

The How of Happiness

Strategies for increasing student well-being*

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*Strategies based on work of Lea Waters, Ph.D.

Happiness

Your happiness is determined by:

- 50% genetic set point
- 40% intentional activity
- 10% life circumstances

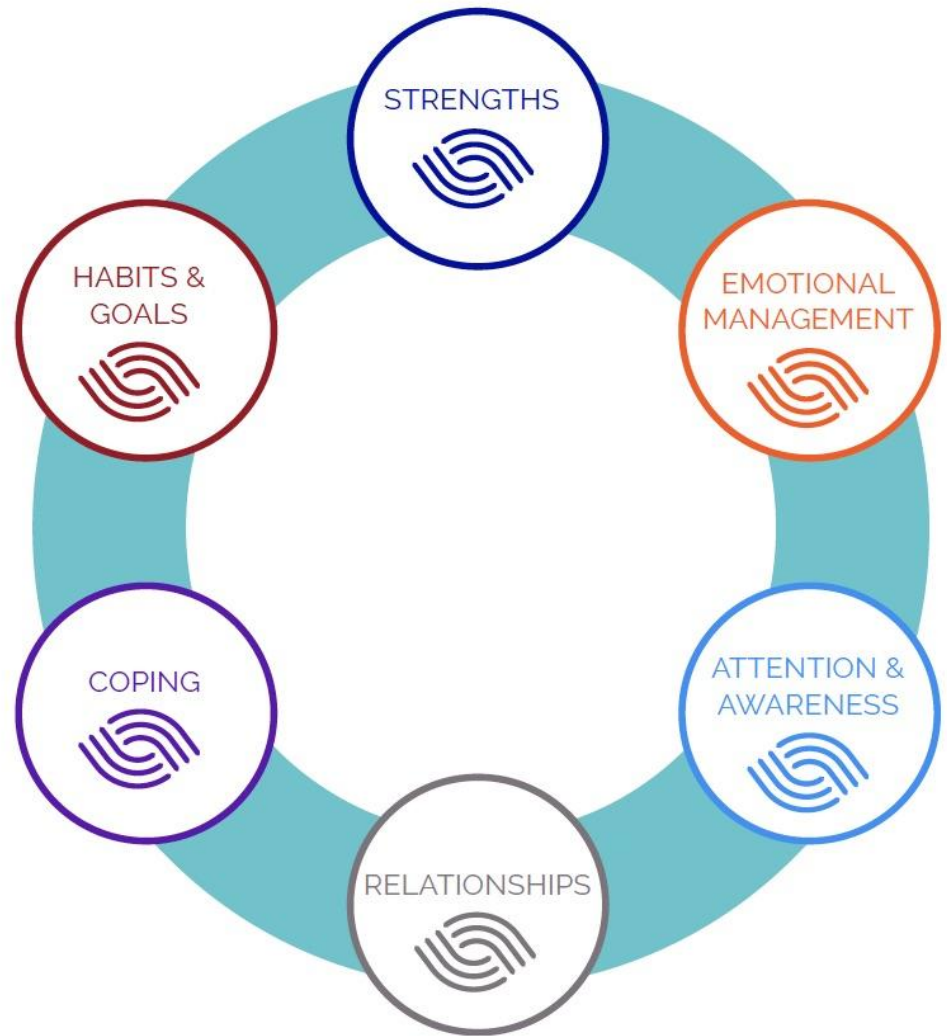
-Lyubomirsky, Shledon, Schkade, 2005

Intentional Activities (40%)

Past	Present	Future
<ul style="list-style-type: none">● Gratitude Journals● Gratitude Visits● Forgiveness● Three Good Things	<ul style="list-style-type: none">● Acts of Kindness● Savoring● Self-care● Strength Spotting● Grateful Expression● Intentional Connections	<ul style="list-style-type: none">● Hope● Habits and goals● Optimistic Thinking● Faith

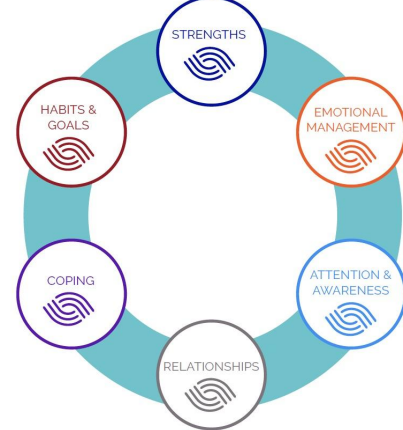
SEARCH Lea Waters VISIBLE WELLBEING

www.leawaters.com





Strengths



Positive personal characteristics, including personality traits, psychological abilities, moral qualities and talents, that feel natural and enjoyable to use.

