

Positive Self Talk & Finding Joy:

What is happiness and why is it important?

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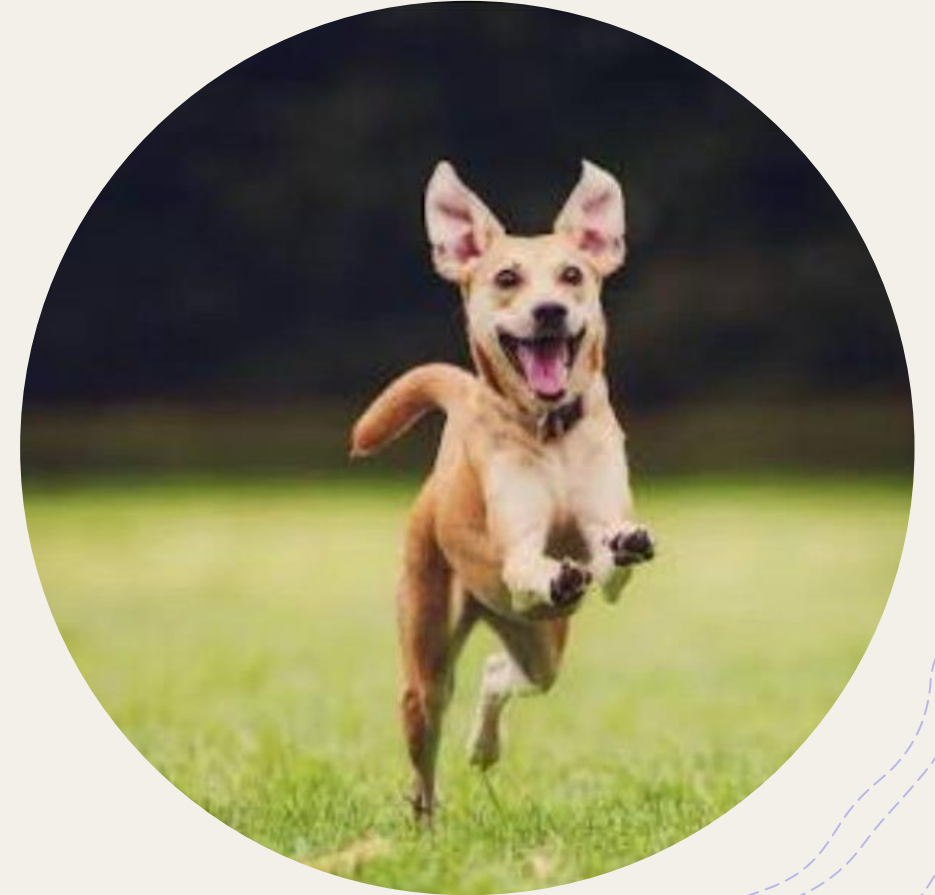


Overview

- What is Positive Self-Talk
- Why be Optimistic?
- How do I engage in Positive Self-Talk?
- Reframing for success?

What is Happiness?

- *Happiness* is the state of feeling or showing pleasure or contentment.
 - ...Not long-lasting or permanent trait, but a more fleeting, changeable state.
 - ...Equated with feeling pleasure or contentment, meaning that happiness is not to be confused with joy, ecstasy, bliss, or other more intense feelings.
 - ...Can be either an internal or external experience (either feeling or showing).



“The Purpose of our
lives is to be happy.”

