

A scenic view of a beach with waves crashing onto the shore under a clear blue sky. The text is overlaid on the image.

WELLNESS,
HAPPINESS
AND
SELF-CARE

OBJECTIVES

1. Understand some misconceptions about happiness.
2. Learn skills that foster a sense of wellbeing.
3. Experience and practice these skills during our time together.

WELLBEING VS. HAPPINESS

Happiness is a state of mind or a mood.

Wellbeing comes from taking action physically, mentally or emotionally, and these actions can often lead to feelings of happiness, contentment or peace.

These differences are truly not that important. What's important is learning that sustainable happiness is achievable with the practice of certain skills.

<https://youtu.be/PPbiK3MmjL0>

MISCONCEPTIONS ABOUT HAPPINESS

What do people typically think will make them happy?

What does the science say?

<https://youtu.be/93LFNtcR10k>

HAPPINESS SKILLS

1. Gratitude
2. Human Connection
3. Positive Outlook
4. Having Purpose
5. Generosity



GRATITUDE

<https://youtu.be/JMd1CcGZYwU>

Gratitude: The quality of being thankful; readiness to show appreciation for and to return kindness.

EXERCISE 1:

For the next five minutes, list everything you can think of that you are grateful for. This can be as simple as gratitude for a delicious breakfast, for a comfortable bed to sleep in, for your pet, for your favorite hobby. It can be more complicated like gratitude for the beauty you find in nature, or for comforting spiritual beliefs.

HUMAN CONNECTION



<https://youtu.be/RijQpsWEdrE>

Human Connection: an exchange between people who are paying attention to one another. It has the power to deepen the moment, inspire and build trust.

EXERCISE 2:

Take a moment to think about your ideal friendship. What would the most ideal friendship be like for you? What would this person be like? Imagine a bright future where you have this wonderful person in your life, and you are also your best version of yourself.

POSITIVE OUTLOOK



<https://youtu.be/vmLIJAc5kyg>

Positive Outlook: A state of mind that envisions and expects favorable results.

Exercise 3: “Finding Silver Linings”

PURPOSE

<https://youtu.be/plQwuKzBQiU>

Purpose: The reason for which something exists or is done, made, used, etc. An intended or desired result; end; aim; goal.

For teens and young adults, just the process of searching for purpose, even if they haven't found it yet, is associated with greater life satisfaction.

Exercise 4: “Best Possible Self”

The background of the slide is a photograph of several smooth, flat stones of various colors (red, white, blue, pink) scattered on a light-colored concrete or stone surface. Each stone has a different message painted on it in various colors. The messages include 'Inspire', 'You are beautiful', 'Be Natural :)', 'KEEP PUSHING FORWARD...', and others. The word 'GENEROSITY' is superimposed in large, black, sans-serif capital letters over the top center of the image.

GENEROSITY

https://youtu.be/j_q8e9Q2Bks?list=TLPQMjkwOTIwMjD38WIpeFFa-g

Generosity: Willingness to give or to share

Exercise 5: Acts of Kindness

THANK YOU

Questions? Concerns?

**Do you want more support with wellness,
happiness and self care?**

Wellness Request:

<https://www.fuhsd.org/students/mental-health-resources>