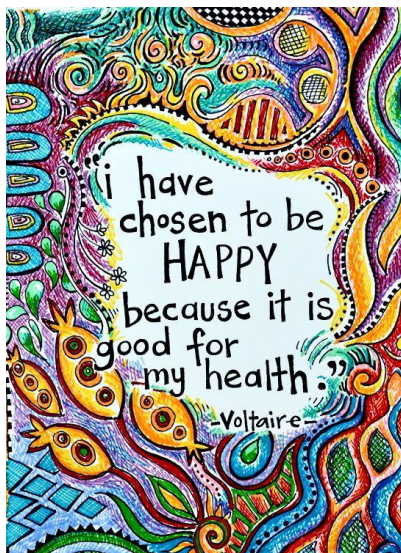


Mindful Practice Group Worksheet

20/6/2016 - Happiness

Quotes



"Positive emotions contribute to important downstream life outcomes, including friendship development, marital satisfaction, higher incomes and better physical health. People who experience frequent positive emotions have even been shown to live longer. Indeed, a recent meta-analysis of nearly 300 findings concluded that positive emotions produce success and health as much as they reflect these good outcomes"

"A strong correlation exists between the well-being, happiness, health, and longevity of people who are emotionally and behaviorally compassionate".

-A study on "Altruism, happiness, and health: it's good to be good"

*"It is the mind that translates good and bad circumstances into happiness or misery. So happiness comes with the purging of mental toxins, such as hatred, compulsive desire, arrogance and jealousy, which literally poison the mind. It also requires that one cease to distort reality and that one cultivate wisdom." **Matthieu Ricard***

Exercise

Try spending 5 minutes every morning saying or writing down everything you are grateful for. Or try thanking God for everything you have. Just fostering gratitude opens up places of joy for all that you have walked through and all the blessings that you have.

This practice also helps bring attention to the things you are thankful for in your life that *are* going well. It's easy to focus on the negatives sometimes; even research supports that "like any emotional state, feelings of joy, gratitude, interest, and contentment typically last only a matter of minutes...moreover, positive emotions are less intense and less attention-grabbing than negative emotions and are more quickly to diffuse".

Meditation

<https://www.youtube.com/watch?v=WesTeGGwLGg> – Stanton Lanier Peace

<https://www.youtube.com/watch?v=tJO4fpYMq4k> – Stanton Lanier Breathe

Links

<http://tinybuddha.com/blog/create-happiness-zero-easy-steps/>

<http://www.mindful.org/5-science-backed-ways-to-boost-your-happiness/>

<https://draxe.com/how-to-be-happy/>

http://www.huffingtonpost.com/elise-bialylew/mindfulness-happiness_b_7049292.html