-Dalai Lama



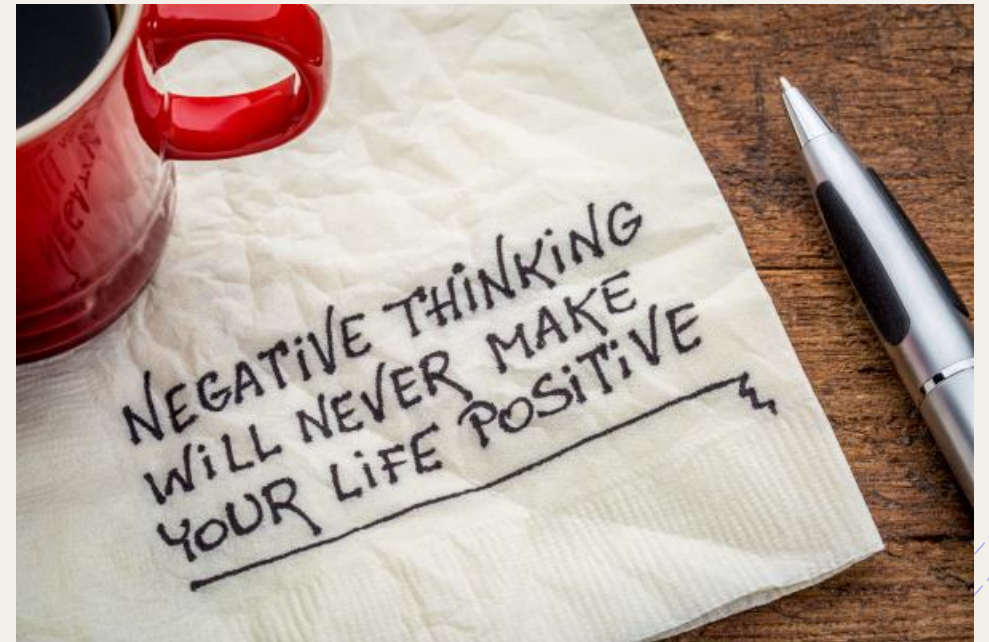
“Happiness is not something ready-
made. It comes from your own actions.”

-Dalai Lama

What is Stinking Thinking

Albert Ellis coined the phrase:

- Cognitive distortions, or “stinking thinking,” are negative or irrational thoughts that lack evidence and influence how you feel and behave.



10-Types of Cognitive Distortions

All or Nothing

- the tendency to think in absolutes:

"I have to do it right or not do it at all."

Mental Filter

- seeing a pattern based upon a single event or being overly broad when drawing conclusions:

"I felt awkward on my date. I'm always so awkward."

Overgeneralizations

- you only pay attention to certain types of evidence or focus on the negative:

you focus on one criticism in an otherwise positive performance review at work.

10-Types of Cognitive Distortions Cont.

Discounting the Positive

- discount the good things or feel like your accomplishments don't count.

"My answer doesn't count because it was a lucky guess."

Jumping to Conclusions

- Mind reading: imagining we know what others think or believe.
"He canceled our date. He must not think I'm attractive."
- Fortune telling: predicting the future.
"The doctor is going to tell me I have cancer."

Magnification

- exaggerate the importance of a problem or assume the worst possible outcome:

"If I fail this test, I won't pass the class, and I'll flunk out of school."

Cognitive Distortions Cont.

Emotional Reasoning

- negative feelings inform your thoughts without facts to support those thoughts:

"I feel like nobody likes me".

"Should" Statements

- These statements often include words like "should," "must," or "ought":

"I should always be friendly, organized, nice, etc."

Labeling

- assigning labels to ourselves or other people:

"I get so upset with myself when I make a mistake," or "I feel bad when I let others down."

Personalization & Blame

- the belief that you're responsible for events outside of your control:

"Our team lost because of me."



The way you talk to yourself
creates your reality.
-unknown



Why bother being optimistic?

- Why should I use positive self-talk?



Why focus on the positive?

First of all....

- People who are more positive or joyful:
 - Live longer, healthier lives
- 350-million people worldwide battle depression.
 - 5% of adults live with depression
 - Leading cause of disability worldwide
 - Major contributor to disease worldwide.

(WHO, 2021)

- Optimistic people are generally found to be more:
 - Social
 - Flexible
 - Creative
 - Make better leaders
 - More successful
 - Make more money
 - Less risk of illness & disease; less likely to die of heart attacks.

(Fredrickson, 2009)

Why be happy?

What are the benefits of happiness

Physical Benefits:

- Stronger immune system
- Stronger heart
- Less risk of Cardiovascular Disease
- Quicker recovery times with illness/surgery
- Live longer lives

Psychological Benefits:

- Stronger Resilience to stress
- Greater participation in activities which are healthier
 - Exercise, eating healthy, socializing, good sleeping habits.

We have a choice

Depression or Joy...which will you choose?

- Using positive emotions can:
 - Help to combat life's daily frustrations

Film –

- [Mission Joy: Finding Happiness in Troubled Times](https://missionjoy.org/)



<https://missionjoy.org/>



**How do I become
more optimistic?**

*Cultivating positive
self-talk*

First step: be aware

- People are more aware of their (and other's) weaknesses
- Culture focuses on management of weaknesses, rather than building on successes.

