INTENTIONAL LIVING:

Evidence Based Strategies to Enhance Subjective Well-being

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Faculty/Presenter Disclosure; Disclosure of Commercial Support

- Nothing to disclose
LEARNING OBJECTIVES

1. Each participant will learn three factors that determine a person’s subjective well-being.

2. Each participant will learn three ways that happiness activities can fit a person’s needs.

3. Each participant will be able to identify five ways to sustain happiness (aka subjective well-being).
PASSION AND PURPOSE
WHY TALK ABOUT LIVING WITH INTENTION?

Have you ever felt like this before?

What about your clients and/or care partners?
Our vehicles can’t run on empty…

and neither can we!
Sonja Lyubomirsky

Professor and Vice Chair, Department of Psychology,
University of California Riverside
THE 40% SOLUTION – WHAT DETERMINES HAPPINESS?

- Circumstances 10%
- Genetics 50%
- Intentional Activity 40%

*The Science of Subjective Well-Being, a.k.a. Happiness*
THE MYTHS OF HAPPINESS

1. Happiness must be “found”.

2. Happiness lies in changing our circumstances.

3. You either have it or you don’t.
THE OVERARCHING HAPPINESS ACTIVITIES

- Practicing gratitude and positive thinking
- Investing in social connections
- Managing stress, hardship and trauma
- Living in the present
- Committing to your goals
- Taking care of your body and your soul
TWELVE HAPPINESS INDUCING ACTIVITIES (1-6)

1. Expressing Gratitude
2. Cultivating Optimism
3. Avoid Overthinking and Social Comparison
4. Practicing Acts of Kindness
5. Nurturing Social Relationships
6. Developing Strategies for Coping
TWELVE HAPPINESS INDUCING ACTIVITIES (7-12)

7. Learning to Forgive
8. Increasing Flow Experiences
9. Savouring Life’s Joys
10. Committing to Your Goals
11. Practicing Religion & Spirituality
12. Taking Care of Your Body (Meditation, Physical Activity & Acting Happy)
THREE WAYS THAT STRATEGIES CAN FIT:

1. Fit with the source of your unhappiness;
2. Fit with your strengths;
3. Fit with your lifestyle.

These can work independently or collectively.
People engage in activities for different reasons. Consider why you do the activities you do with the following reasons in mind:

- **Natural:** It comes naturally to you to do this activity;
- **Enjoyment:** You simply enjoy the activity;
- **Value:** You value and identify with doing it (even when it’s not enjoyable).
- **Guilt:** You will feel guilty, ashamed or anxious if you don’t do it.
- **Situational:** You will do an activity because somebody else will want you to or because your situation will force you to.

HOW DO WE SUSTAIN HAPPINESS?

1. Positive emotion
2. Optimal timing and variety
3. Social support
4. Motivation, effort, and commitment
5. Create habits
THEORY TO PRACTICE

- **Take action!** Choose one activity to discover more about and act upon.

- **Share what you have learned** today with your colleagues, friends and family members.

- **Brainstorm with your team** about fresh ideas that draw on these twelve activities.

- **Create conditions and opportunities for people to engage** in happiness boosting activities on a regular basis.

- **Change your perspective:** is there another way to view this situation?

- **Be aware** of your thoughts and feelings and accept them for being just thoughts. **You have control** about how you choose to respond.

- **Focus on the larger picture** and long term goals.

- **Daily questions to ask:** What will I learn today? How will I help today?
THANK YOU!

“Happiness is not something ready made. It comes from your own actions.”

~ Dalai Lama

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REFERENCES


