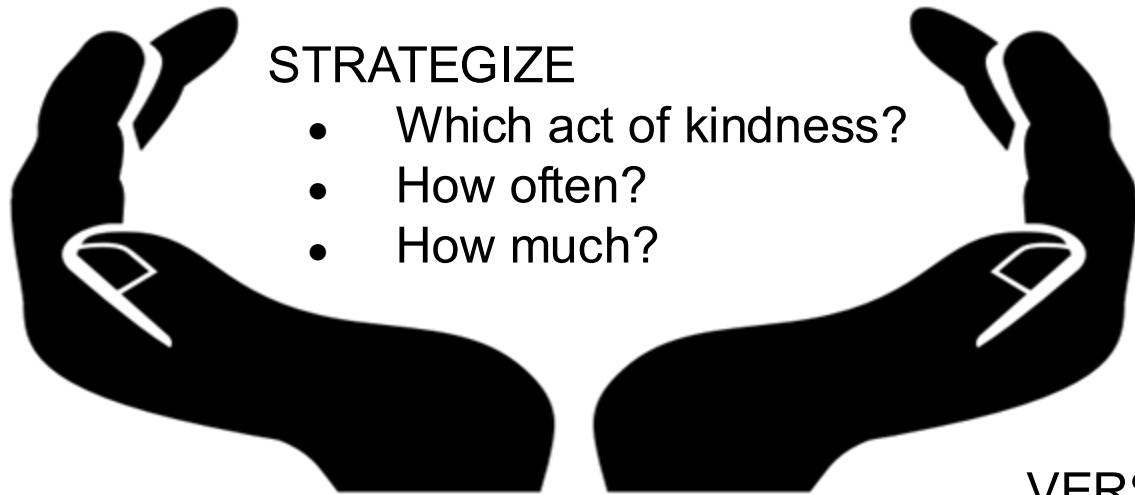
Kindness Begets Kindness Evermore

-Sophocles





# How to get the BEST results



## STRATEGIZE

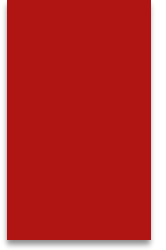
- Which act of kindness?
- How often?
- How much?

## VERIFY

1. Be creative
2. Surprise someone
3. Do something that doesn't come naturally (e.g., be kind to a stranger)
4. Freely chosen, not obligated
5. Do a kind deed and tell NO ONE!



# ACTIVE LEARNING ACTIVITY



Option 1: The Chain Effect of Kindness

Option 2: At Home, In the World, At School



# MINDFULNESS



## What is Attention Training AKA Mindfulness?

- Paying attention
- On purpose
- In the present moment
- Non-judgmentally
- As if your life depends on it



# THE ATTENTION FOCUS TUG OF WAR

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# Mindfulness is NOT...

- About perfection
- about emptying the mind
- The same as relaxation
- A quick fix
- A sitting practice only
- Having a goal (except to be mindful)
- About having a good or bad meditation
- A religion
- Easy... but it is simple



# MINDFULNESS PRACTICES

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- Breath Work
- Mantras
- Senses (sight, sound, etc.)
- Forest Bathing
- Savoring
- Body Scan



An aerial photograph of a field with alternating rows of green and reddish-brown crops. A small tractor is visible in the upper right corner. A large, white, rounded rectangular overlay is centered on the image, containing the word "Flow".

# Flow

# Flow

- A state of mind that occurs when a person is totally immersed in an activity.
- It can occur during various tasks, such as when a person is learning, being creative, or participating in a sport.
- When in a flow state, people pay no attention to distractions, and time seems to pass without notice.



# Benefits

- Emotional regulation
- Fulfillment and Happiness
- Intrinsic Motivation
- Engagement and Performance
- Learning, Skill Development, and Creativity

# Characteristics

1. The activity is intrinsically rewarding.
2. There are clear goals that, while challenging, are still attainable.
3. There is a complete focus on the activity itself.
4. People experience feelings of personal control over the situation and the outcome.
5. People have feelings of serenity and a loss of self-consciousness.
6. There is immediate feedback.
7. People know the task is doable, and there is a balance between skill level and the challenge presented.
8. People experience a lack of awareness of their physical needs.
9. There is intense concentration and focused attention.
10. People experience timelessness or a distorted sense of time that involves feeling so focused on the present that you lose track of time passing.