"Practice isn't the thing you do once you're good. It's the thing you do that makes you good." - Malcolm Gladwell

Happiness Set Point

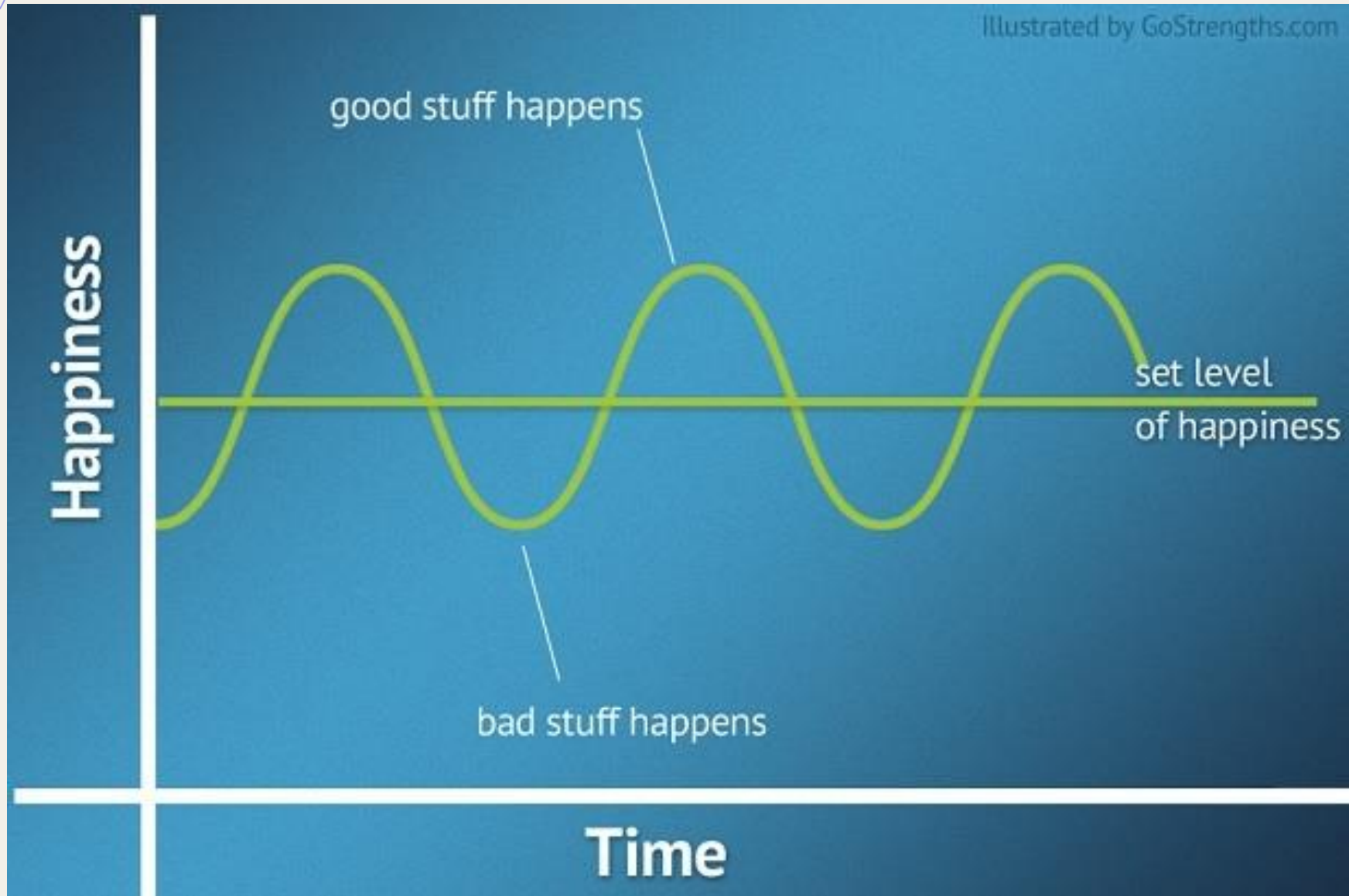
Examples:

- something positive happens to you: (get married, move into a new house, get a promotion) or
- something negative happens to you: (lose a job, suffer an accident)
- ...over time, you're likely to return to your set point of happiness.

The theory of the **Hedonic Treadmill** states:

- Regardless of what happens to people, their levels of happiness will eventually return to their baselines.

