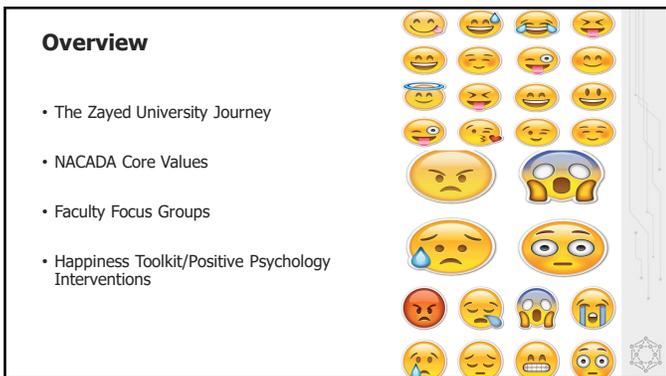


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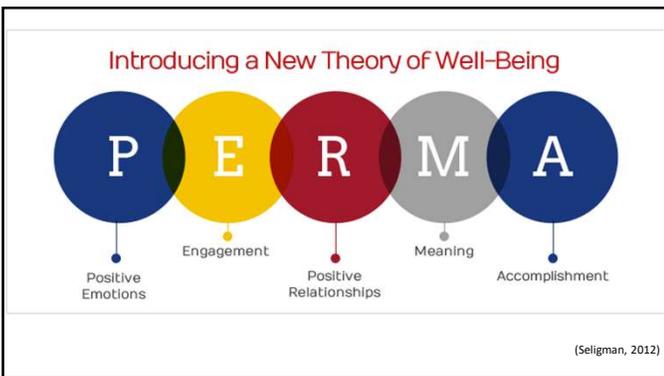


4

Dr. Martin Seligman: Flourish

- Benefits of working on wellbeing:
 - Live longer
 - Better quality relationships
 - Perform better at work
 - Greater self-control and regulation
 - Less depression and anxiety
 - Easier to overcome challenges
 - Better academic success
 - Better physical health
 - Faster recovery from illness

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Faculty Focus Groups

- First impressions were somewhat skeptical
- Experienced positive changes regarding personality and behavior, and saw the same in their students
- Strengthened rapport with students
- Pushed outside of their comfort zone – academically and personally
- Unearthed complicated issues that students are experiencing
- I learned to: Embrace a range of emotions; Be more mindful; Be more balanced and be a better role model.

“How am I going to teach happiness?”
 “Based on research that has disciplinary legitimacy and not just touchy feely.”

“Why am I not engaging in things that make me happy? How do I do life better?”
 “Students saw me as a normal person.”

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Resources

- Greater Good in Action
 • <https://ggia.berkeley.edu/>
- Authentic Happiness
 • <https://www.authentichappiness.sas.upenn.edu>

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Positive Emotions

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Positive Emotions

- Evaluating how we feel about our own levels of happiness
- Being intentional about engaging in activities that promote positive emotions
- Using positive emotions to undo negative ones
- Positive emotions include a range of emotions as well
- Broaden and Build Theory (Fredrickson, 2004).



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Positive Emotions about the....

- Gratitude and Forgiveness
- Mindfulness
- Optimism



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Tools

- **1. Gratitude Letter:** Write a gratitude letter to somebody you would like to thank, and when you go home call them up and read the letter to them (or read it face to face). Reflect upon what happens when you read them the letter.
- **2. Three Good Things:** For one week write down three good things that happened to you each day. Generate explanations about how you achieved or contributed to that good thing. Share with others or reflect upon how it made you feel.
- **3. Optimism - "Finding Silver Linings":** List five things you find enjoyable in life (positive state of mind). Describe a situation when things didn't go your way. List three things that can help you see the brighter side of a situation.



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Engagement



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Engagement

- The Flow State: According to Dr. Mihaly Csikszentmihalyi (2013), we experience flow when our greatest strengths correspond to the challenges that we face.
- Can you remember a time where you completely lost track of time engaging in something that had your complete focus and attention?
- More likely to experience flow if using top Character Strengths



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Relationships

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Relationships

- Being aware of what you're feeling, recognizing which feeling you're experiencing, and how that feeling effects others.
- Being able to manage your feelings, to focus your attention, and to think before acting.
- Being able to use your feelings in service of your goals. (enthusiasm, persistence, energetic).
- Being able to recognize the feelings of others and treat them accordingly.
- Being able to manage the feelings in others and build relationships and social networks.

