

DNS
DIIPCS
2021-22

DNS STUDENTS HAPPINESS & WELLBEING

TEACHER & STUDENT COMMUNITY AWARENESS 2021-22



Time for Action 

Presentation from DIIPCS TEAM



Happiness & WELL-BEING

Positive Education



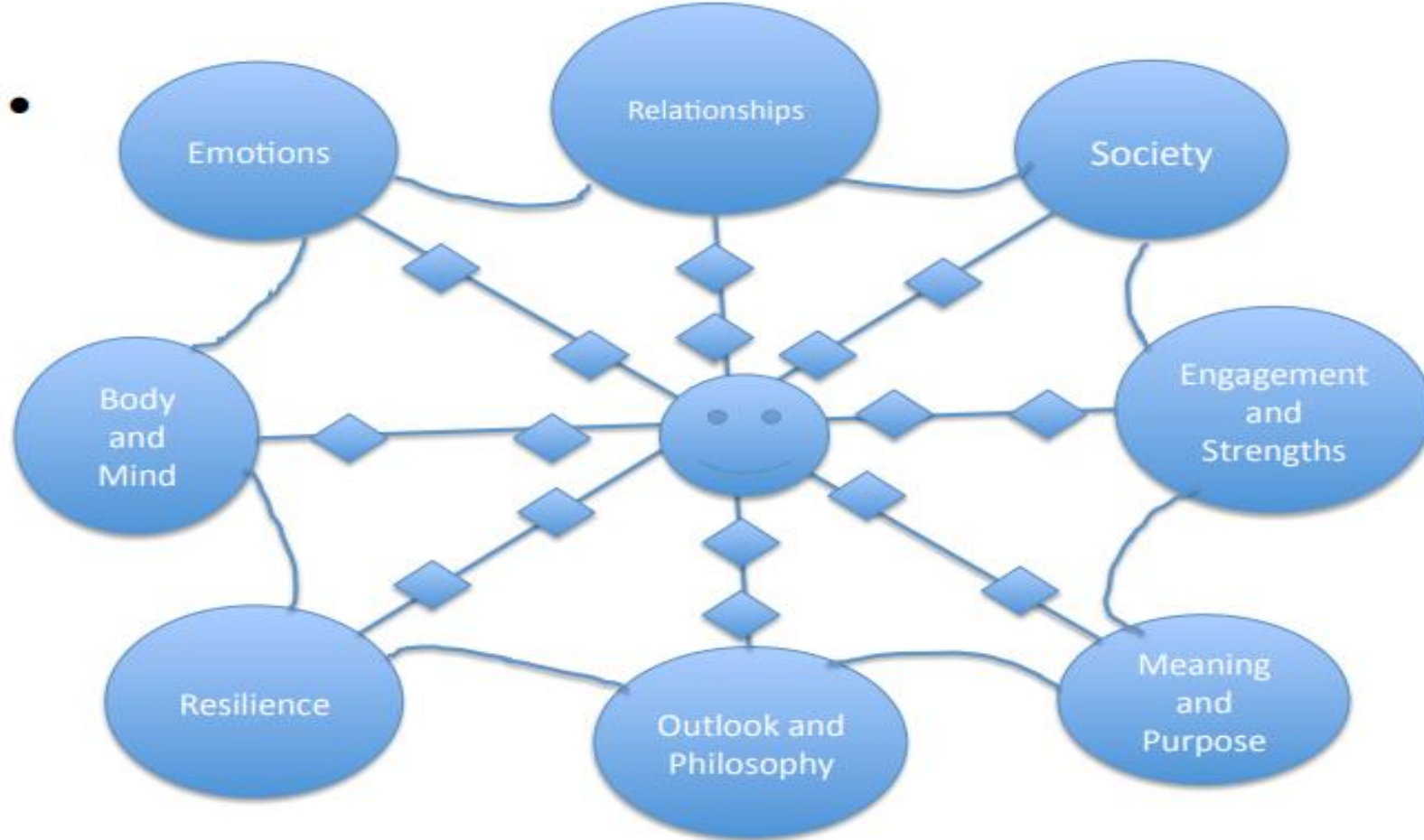
Department of Innovative Inclusion Practices and Counselling Services [DIIPCS]

Focus on Well-Being

- Stillness
- Awareness
- Values
- Relationships
- Wisdom
- Strengths

FLOURISHING

Well-being Curriculum



Curriculum Design & Research Documentation

- Emotions (Fredrickson)
- Gratitude (Diener)
- Strengths (Seligman & Peterson)
- Creativity (Csikszentmihalyi)
- Self-efficacy (Bandura)
- Resilience (Reivich)
- Mindfulness (Huppert) (Lopez)

Grade Appropriate Activities Can be Designed and Delivered By Teachers Based on Above Mentioned Areas