Signature strengths

Lesser strengths

Survey link:

<https://www.viacharacter.org>



The VIA Classification of 24 Character Strengths

ViaCharacter.org

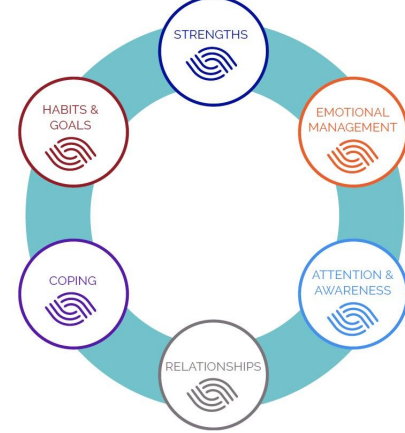
WISDOM	CREATIVITY <ul style="list-style-type: none"> Originality Adaptive Ingenuity 	CURIOSITY <ul style="list-style-type: none"> Interest Novelty-Seeking Exploration Openness 	JUDGMENT <ul style="list-style-type: none"> Critical Thinking Thinking Things Through Open-mindedness 	LOVE OF LEARNING <ul style="list-style-type: none"> Mastering New Skills & Topics Systematically Adding to Knowledge 	PERSPECTIVE <ul style="list-style-type: none"> Wisdom Providing Wise Counsel Taking the Big Picture View
COURAGE	BRAVERY <ul style="list-style-type: none"> Valor Not Shrinking from Fear Speaking Up for What's Right 	PERSEVERANCE <ul style="list-style-type: none"> Persistence Industry Finishing What One Starts 	HONESTY <ul style="list-style-type: none"> Authenticity Integrity 	ZEST <ul style="list-style-type: none"> Vitality Enthusiasm Vigor Energy Feeling Alive 	
HUMANITY	LOVE <ul style="list-style-type: none"> Both Loving and Being Loved Valuing Close Relations with Others 	KINDNESS <ul style="list-style-type: none"> Generosity Nurturance Care & Compassion Altruism "Niceness" 			SOCIAL INTELLIGENCE <ul style="list-style-type: none"> Aware of the Motives/Feelings of Self/Others Knowing what Makes Other People Tick
JUSTICE	TEAMWORK <ul style="list-style-type: none"> Citizenship Social Responsibility Loyalty 			FAIRNESS <ul style="list-style-type: none"> Just Not Letting Feelings Bias Decisions About Others 	LEADERSHIP <ul style="list-style-type: none"> Organizing Group Activities Encouraging a Group to Get Things Done
TEMPERANCE		FORGIVENESS <ul style="list-style-type: none"> Mercy Accepting Others' Shortcomings Giving People a Second Chance 	HUMILITY <ul style="list-style-type: none"> Modesty Letting One's Accomplishments Speak for Themselves 	PRUDENCE <ul style="list-style-type: none"> Careful Cautious Not Taking Undue Risks 	SELF-REGULATION <ul style="list-style-type: none"> Self-Control Disciplined Managing Impulses & Emotions
TRANSCENDENCE	APPRECIATION OF BEAUTY & EXCELLENCE <ul style="list-style-type: none"> Awe Wonder Elevation 	GRATITUDE <ul style="list-style-type: none"> Thankful for the Good Expressing Thanks Feeling Blessed 	HOPE <ul style="list-style-type: none"> Optimism Future-Mindedness Future Orientation 	HUMOR <ul style="list-style-type: none"> Playfulness Bringing Smiles to Others Lighthearted 	SPIRITUALITY <ul style="list-style-type: none"> Religiousness Faith Purpose Meaning

Strengths Spotting

- Have everyone in your family find their top strengths
 - Survey is free for adults and kids 13 and up
 - For younger students, review various strengths and see if you can work out their top strengths
- Find ways to focus on the top 5 strengths of each person
 - Strengths spotting throughout the day
 - Plan for how to use your strengths
 - How to use strengths in time of adversity



Emotional Management



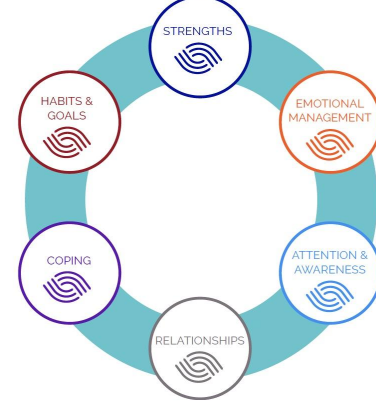
Being present with one's emotions and being able to identify, understand, and manage one's emotions (i.e., reduce negative emotions and increase positive emotions), is a key aspect of positive functioning.