Hedonic Treadmill



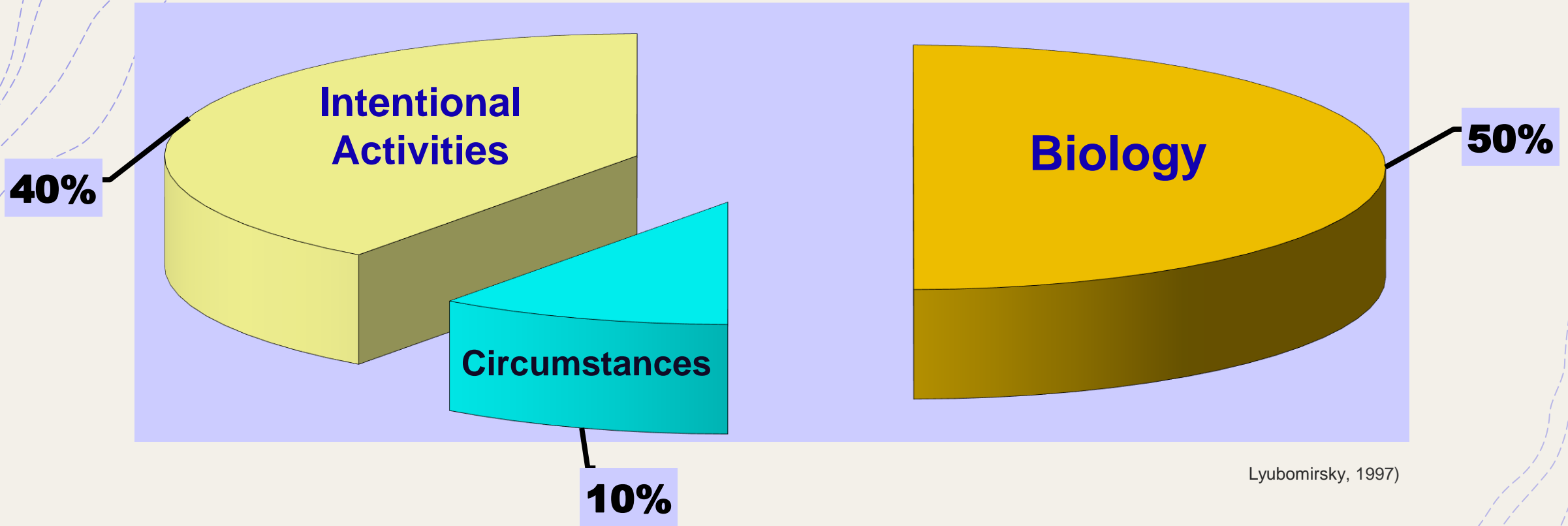


**“THE WAY I SEE IT, IF YOU WANT
THE RAINBOW, YOU GOTTA PUT
UP WITH THE RAIN.”**

- DOLLY PARTON



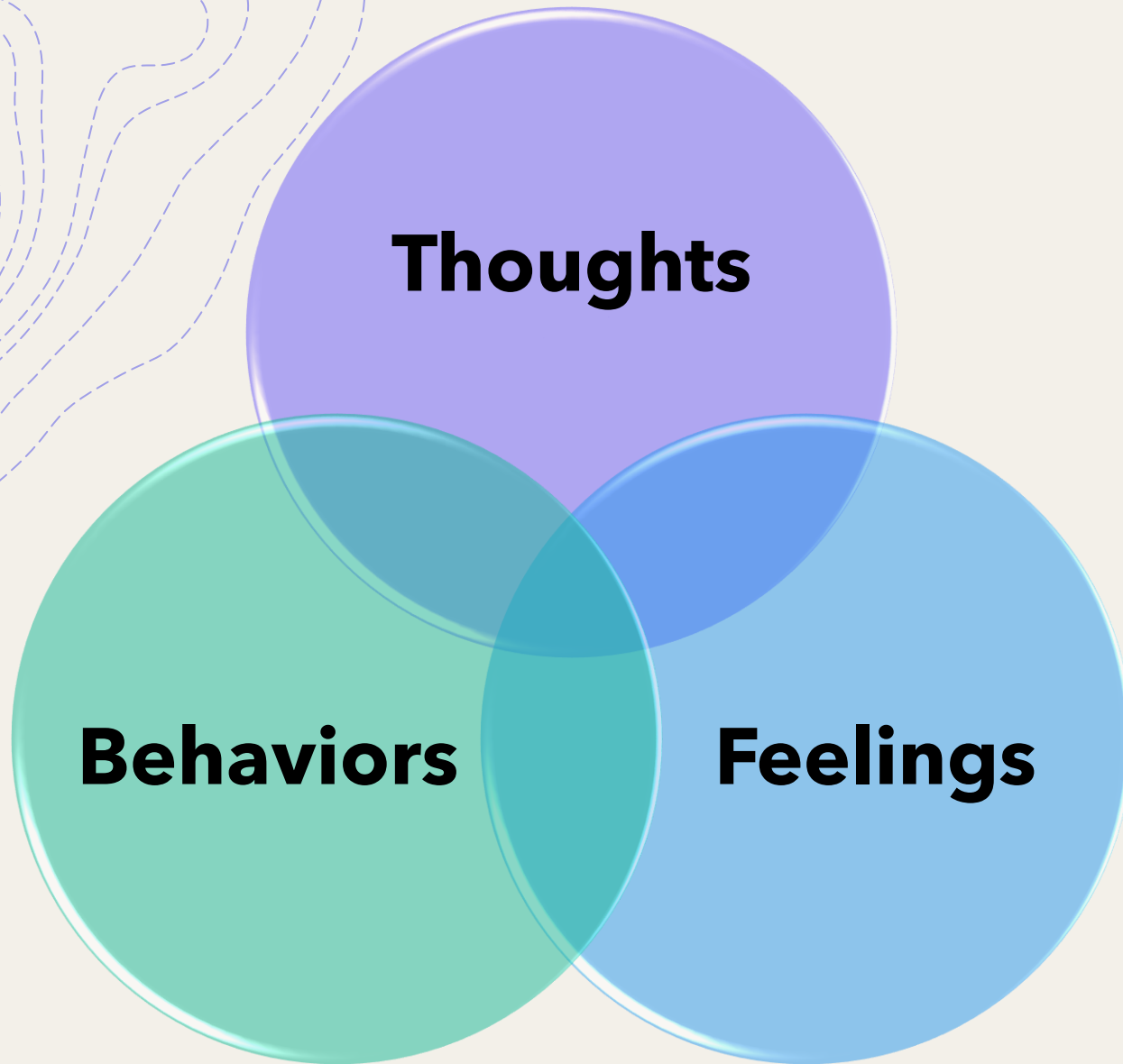
The Happiness Pie



Lyubomirsky, 1997)

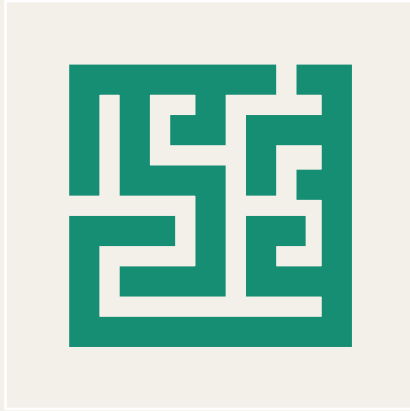
- biology
- circumstances
- intentional activities

Focus on what you have control over



Focus on what you have
control over!

Reframe your story



STOP the Stinking Thinking

Reframing

- identify automatic thoughts and replace them with more balanced thoughts.

The Need to Reframe

Reframing Your Thoughts: Practice

Step 1: Noticing

- Pay attention to those negative thoughts or “distortions”
- Every time you're experiencing a distortion, point it out to yourself. ...

Step 2: Evaluate

- Evaluate the evidence
- Ignore your thoughts and emotions for a second
- what are the facts of the situation?

Step 3: Compassion

- Give yourself grace and patience
- Do you treat yourself like you treat your friends?



*Be thankful for what
you have; you'll end up
having more. If you
concentrate on what
you don't have, you will
never, ever have
enough.*

~ Oprah Winfrey



How to be Happy – The Science of Happiness and Feeling Positive in Life from Memorize Academy



How to be Happy [Even If You've Forgotten...



How to be **Happy!**

*Love yourself first and
everything else falls into line.*

*You really have to love
yourself to get anything done
in this world.*



- Lucille Ball



*Remember that the
best relationship is
one in which your love
for each other exceeds
your need for each
other.*

- Dalai Lama



Thank You

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More reasons why you should choose to be positive





Which wolf are you feeding?

+ **How Mindfulness Empowers Us**

+ Narrated by Sharon Salzber

<https://www.youtube.com/watch?v=vzKryaN44ss>

The surprising science of happiness

- Dr. Dan Gilbert
 - popular book: *Stumbling on Happiness*
- Start at 3:45
- Stop: 14:09
- Start: 14:35
- Stop: 18:41



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