

happy people win

Finding the Happy In 2020



*Things may never go back to normal.
You may need to create a new normal.
And that's OK.*



Finding Happiness

Happiness Defined

- Experience of positive emotions.
- Pleasant mood now, positive outlook for the future.
- No single meaning
- "Subjective" well-being
- Different strokes for different folks



Simple Pleasures List

Resilience

Ability to bounce ~~back~~ **forward** from adversity, ability to grow from challenges.

Optimism - *Hopefulness and confidence about the future or to anticipate the best possible outcome.*

- Engine of resilience
- “A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.”
- We don’t know what the future holds.
- Careful of catastrophizing

WAYS THIS COULD BE WORSE

1. _____
2. _____
3. _____




Self-Compassion - *Forgiving yourself for things that have gone wrong and channeling your energy into next steps.*

I don't know that you need to start a new hobby, declutter your house, or get in the best shape of your life (I mean if you want to, go for it.)

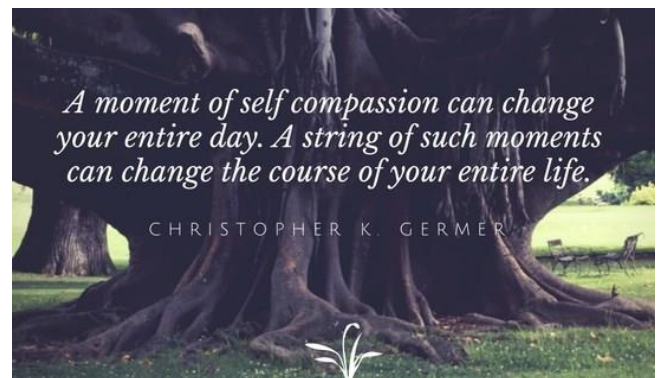
But I think it's okay to just do the best you can right now.

It's okay to struggle and take breaks to breathe.

It's okay to just be. To sit in this and be still. 

Life isn't all about achievements, sometimes it's about grace.

Both giving it and receiving it.



- Mindfulness
- Connectedness

- Maintain a support system
- Who is your dream team?

People to Catch Up With



Gratitude - Notice the good things in life and stay connected and hopeful

- Develop an attitude of gratitude
- Hunt the good stuff

What I Didn't Appreciate Before COVID



3 Good Things Today



Fast & Easy Fixes

- Decide your day
- Find something to look forward to

When This Is Over



- Surround yourself with people who persevere
- Be careful of distorted thinking
- Run Wild!



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