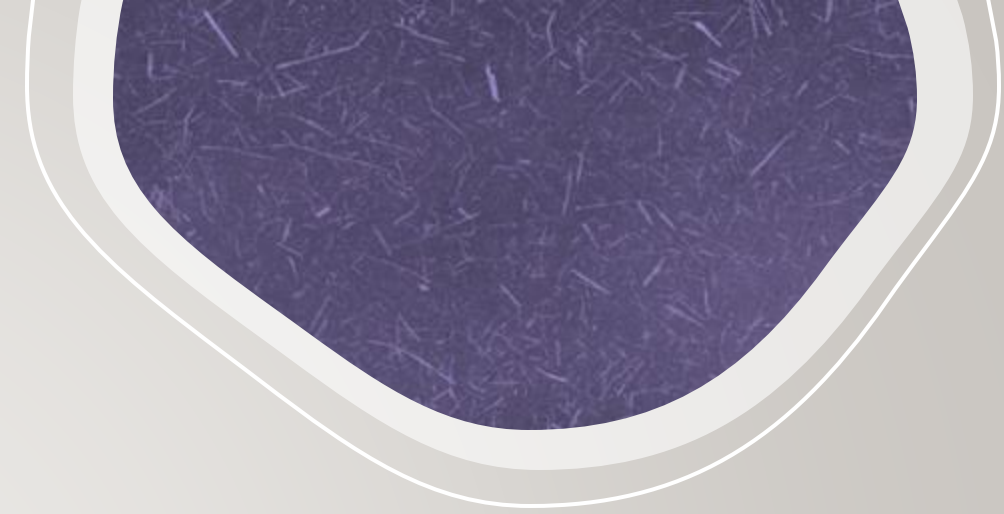


# Everyday Examples

- Flow in Creative Pursuits
- Flow in Education
- Flow in Sports
- Flow in the Workplace

# Achieving Flow State

- Set Clear Goals
- Eliminate Distractions
- Add an Element of Challenge
- Practice Meditation and Mindfulness
- Choose a Pursuit You Enjoy



# Takeaways



**Flow** = is an optimal state of mind between boredom and anxiety where you perform your best and feel your best, the experience of being so engaged in a task that you lose track of time.

**Focus** – concentrate on the task at hand & momentarily forget everything

**Freedom** - no room for self-scrutiny/judgement free state/free to express

**Feedback** - clear goal = clear feedback, are actions moving us closer to our objective

**Four % Challenge**- work 4% greater than your skills

# Practice





# Our Outcomes

With the **Arthur M. Blank**  
Family Foundation's Support

The **Happiness for Educators**  
Project

So far, **267** educators  
completed our 3-credit  
graduate course across 5  
cohorts



# Our Outcomes II

## Educators Reported

- Reduced depression
- More hope, positive emotions, mindfulness, and social support
- Better sleep
- Fewer headaches and sick days
- Reduced gastrointestinal and respiratory distress

# Bonus: Positive Distractions

- ▶ Life is hard; We experience unhappiness and wonder about ourselves
- ▶ Emotions are a pain☺; your work is immensely stressful
- ▶ Sometimes, we need distractions:  
<https://www.youtube.com/watch?v=-ubQxtEukvw>
  - ▶ **What songs help you feel your feelings or boost your mood?** [JSF]
  - ▶ What places? What cat videos? What . . . ?

THE KEY TO  
happiness

1. Order a pizza.
2. Eat the pizza.
3. Repeat...

# Final Conclusions

- ▶ The brain, our culture, the news . . . are built to track negativity
- ▶ Well-being (eudaimonic happiness) requires awareness, intention, effort, reminders, and persistence
- ▶ Most of us will forget to apply these unless we REMEMBER
- ▶ Select and practice a few evidence-based positive psychology interventions and see what happens.



