

Missouri Institute of Mental Health

Presents

*The Pursuit of Happiness: The Science of
Happiness to Help Clients Maintain
Addictions and Mental Health Recovery*

Presenter

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What is Happiness?

- *Occasional, emotional state of well-being and contentment*
- *May be a broad term, covering many emotions*
 - *Satisfaction*
 - *Gladness*
 - *Delight*
 - *Joy*
 - *Bliss*
- *Experienced subjectively*

Happiness and Health

When people are happy

- *They move more*
- *They sleep better*
- *They catch fewer colds*
- *They have greater immune health*

Happiness

- *Decreases depression*
- *Increases cortisol which reduces stress*
- *Protects your heart*
- *Leads to an increase in the intake of fruits and vegetables*

Happiness and Health Continued

Happiness

- *Lowers blood pressure*
- *Reduces aches and pains*
- *Lengthens life*
- *Increases gratitude*

Misconceptions About Happiness

- *A good job does not make people happy (unless it 's connected to purpose)*
- *Money does not make people happy*
- *A perfect body does not make people happy*
- *Owning great stuff does not make people happy*

Misconceptions About Happiness Continued

- *Good grades does not make people happy*
- *True love does not make people happy*
- *A perfect face does not make people happy*

*How come these things do not
make people happy?*

What does make people happy?

What Makes People Happy

- *Random acts of kindness*
- *Social connections*
- *Having a diversity of friends enriches life and contributes to happiness*
- *Savoring*
- *Staying in the moment*
- *Purpose*

Logo Therapy

Definitions

A form of psychotherapy than emphasis meaning/purpose.

A therapy that helps clients discover their purpose. It is derived from the Greek work "logos," which means "purpose."



Statue of Liberty

Developer – Viktor Frankl

"You can take everything away from a person except for one thing: the freedom to choose how they will respond to whatever horrible circumstance they find themselves in."

Viktor Frankl – Third Viennese School of Psychotherapy

Things That Give Life Meaning

1. Turning pain into a cause

2. Meaningful work

3. Love

4. *"Doing the will of God"*



Ruby Bridges

5. Taking a stand

6. Helping others

Logo Therapy Techniques

- *Visualization*
- *Helping clients find purpose in the midst of unavoidable suffering*

Socratic Questions

- *What do you do well?*
- *If you knew you had one hour to live and you were asked to leave a message to the world, what would you say?*
- *What would you do with your life if you knew you could not fail?*
- *What is your previous life suffering preparing you to do with the rest of your life?*

Socratic Questions Continued

- *If money were not an issue, what would you do with your life?*
- *When you die, what do you want your headstone to read?*
- *What is your life purpose?*

Socratic Questions Continued

Written exercises

- *Purpose*
- *Short and long term goals*

Socratic Questions Continued

Life plan exercises

- *Treatment plan*
- *Relapse prevention plan*
- *Wellness plan*
- *Happiness plan*
- *Life plan*

Life Plan

- *Unfinished business that you intend to complete*
- *Relationships you plan to nurture*
- *Life purpose*
- *Happiness plan*
- *10 things you want to learn*
- *10 places you want to go*
- *10 things you want to possess*
- *10 people you want to meet*
- *Who you want to become*

Striving for Happiness

- *Happiness is often a presumed American right*
- *Such an expectation leaves us struggling if we don't see ourselves as happy, causing us to chase things to make us happy ("I'll be happy when I get the new _____")*
- *Tendency to see happiness as a destination, taking us out of the present*
- *Another barrier to happiness is perfectionism...*

Definition of Key Terms

*Perfect: having no mistakes or flaws;
completely accurate;*

*Perfection: freedom from fault or defect;
flawlessness; the quality or state of being
saintly*

Definition of Key Terms Continued

Healthy perfection: able to achieve outstanding outcomes/rewards with minimal cost. You consistently have a short gap between the objectives you set and the outcomes you achieve. When perfection is healthy it works for you, benefit society, and can increase your satisfaction with life, increase self-esteem and happiness. Healthy perfection can be the source of your success; you are primarily driven from within.



Michael Jordan



Statue of Liberty



Thomas Edison





Michael Jordan

Definition of Key Terms Continued

Unhealthy perfection: a type of perfection that does not work for you and does not lead to the results you desire. The larger the gap between your objectives and outcome, the more unhealthy the perfection. In addition:

- You keep going in the same direction whether it is working or not.*
- You often confuse activity with progress.*

Definition of Key Terms Continued

In extreme forms unhealthy perfection can lead to:

- *Depression*
- *Obsessive-compulsive disorder*
- *Loneliness*
- *Feelings of inadequacy*
- *Suicide*
- *Loss of relationships*
- *Eating disorders*
- *Addictions*
- *Relapse*

Definition of Key Terms Continued

With unhealthy perfection, you are usually driven by:

- *Fear of failure*
- *Co-dependence, disappointing others, a fear of criticism, fear of loss of love, fear of loss of approval, fear of economic security, fear of criticism, the need to be better than everyone else in order to feel adequate*