The Process

Awareness.....Notice

Intervention.....Act

Evaluation.....Reflect

Happiness: It's a choice

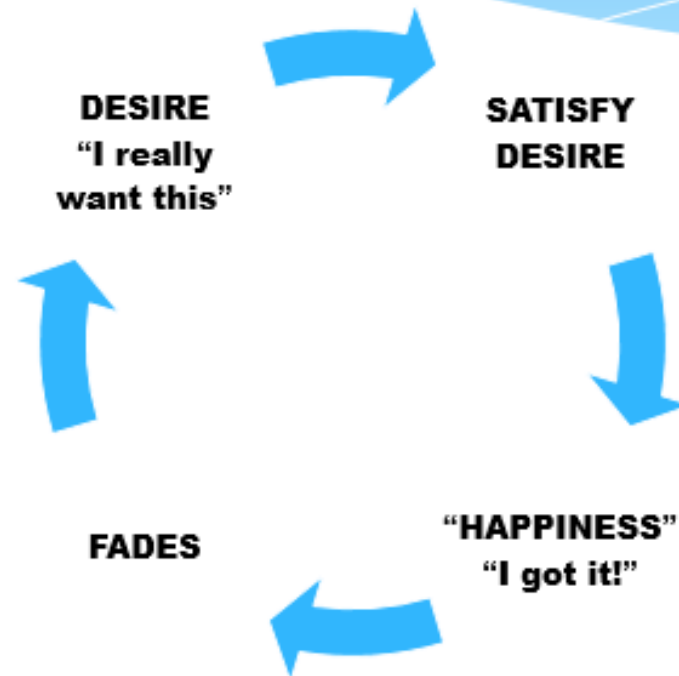


Working on happiness won't just make you happier, it will boost the happiness of the people around you!

Happy students are

- * **More resilient (they bounce back)**
- * **More cooperative and less self-centered**
- * **More willing to help and be team players**
- * **More forgiving and frustration tolerant**
- * **Better self-controlled**
- * **Better performers than the less happy**
- * **Healthier and live longer (lower blood pressure, more robust immune systems, and tolerate more pain)**

The Hedonistic Treadmill



THE BIG FIVE

Fundamentals of Well-Being

- 1) Relationships: Social Connectedness
- 2) Positive Emotion
- 3) Engagement
- 4) Meaning and Purpose
- 5) Accomplishment

1. Relationships

- * People who have one or more close friendships are happier.
- * We need close long-term relationships and an ability to confide in others
- * We need to belong
- * Friendships boost immunity and lengthen life
- * Cuts the risk of depression
- * Gives you a sense of identity and self esteem

2. Positive Emotion

- * Joy
- * Pleasure
- * Enthusiasm
- * Intimacy
- * Caring for others
- * Gratitude
- * Appreciation
- * Optimism

Gratitude and Appreciation

- * Grateful people are happier and more satisfied, feel physically healthy, and exercise more
- * Grateful people have a sense of belonging—less depression and stress
- * Brings freedom from envy
- * Increases energy and enthusiasm
- * Connects you to nature and other people
- * Most world spiritual traditions encourage giving thanks

Optimism

- * Optimists make sense of bad events
- * They are better problem solvers
- * Optimism has profound effects on health
- * Act the way you want to feel
- * Fake it till you make it



Pessimism

- * Pessimists see things as **internal, unchangeable, and pervasive**.
- * They feel that their troubles last forever, undermine everything they do, and are uncontrollable.
- * They are up to eight times more likely to become depressed.
- * They do worse at school, sports, and most jobs than their talents predict.
- * They have worse physical health and shorter lives, as well as rockier interpersonal relationships.
- * Looking out for number one is more characteristic of sadness than of well-being.

Remove sources of bad feelings

- * Guilt
- * Remorse
- * Shame
- * Anger
- * Envy
- * Boredom
- * Irritation
- * Unforgiveness



3. Engagement (flow)

DEFINITION: That joyful feeling we experience when we are deeply involved in an activity that is challenging and well suited to our skills, or when we are trying to reach a meaningful goal.



4. Purpose and Meaning

- * Spiritual people are relatively happier—having strong social support and opportunities for socializing, community service, and making friends.
- * Mindfulness
- * Meditation
- * Hope
- * Transcendent and timeless

5. Accomplishment

To be truly happy you need to discover your unique strengths and virtues and use them for a purpose that is greater than your own personal goals.

- * Live the life you are supposed to live
- * Live up to the expectations you set for yourself
- * Do your duty
- * Continue to grow

To discover more, visit viacharacter.org

Seligman's list of virtues/signature strengths

- * Wisdom and Knowledge
- * Courage
- * Love and humanity
- * Justice
- * Temperance
- * Spirituality and Transcendence

- * (Website: viacharacter.org)

If You Want to be Happy

- * To engage in happiness inducing activities, you have to “FEEL GOOD.”
- * Exercise has a large clinical impact on depression and anxiety.
- * SLEEP IS PRIMARY



To define happiness/well-being

Positive Emotions

+

Engagement

+

Meaning

Happiness takes energy and discipline

- * Pursue a passion
- * Make time and enjoy now
- * Master a new technology
- * Stimulate the mind in new ways
- * Forget about results
- * Laugh out loud
- * Use good manners
- * Start a gratitude journal
- * Give positive reviews
- * Care for others
- * Strengthen your relationships
- * Increase your circle of friends
- * Become an active member of the community
- * PLAY

What is play?

- * PLAY is satisfying
- * Doesn't necessarily lead to praise or recognition
- * Has no economic significance
- * Doesn't create social harm
- * Draws you closer to other people
- * **HAVE FUN!**
- * Make time to be silly
- * Experiment with new interests
- * Go off the path
- * Start a collection



What we get from school

- * Atmosphere of growth
- * Social contact
- * Sense of purpose
- * Self esteem
- * Recognition
- * Fun



A final word about money: Use money to support happy goals

- * Strengthen relationships
- * Promote health
- * Education
- * Have fun
- * Help others, donate time or talent
- * Create happy memories
- * Indulge in a modest splurge
- * Reward yourself
- * Spend it on things YOU value



Thank You

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