



*Work Well. Live Well.*  
***Be Well.***



# How Good Habits Drive Happiness: The Science and Practice of Good Life

**February 13, 2019**





# Welcome!



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**WorkWell NYC**



# WorkWell NYC

WorkWell NYC seeks to create **workplaces** that help our employees live **healthy**, active lifestyles, and to provide health and well-being services, programs, and resources at the **worksites** and beyond.

MOVE  
MORE >>>



TAKE  
ACTION



# Upcoming Webinars



March 13<sup>th</sup>, 1:00pm

**Eat Well, Be Well: Connecting What You Eat and How You Feel**



April 10<sup>th</sup>, 1:00pm

**Learn to Stress Less: Understanding and Managing Stress Effectively**



May 8<sup>th</sup>, 12:00pm

**Staying Calm Under Pressure: Dealing with Difficult Situations**



June 12<sup>th</sup>, 12:00pm

**Resilience for a Healthy Life: Mental, Physical, and Emotional Wellbeing**

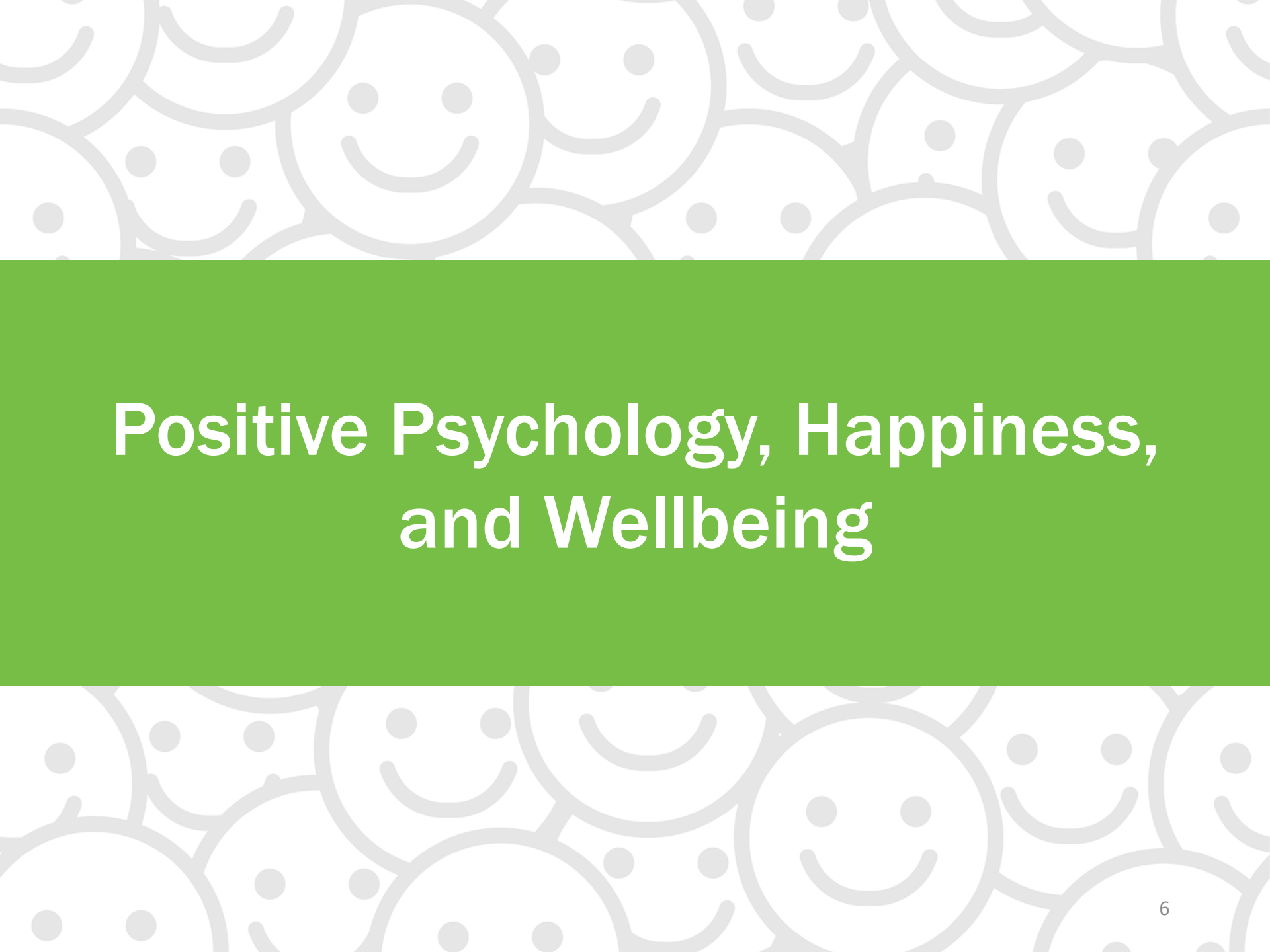


# Objectives



**After today's webinar, you will:**

- ✓ **Understand the basics of wellbeing**
- ✓ **Learn how to map your wellbeing**
- ✓ **Learn the 6 main strategies of self-care and make your wellbeing “to do” list**