Sources of Perfection

- *The family of origin*
 - *Parental perfection and narcissism*

Sources of Perfection Continued

- *Parental messages:*
 - *"You'll never be good enough."*
 - *"Why can't you be like your brother (or sister)?"*
 - *"Is that the best you can do?"*
 - *"How come you didn't get an 'A'?"*
 - *"What will people think of you and this family?"*
 - *"I'm so disappointed with you."*

Sources of Perfection Continued

- *Sibling order*

Sources of Perfection Continued

- *Family role – a hero, little princess, golden child*
- *Religious abuse – When you were growing up religion was used to shame your every wish, need, thought, desire, and behavior.*
- *Gender socialization – “Girls are made of sugar and spice and everything nice; boys are made of snails, nails, and puppy dog tails.”*
- *Privilege – The Price of Privilege: How Parental Pressure and Material Advantage are Creating a Generation of Unhappy Kids,*

Sources of Perfection Continued

- *The media*
 - *Hollywood – Perfect 10*
 - *Top 100 lists*
 - *People magazine's most beautiful people in the world*



Tyra Banks



Cindy Crawford

"I wished I looked like Cindy Crawford."

Cindy Crawford

Sources of Perfection Continued

- *School*
- *The world of work*
- *Religion*
- *Sports*



Mark McGwire



Sammy Sosa



Nadia Comaneci



Helping Clients Move Beyond Perfection to Achieve Happiness in Recovery

- *Quickly replace negative self-talk and self-criticism with affirmations*
- *Strive for excellence rather than perfection*
- *Avoid comparisons especially local comparisons*
- *Surround yourself with unconditionally loving and supportive people*
- *Stay in the moment as often as possible*
- *Practice the four agreements*

The Four Agreements

1. Be impeccable with your word.

2. Don't take anything personal.

3. Don't make assumptions.

4. Always do your best.

Use Slogans

"Why put off tomorrow what you can put off until the day after tomorrow."

Mark Twain

True equality is not about your being equal to me or my being equal to you. Its about discovering the innate potential that lies within us and becoming equal to our own potential.

Carter G. Woodson

*People love me because of my
imperfection.*

*Always do your best, even a
genius asks questions.*

Tupac Shakur

Success is self-satisfaction in knowing that you gave 100% of your God given talents

Dalai Lama

- *“The happiest people in the world are the ones who have the happiest moments.”*
- *“If people were happy, they would relapse less and use fewer drugs.”*

- *Fun leads to fatigue and financial distress. Happiness often comes from overcoming adversity.*
- *“Most folks are about as happy as they make up their minds to be.” (Abraham Lincoln)*

Happify.com (Rick Hanson)

- *Six skills that separate happy people from everyone else*
 - *Savor the moment*
 - *Thank those who matter*
 - *Aspire to meaningful goals*
 - *Give of yourself*
 - *Empathize with others*
 - *Revive your health*

Activities on Happify.com

- *Website offers a self-assessment along these 6 skills*
- *Also offers various activities to promote happiness*
 - *Grateful moments*
 - *Serenity scene*
 - *Wipe out your worries*
 - *Strengths survey*
 - *Kindness chain*
 - *Time for me*

COVID-19 and Happiness

More people are experiencing greater depression and anxiety as a result of COVID-19. There are things clients can do to decrease depression and anxiety, increase their chances for happiness and the maintenance of recovery.

"A wonderful and incisive analysis of the depression and alienation that are haunting American society." -HILLARY RODHAM CLINTON

NEW YORK TIMES BESTSELLING AUTHOR OF CHASING THE SCREAM

JOHANN HARI

LOST CONNECTIONS

UNCOVERING THE REAL CAUSES
OF DEPRESSION—AND
THE UNEXPECTED SOLUTIONS

"If you have ever been down, or felt
lost, this amazing book will change
your life." -ELTON JOHN