(Goleman, 1995)

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Tools

- 1. How would you treat a friend?:** How would you typically respond to a friend who is dealing with a difficult situation? What did you say? What was your tone? Think about a time you dealt with a difficult situation? What did you say to yourself and what was your tone? Did you notice a difference? What factors of fear were at play? Think about a response for yourself that would be similar as to how you would treat a friend.
- 2. Self-Compassion Break/Letter :** Think of a situation that is difficult and causing you stress. Be present and mindful and acknowledge it: "This is a moment of suffering." Recognize common experiences in humanity : "I'm am not alone. We all have struggles in our lives." Then express self-kindness. Put your hand over your heart: "May I be kind to myself. May I accept myself the way that I am. May I forgive myself. May I be patient. May I be strong." Use whatever words are comfortable for you.

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Active Constructive Communication

	<i>Active</i>	<i>Passive</i>
<i>Constructive</i>	Enthusiastic support Eye Contact Authentic Great news! I know you'd do it. How do you feel?	Low Energy Delayed Response Quiet Oh cool, that's nice...good for you.
<i>Destructive</i>	Quashing the event! Dismissive Demeaning I don't believe you! It sounds stressful.	Turns focus inward Avoiding Ignore Speaker Huh. Well, I just got a new video game.

(GoStrengths.com, 2019)

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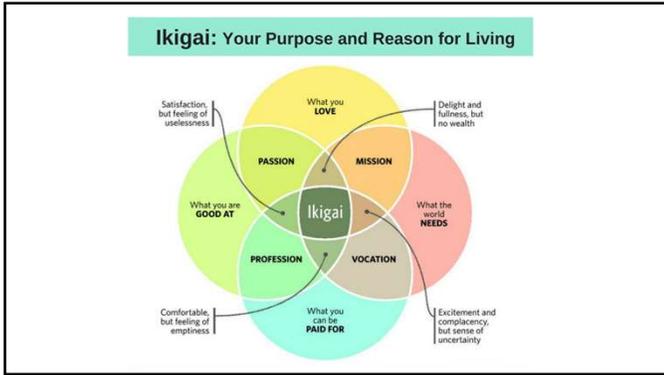
Meaning

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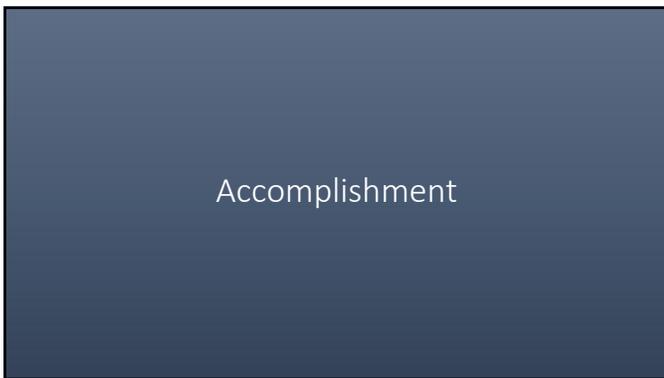
Meaning

- Society has provided routes to seeking meaning through religion, science, politics, social causes, etc.
- A meaningful life is not directly related to being happy instead linked to life satisfaction.
- Meaningfulness lasts longer than happiness
- Meaning is linked to spending time with loved ones/family; happiness is linked to spending time with friends.
- Meaning is promoted by engaging in challenging situations that are beyond yourself or your pleasures.

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Accomplishment

- Grit (Duckworth, 2016)
 - Dr. Angela Duckworth (2016) defines grit as "**passion and perseverance** for very long-term goals. Grit is having stamina. Grit is sticking with your future, day in, day out, not just for the week, not just for the month, but for years, and working really hard to make that future a reality."
- Developing Grit
 1. Interest
 2. Practice
 3. Purpose
 4. Hope – Growth Mindset

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Happiness and Physical Health

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Physical Health

- Research shows that positive well-being is linked to better physical health.
 - [Six Ways Happiness is Good for your Health](#)
 - Happiness protects the heart
 - Happiness strengthens the immune system
 - Happiness combats stress
 - Happy people have fewer aches and pains
 - Happiness combats disease and disability
 - Happiness lengthens our lives



(Newman, 2015)

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Walking Meetings

- Leads to creative thinking
- Can be more productive
- Promotes more honest exchanges
- Supports cognitive engagement and focus
- Relaxes our brains and release neurochemicals which aid executive functions
- Helps to break down barriers and make interactions more peer-to-peer versus hierarchical
- Plan ahead, stick to small groups and have fun.

(Clayton, Thomas, & Smothers, 2015)

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Please take a minute to complete a session eval using the link or QR code below:
<http://bit.ly/24hrEval>



**The Quest for Happiness:
A Journey of Personal Growth**
THANK YOU!
Dr. Jobila Sy - jobila.sy@zu.ac.ae

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