How Good Habits Drive Happiness:
The Science and Practice of Good Life

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Welcome!

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WorkWell NYC
WorkWell NYC seeks to create workplaces that help our employees live healthy, active lifestyles, and to provide health and well-being services, programs, and resources at the worksite and beyond.
Upcoming Webinars

March 13th, 1:00pm
Eat Well, Be Well: Connecting What You Eat and How You Feel

April 10th, 1:00pm
Learn to Stress Less: Understanding and Managing Stress Effectively

May 8th, 12:00pm
Staying Calm Under Pressure: Dealing with Difficult Situations

June 12th, 12:00pm
Resilience for a Healthy Life: Mental, Physical, and Emotional Wellbeing
Objectives

After today’s webinar, you will:

- Understand the basics of wellbeing
- Learn how to map your wellbeing
- Learn the 6 main strategies of self-care and make your wellbeing “to do” list
Positive Psychology, Happiness, and Wellbeing
Positive psychology is the science of the positive aspects of human life, such as happiness, wellbeing and flourishing.
What is happiness?

- Happiness is a specific emotion that people feel when good things happen.
- Often co-occurs with a specific facial expression: the smile.
Happiness comes from within!

• The human brain is wired for happiness and positive connections with others!

• We can train our brains to think in a happier, more optimistic, and more resilient way

Happiness is:

- 50% our actions
- 40% our genetics
- 10% our circumstances
Smile – it’s contagious!

- Smiling helps us connect with others.
- Smiling takes no special talent and costs nothing!
- Smiling regularly can help you be healthier, a better worker, and a more sensitive family member and friend.

Smile and the world smiles with you!
What is wellbeing?

Our wellbeing is shaped by our thoughts, actions, and experiences, most of which we have control over.
Mapping and Scoring Your Wellbeing
Creating your wellbeing wheel

Your score should reflect on where you really are, not where you think you should be!
Creating Your Wellbeing To Do List
What is self-care?

- The steps we can take to improve our wellbeing
- The actions that help us create a more balanced wheel of life for ourselves
My wellbeing “to do” list

- Be Active
- Be Positive
- Be Connected
- Be Mindful
- Be Purposeful
- Be Curious

Source: Mayor de Blasio, MD, MPH and Jeremy Taylor, MPH, NYC Department of Health and Mental Hygiene
Be active

When our bodies are strong, fit, and active, we feel happier and healthier and can better cope with stress.

To do:

• Find physical activity that you enjoy
• Eat a healthy and balanced diet
• Get enough sleep
Thinking positively can help us improve our health, and increase our ability to manage stress with greater confidence.

To do:

- Try to improve your outlook on life
- Practice positive self-talk
- Stop negative thoughts
- Look for things to be grateful for
Be connected

Being connected gives us a sense of belonging, and also serves as a source of help and support when we need it.

To do:

• Spend time with others
• Practice random acts of kindness
Be mindful

Being mindful is a way of being connected with ourselves, and with the world around us.

To do:

• Regret the past less
• Worry less about the future
• Learn and practice strategies that help you appreciate the here and now
Learning new things can help us feel good about ourselves and cope with challenges that come our way.

To do:
- Learn something new every week, month, or year
- Be patient with yourself as you learn new things
- Be proud of your achievements
Living a purposeful life means that we find, live by, and work for things that matter to us.

To do:
- Identify things big and small that are meaningful to you
- Live your life in a more meaningful way, every day
Be resilient

• We can become more resilient by practicing self care and being more active, positive, connected, mindful, purposeful, and curious.

• When we are resilient, we believe that we can manage the stress in our life, and cope with even the most difficult life experiences.
Make a plan for the future

Active  Positive  Connected  Mindful  Purposeful  Curious
Resources

Worksheets:
- Wheel of Wellbeing
- Wellbeing To Do List

To learn more:
- http://www.dana.org/Cerebrum/2006/Hardwired_for_Happiness/
Free, confidential support is available

- **NYC Employee Assistance Program (EAP)**
  - 212-306-7660 | [eap@olr.nyc.gov](mailto:eap@olr.nyc.gov) | [nyc.gov/eap](http://nyc.gov/eap)

- **NYC Well**
  - 888-NYC-WELL | Text WELL to 65173 | [nyc.gov/nycwell](http://nyc.gov/nycwell)

Texting and live chat services are available in English, Spanish and Traditional Chinese. Free over-the-phone interpretation services are available in more than 200 languages.
Thanks for Attending!

We want to hear from you! Please fill out a brief survey to share your feedback on today’s presentation: [bit.ly/BeWellWebinar2](bit.ly/BeWellWebinar2)

Questions? Please contact Monika Erős-Sarnyai, MD, MA, with any additional questions about the topics discussed during this webinar: [msarnyai@health.nyc.gov](mailto:msarnyai@health.nyc.gov)