Genetics

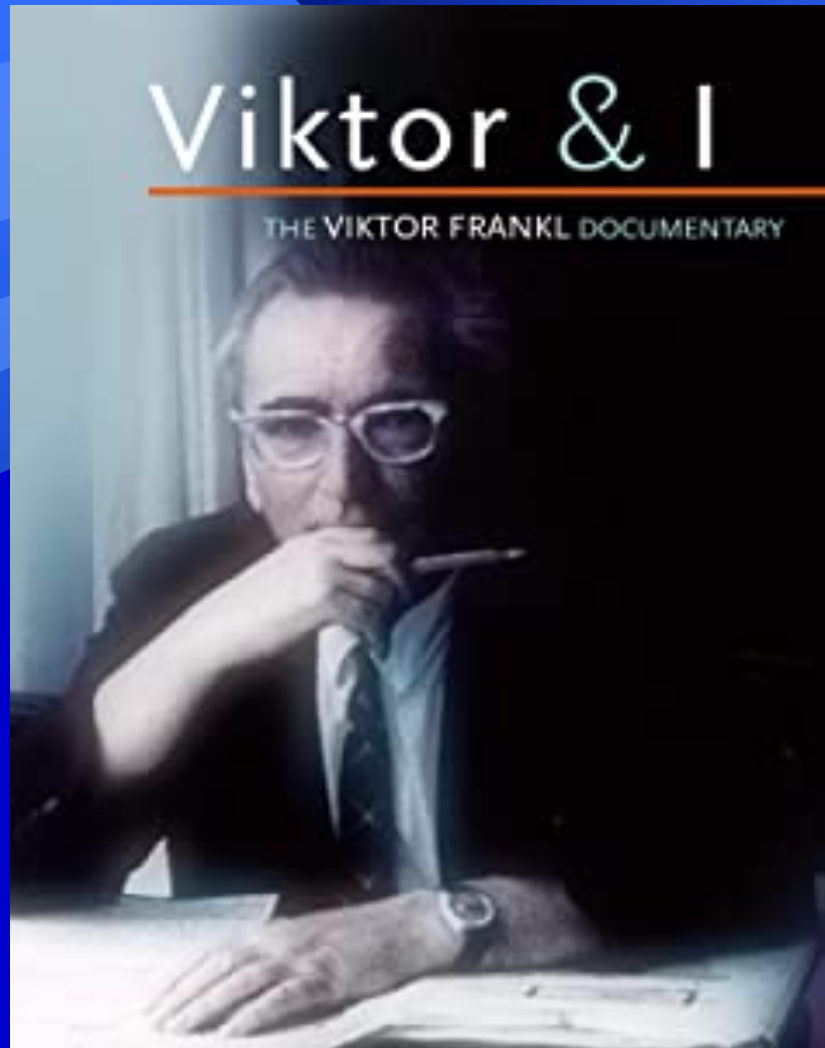
- *30% of Depression is inherited*
- *30% - 40% of Anxiety is inherited*

5 Causes of Depression and Anxiety

1. Disconnection from meaningful work

- *Meaningful work gives you something to look forward to each day*
- *When work is meaningful life is more enriching*
- *People who do meaningful work have more friends*

Vicktor Frankl's grandson



*Alexander Vesely,
Grandson of Viktor Frankl*





Orchid Queen

5 Causes of Depression and Anxiety Continued

2. Disconnection from other people

- Loneliness increases cortisol which increases anxiety*
- Isolated individuals 3 times more likely to catch a cold*
- 2 to 3 times more likely to die over a 9 year period*

Disconnection From Other People Continued

- *Everything is more fatal when you're lonely (cancer, heart disease, respiratory problems)*
- *When people are lonely they become more anxious and fearful of others*
- *Loneliness leads to depression*



*Today, home means
house
or apartment*





Harvard Study

How many confidants do you have?

- *From an average of 3 down to 0 by 2004*

facebook

linkedin

twitter

instagram

likes

*cell phoned
every 6 ½ minutes*

video games

computer

5 Causes of Depression and Anxiety Continued

3. Disconnection from values

- *The more materialistic you are the more depression and anxiety*

Disconnection From Values Continued

- *A high value on materialism and outward appearances shortens the length and quality of relationships increasing risk of depression*
- *Harder to be happy when you do things just for money*
- *Intrinsic values increases happiness*

Disconnection From Values Continued

Values aren't fixed



What Are 7 Most Important Values?

1.

2.

3.

4.

5.

6.

7.

5 Causes of Depression and Anxiety Continued

4. Disconnection from the natural world





Research

- *Schizophrenia more common in big cities than rural areas*
- *Prisons – nature vs. bricks*
- *If you live in an urban area walks in nature decreases depression*
- *Running outside decreases depression and anxiety more than running on a treadmill*
- *A landscape painting is considered beautiful all over the world*

Research Continued

- *Nature can lead to a feeling of 'awe' which is an anti-depressant*



*How do you connect with nature
during COVID-19?*

5 Causes of Depression and Anxiety Continued

5. Disconnection from a hopeful or secure future

- Visualizing a better future instills hope. Hope decreases anxiety and is an antidepressant*
- Neuroplasticity – the brain can change based on experiences*

Laughter and Happiness

People who are happy laugh more and that laughter contributes to happiness



**A police officer called the station on his radio.
"I have an interesting case here. An old lady
shot her husband for stepping on the floor she
just mopped."**

"Have you arrested the woman?"

"Not yet. The floor's still wet."



*Assistant
Branch Manager*

Branch Manager




"please be dolphins, please be dolphins"

What makes you think



the kid is mine?



I told you
not to use
bleach

Shut up!

I did the math

we can't afford the dog

Trainers' Contact Information

Email

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The word "thanks" is rendered in a 3D, blocky font. Each letter is a different color: 't' is green, 'h' is blue, 'a' is purple, 'n' is yellow, 'k' is red, and 's' is green. The letters are set against a black background and have a slight reflection below them.



That's all Folks!