Share the Good and Foster Gratitude

- Take time to notice a positive emotion you are feeling
- Name the emotion and share it with your family
- Include an example of what is making you feel this way
- Identify what it is you feel grateful for
- Share your example with your family



Attention & Awareness



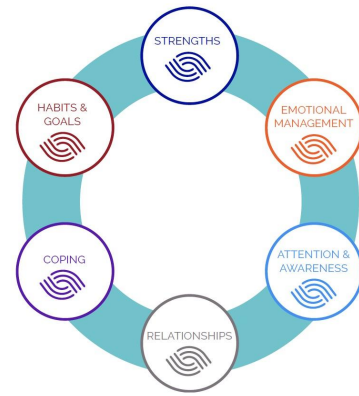
Attention is our ability to focus, whether on inner aspects of self, such as emotions and physical sensations, or on external stimuli (e.g., the teacher's lesson in a classroom). Awareness refers to the ability to pay attention to a stimulus as it occurs. Wellbeing is improved when individuals are aware of, and can consciously direct, their attention.

Savoring

- Savor the good
- Notice the simple pleasures in life and take a moment to really feel them
- Be in the moment and then take a mental snapshot so you can savour it again later
- Option of putting a jar on the kitchen counter and write down experiences to savor throughout the day - share at dinner



Relationships



The social skills of children and teenagers play an important role in allowing them to develop nourishing relationships with others.

Understanding and managing our relationships with others is a key pathway to wellbeing.

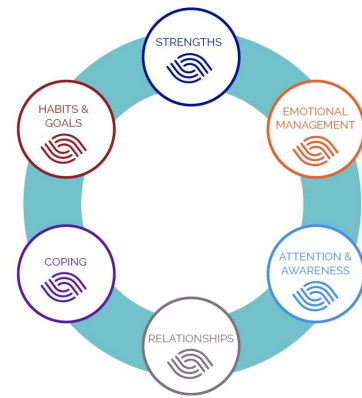
Family Zones

Three Good Things

- Family Zones -
 - Set up specific times where family members plan to meet together
 - Can be a combination of short breaks or longer activities
- Three Good Things -
 - Identify three good things that happened during a specific time
 - Consider what other people contributed for those things to occur



Coping



Having the resilience to cope with adversity is an essential life skill. Coping can be thought of as being able to balance the demands of life with the resources we have to manage those demands, and being able to bounce back when we get thrown off balance.

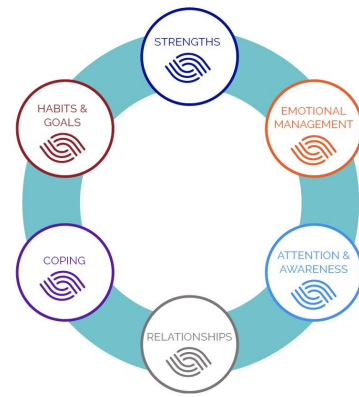
Engage in Self-care



- Taking care of yourself is not selfish
- Allows us to better respond and care for the needs of others
- Focus on things you can control
 - Make a list of things you can and can't control
 - Choose two that you control & brainstorm list of how to cope with these changes



Habits & Goals



Habits are those automatic processes that we do without even thinking about them – they can be both beneficial and detrimental to our wellbeing.

Knowing how to break bad, and create good, habits can help us progress towards our goals. When we set goals it can provide us with a sense of purpose, mastery and direction in life.

Habit CARs

C - Cue

A - Action

R - Reward

GOOD HABITS FORMED AT
YOUTH MAKE ALL THE
DIFFERENCE.

ARISTOTLE

INSPIRATIONEVERLASTING.COM

Additional Resources

Lea Waters - VISIBLE WELLBEING

www.leawaters.com

VIA Institute of Character

www.viacharacter.org

[The Science of Well-Being](#)

[Johnston Schools Student Wellbeing Webpage](#)