



# PUTTING THE SCIENCE OF HAPPINESS TO WORK

**VC Innovates - Empowering Connection - October 2-3, 2018**



# Hello!

## My name is Robin Lilly

I am here because I love to talk about positive education and cultivating well-being.

# So, what's with all this about happiness and mindfulness?

Sounds like a lot of woo-woo, hippy-dippy science to me...

# Observations

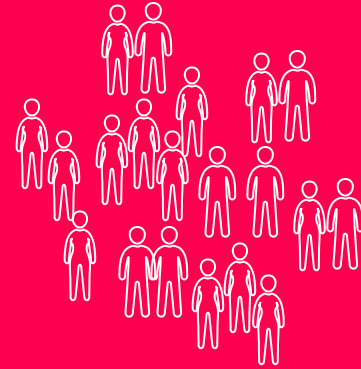
On stress, anxiety & depression





# LEARNING

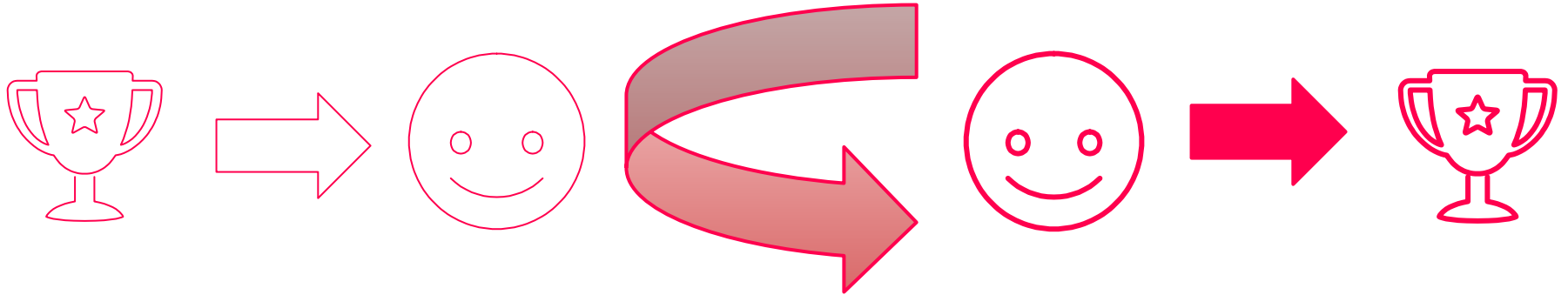
I have a MORAL OBLIGATION to do something



