

The Habits of Happiness

"When you're eating a meal, smack your lips together and really savor each bite. When you're patting a dog, stroke the dogs ears and really enjoy the silkiness. If you don't have a dog, try stroking your own earlobe ..."

"At night when you hop into bed, snuggle up and grin about how good it feels."

- *The Art of Frugal Hedonism*



Challenge & Reject Advertising Messages



See an ad? Fight back! Vocally reject what you see.

Ads tell us that we're not enough.

They stir up our consumptive desires. Try limiting your exposure to ads, social media, television, etc. See how this makes you feel.

Factors that Influence Happiness & Wellbeing



1. Being physically active
2. Spending time connecting with others
3. Giving to others and the community
4. Taking notice of the world around you
5. Learning new skills and new things
6. Cultivating an attitude of gratitude
7. A good dose of nature

Think like a Bronze Medalist

A silver medalist focuses on what they don't have and how things could have been better.

"If only I was a bit faster, I would have won gold!"



A bronze medalist is grateful for what they have and what they've managed to achieve.

"I made the top 3! I could have missed out!"



60,000 Thoughts a Day

Your thoughts affect the way you feel and behave. But your behaviour can also affect your feelings and thoughts.



Performing Reality Checks

It's in our biology to trust what we see with our eyes.

Ask yourself the following questions about what you see in ads and posted on social media:

1. Does the image reflect real life?
2. Has the person fussed to get the perfect shot?



The Wisdom of Greek Philosophers

Greek philosophers would say events are neither good nor bad.

It's the story you tell yourself that matters most.



Luck School



'Lucky' people tend to be more positive than others. They are open to new experiences and don't dwell on misfortune.

Cultivating an Attitude of Gratitude

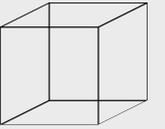
Gratitude is the mental tool we use to help us identify the good stuff in our lives.

Create a jar of awesome or a gratitude journal.



Gratitude is like a Necker Cube

It can help jolt you out of a bad place.



You have the same life circumstances, just a different perspective.

Avoid Comparing Up

It will kill off any joy and grateful feelings you have.



Physical movement is a great way to decrease stress and boost your wellbeing.



The Other Vitamin C (Connection)



Connection is essential for our survival (as essential as Vitamin C).

For our emotional and physical health, we need to feel connected to others.

Online connection gives you the illusion of being connected. It doesn't cut it.

Money and Happiness?

If you're poor, more money makes a significant difference to your happiness and wellbeing.



But once your basic to moderate needs are met, more money makes little difference to your happiness levels.



The more face-to-face interactions we have, the less lonely we feel.

The more online interactions we have, the more lonely we feel.

Share a meal with others.



Create moments to connect throughout the day.



"I'm an ad man. Making you drool is my mission. In my line of work, no one wants your happiness because happy people don't consume"

Note: Happy people still consume but not excessively.