# Summary

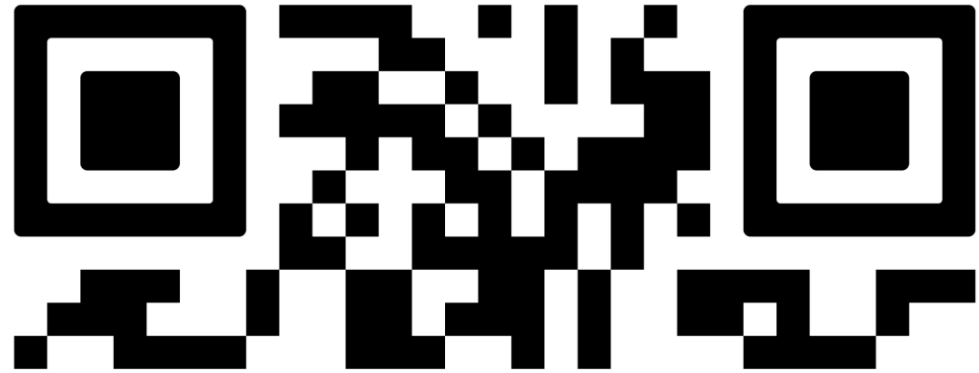
- ▶ What will you remember?
- ▶ What do you want to try?

# Resources

- ▶ For more homework ideas, just do an internet search: **Sommers-Flanagan + Happiness Homework**
- ▶ University of Pennsylvania Positive Psychology Center: <https://ppc.sas.upenn.edu/>
- ▶ Greater Good Magazine: <https://greatergood.berkeley.edu/>
- ▶ The Montana Happiness Project: <https://montanahappinessproject.com/>

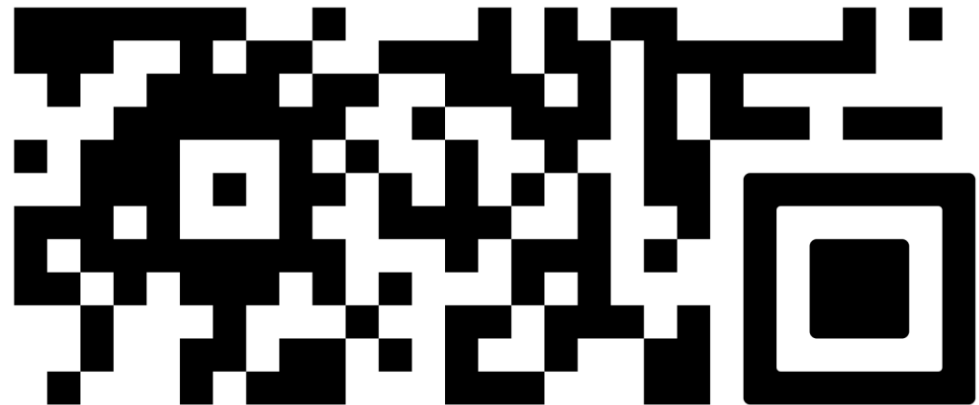


Use this QR  
Code for  
Feedback!



