

happy people win

Managing Stress and Change: Finding Your Happy
Happiness in Life and Work

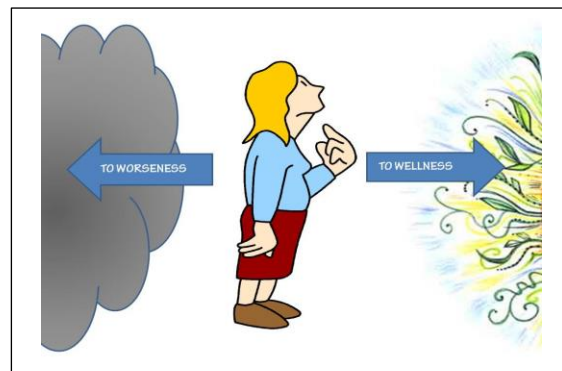
Wellness

Wellness is an Expanded View of Health

Dimensions of Wellness: Physical, Emotional, Spiritual, Intellectual, Environmental, Social

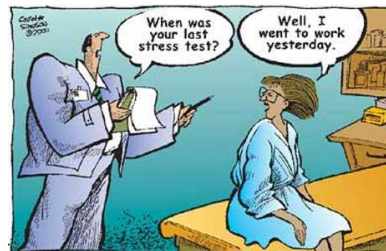
Elements of Wellness:

- Balance
- Recognizing Life Is Short
 - Life is too short to wait
- Self-Responsibility
 - Own how you think & feel
- Making Choices



Change

Change – The New Normal



Change is the new, constant reality of any workplace. And if it's not, *it ought to be*, because the riskiest thing any businesses can do in the new, uncertain world order, is to *not* change.

Workplace Change Defined

- Any alteration in the current work environment, in the way things are perceived, how they are organized, processed, created or maintained.

Types of Work-Centered Change:

- Strategic change



- Mission or strategy of how you do business
- Structural change
 - Teams, departments, downsizing
- Process-oriented
 - New technology, procedures
- People Centered
 - Retirements, new hires, generational differences

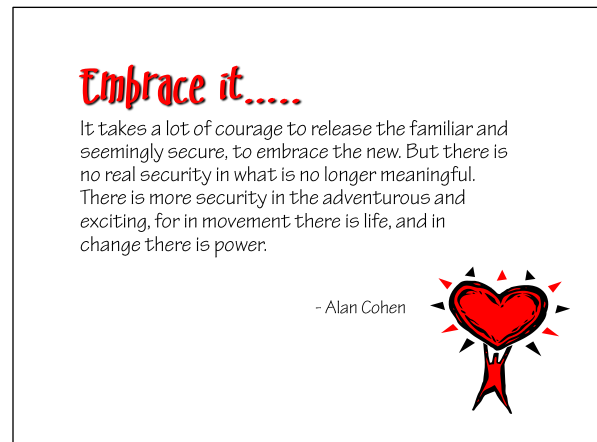
Change Can Mean:

- Giving up something
- Detaching from the familiar
- Temporarily being stuck
- Dealing with losses
- Letting go of the past
- Sadness, fear, depression
- Excitement
- New opportunities
- Reduced anxiety
- New direction



Characteristics of Transition

- Insecurity
- Feelings of loss
- Low stability, perceived inconsistency
- High emotional stress
- Undirected energy
- Control becomes a major issue
- Value past patterns of behavior
- Conflict can increase



Becoming Resilient

- Reframe how you think about change
 - Refrain from “awfulizing”
 - Challenge the “shoulds”
 - Avoid “all or nothing” thinking
 - Stop blaming
- Analyze the change
 - List the pros and cons
 - Identify inhibiting forces against the change
 - Identify positive forces supporting the change
 - If you need help, ask for it



Happiness

Happiness Defined

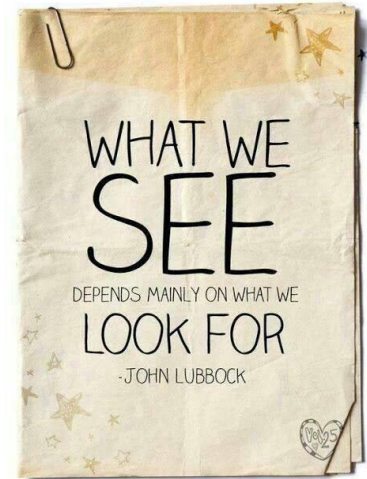
- Experience of positive emotions.
- Pleasant mood now, positive outlook for the future.
- No single meaning
- "Subjective" well-being

Happiness Facts

- Happiness is the PRECURSOR to success, not a result
- Brain change is possible depending on how you live your life (in response to our actions and circumstances).
- We can prime our brains to focus on positivity or negativity.

Fast and Easy

- Choose your day, breathe, find your happy song, You Tube, soil, read, say "thank you," acupuncture, find something to look forward to, create experiences



Increasing Happiness, Reducing Stress and Improving Self-Care

1. Develop an attitude of gratitude
2. Stop complaining
3. Enjoy pet therapy
4. Smile
5. Commit conscious acts of kindness
6. Find your purpose
 - a. Ikigai
 - b. Find your cause



What Is Your Personal Prescription?



If you had to choose five ingredients you need each day to be balanced, whole, happy and positive, what would they be?

1. _____
2. _____
3. _____
4. _____
5. _____

Appreciate simple pleasures
Run wild!

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