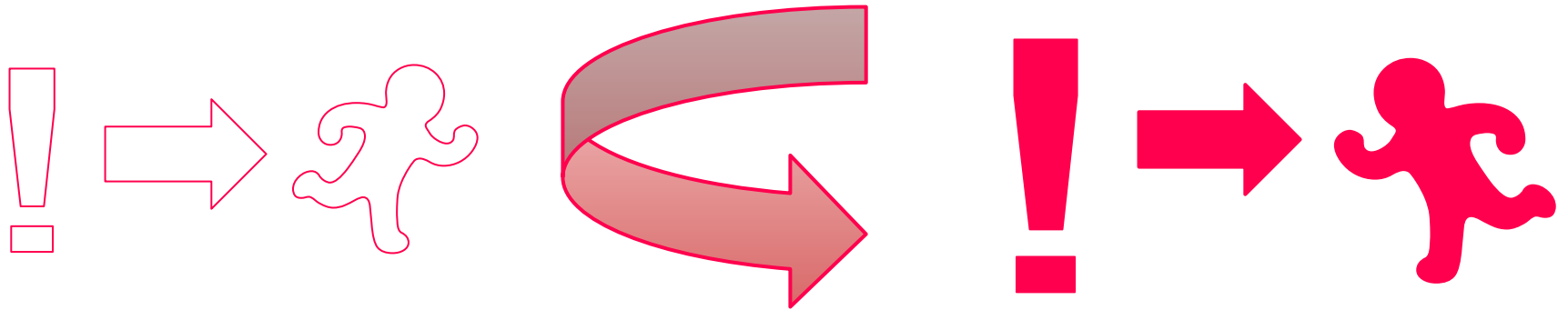
# APPLICATION

What I learned is what I'm here to share TODAY

# Key Concept: Happiness & Success

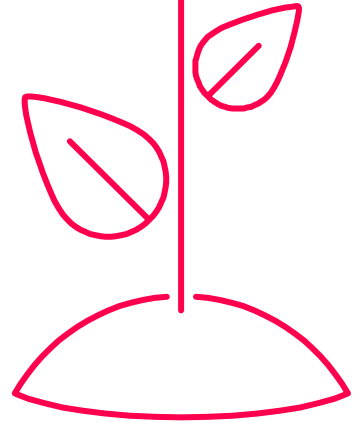
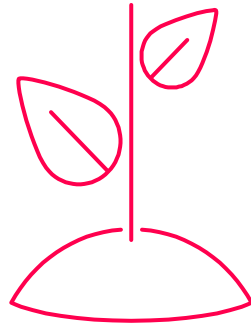
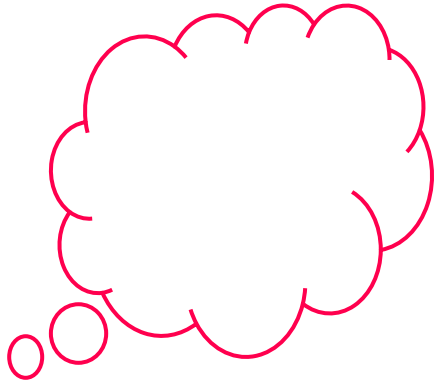


# Key Concept: **STRESS**





# Key Concept: WELL-BEING



# Cultivating MINDFULNESS

- Counters cultural ADD
- Makes space to respond rather than react
- Develops self-awareness
- Can help with post-traumatic growth\*



# Key practices: Meditation



HEADSPACE®



INSIGHT  
Peace in our Timer

# Key practices:

## Breathing

**Calm: quick/shorter inhale, slow/longer exhale**

**Focus/maintain: even length inhale/exhale**

**Energize: slow/longer inhale, quick/shorter exhale**

## Counting breaths

# Cultivating GRATITUDE

- Counters natural negativity bias
- Develops ability to reframe
- Cultivates rational optimism & builds resilience
- “It’s not happy people who are grateful - it’s grateful people who are happy.”

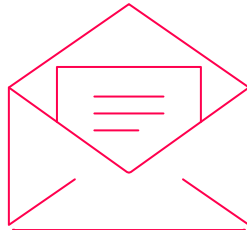
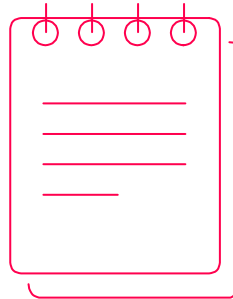


# Key Practices: GRATITUDE & APPRECIATION

## Savoring



## Writing



## 3 Good Things

3

# Cultivating HEALTHY CHOICES

- Healthy practices (food, drink, sleep and exercise)
- Reinforces belief that our behavior matters
- Boosts positive hormones and decreases negative
- Any small amount contributes - we don't have to work out like maniacs



# Key Practices: HEALTHY CHOICES

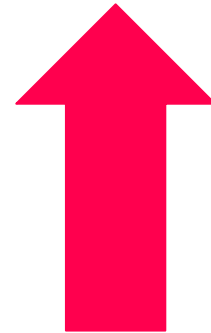
FOOD



SLEEP



EXERCISE





# Cultivating SOCIAL CONNECTION

- We all need to feel seen, heard, and appreciated
- Kindness matters
- Belonging matters
- Connection matters