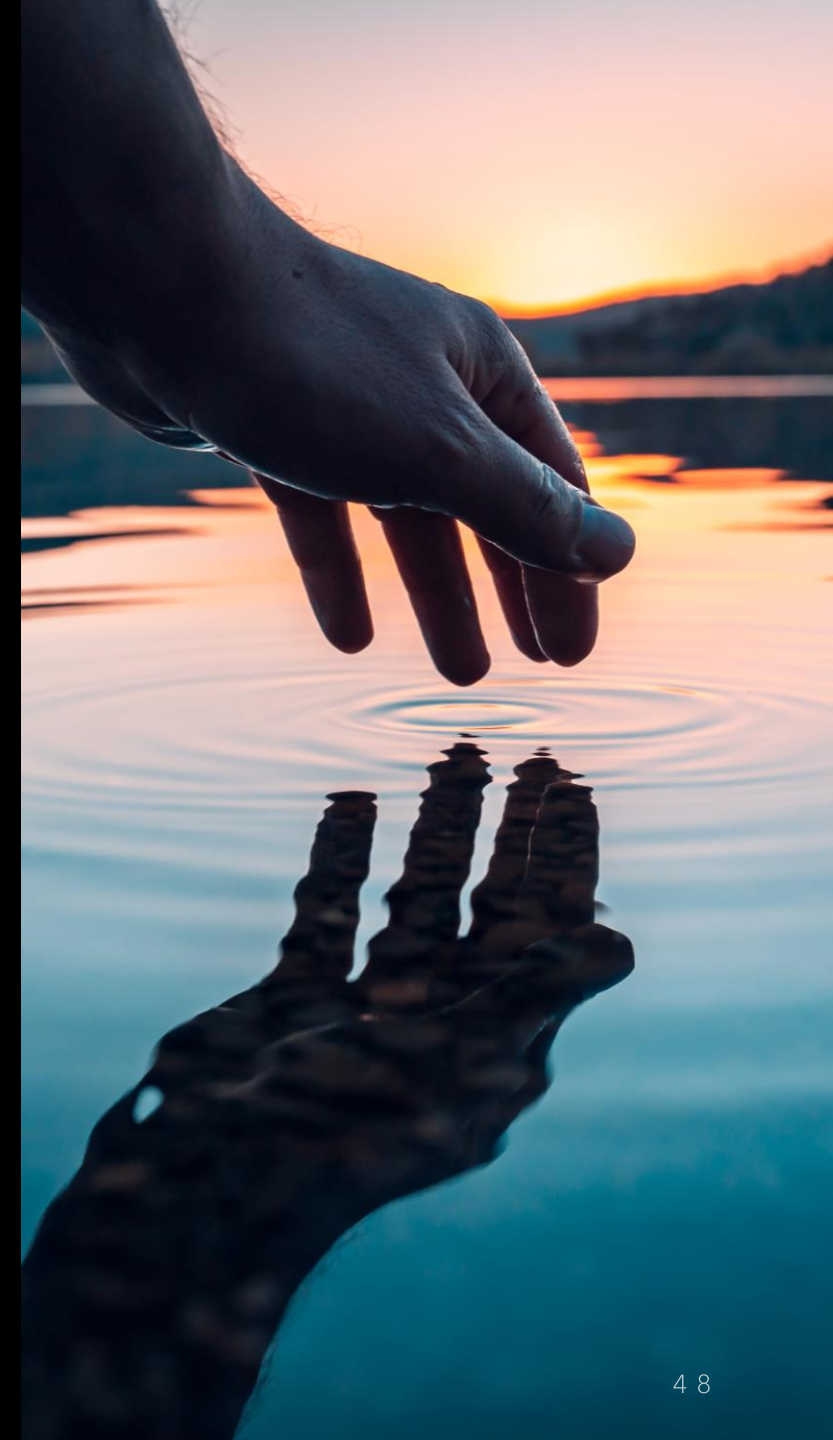
*Jeremy Bullock*

**SAFE SCHOOLS SUMMIT**



## Bonus #2: Sleep Well

- ▶ “What’s the most important thing for ~~college success~~ alumni health?” – Sleep
  - ▶ Why? Sleep disruption is linked to accidents, illness, lower achievement, depression, irritability, worse MH, suicidality, etc!
  - ▶ Sleep paralysis, MHCC and the DSM – Wait a minute☺



# **Sleep Hygiene (Not just showering)**



- 1. Routines**
- 2. Daily exercise**
- 3. Caffeine curfews**
- 4. Light and dark and sound and comfort**
- 5. Beds are for sleeping**
- 6. Limit naps to less than 30 min [coffee naps]**
- 7. Avoid certain foods**
- 8. The temperature decline (Bath or shower)**
- 9. Screen light exposure and Tech in the bedroom?**
- 10. Have a plan for dealing with troubling thoughts and dreams [3 Good Things; mindfulness meditation; almost sleep]**