# Key Practices:

## SOCIAL CONNECTION & KINDNESS

THOUGHTFUL ACTS



REINFORCE BONDS

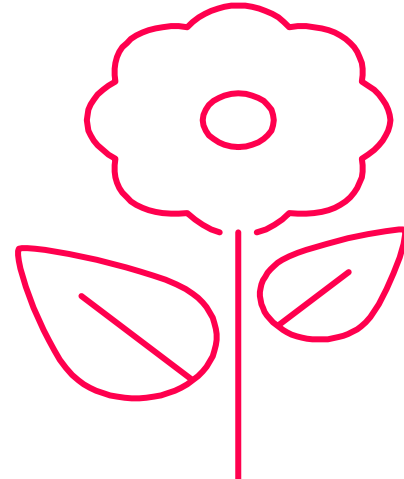


INITIATE INTERACTIONS



# Cultivating Well-being

- Mindfulness & Meditation
- Gratitude & Appreciation
- Healthy Choices: Food, Sleep & Exercise
- Social Connection & Kindness



That's  
what I  
found on  
my  
journey.

**Too  
much?**



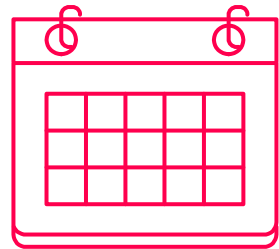
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2



21



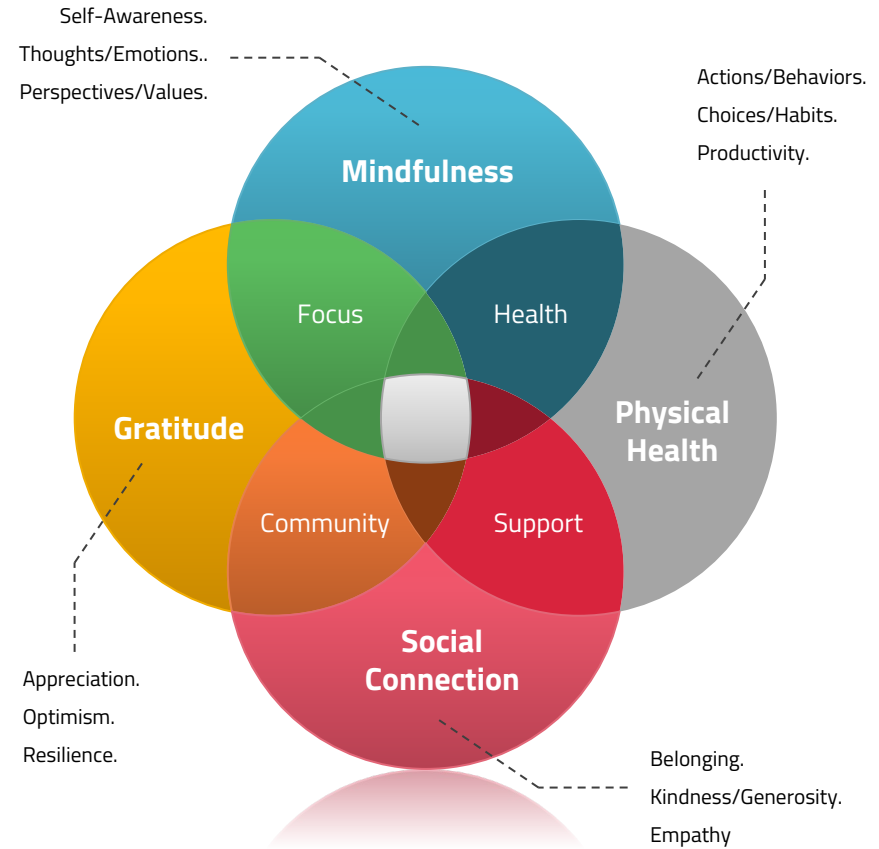
**SMALL**

# Cultivating Well-being

## Set SMART Goals



# Interconnected Well-Being



“

*Happiness is the joy we feel  
when moving toward our  
potential.*

*- Shawn Achor*





# Thanks!!

## Any questions?

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# Credits

Special thanks to all the people who made and released these awesome resources for free:

- Presentation template by [SlidesCarnival](#)
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2011 TED Talk: The Happy Secret to Better Work