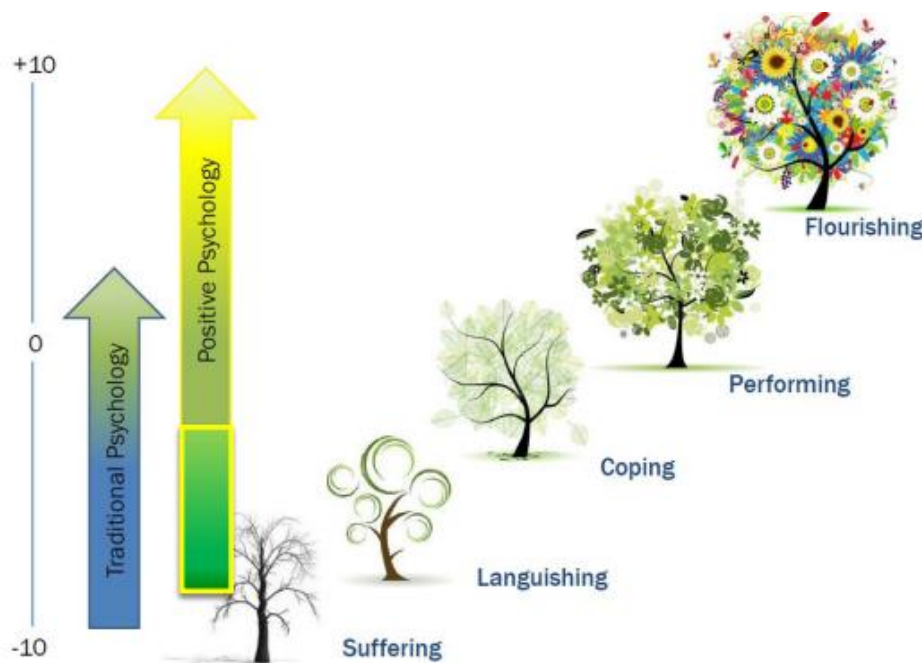
The background of the slide is a repeating pattern of stylized, light gray smiling faces. Each face is a circle with a simple curved line for a smile and two dots for eyes. The faces are arranged in a dense, overlapping manner.

# Positive Psychology, Happiness, and Wellbeing



# Defining Positive Psychology

- Positive psychology is the science of the positive aspects of human life, such as happiness, wellbeing and flourishing.



*Founder: Martin Seligman*



# What is happiness?



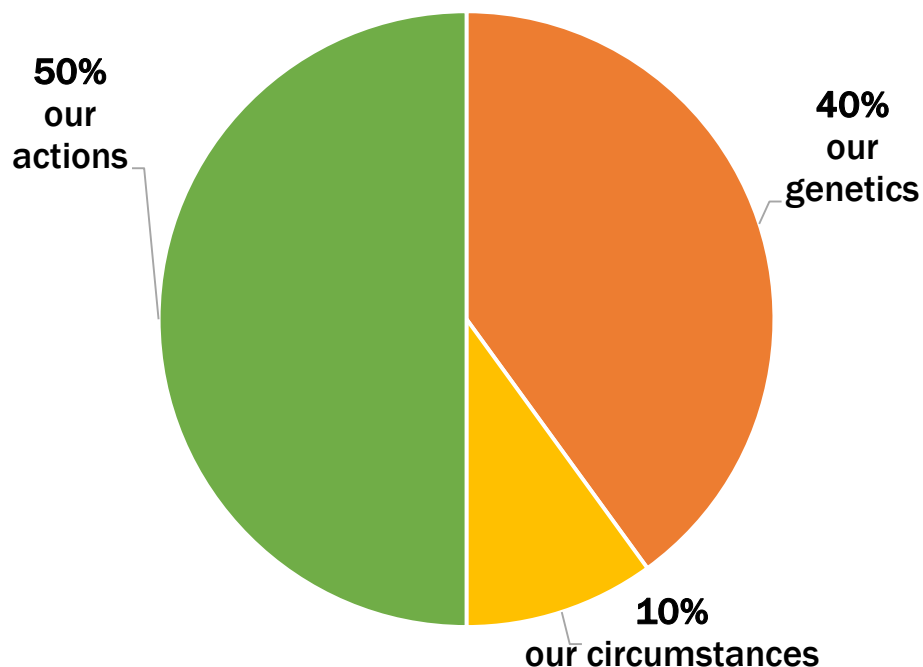
- Happiness is a specific emotion that people feel when good things happen
- Often co-occurs with a specific facial expression: **the smile**





# Happiness comes from within!

**Happiness is:**



- The human brain is wired for happiness and positive connections with others!
- We can train our brains to think in a happier, more optimistic, and more resilient way



# Smile – it's contagious!



**Smile and the world  
smiles with you!**

- Smiling helps us connect with others.
- Smiling takes no special talent and costs nothing!
- Smiling regularly can help you be healthier, a better worker, and a more sensitive family member and friend



# What is wellbeing?

Our wellbeing is shaped by our thoughts, actions, and experiences, most of which we have control over

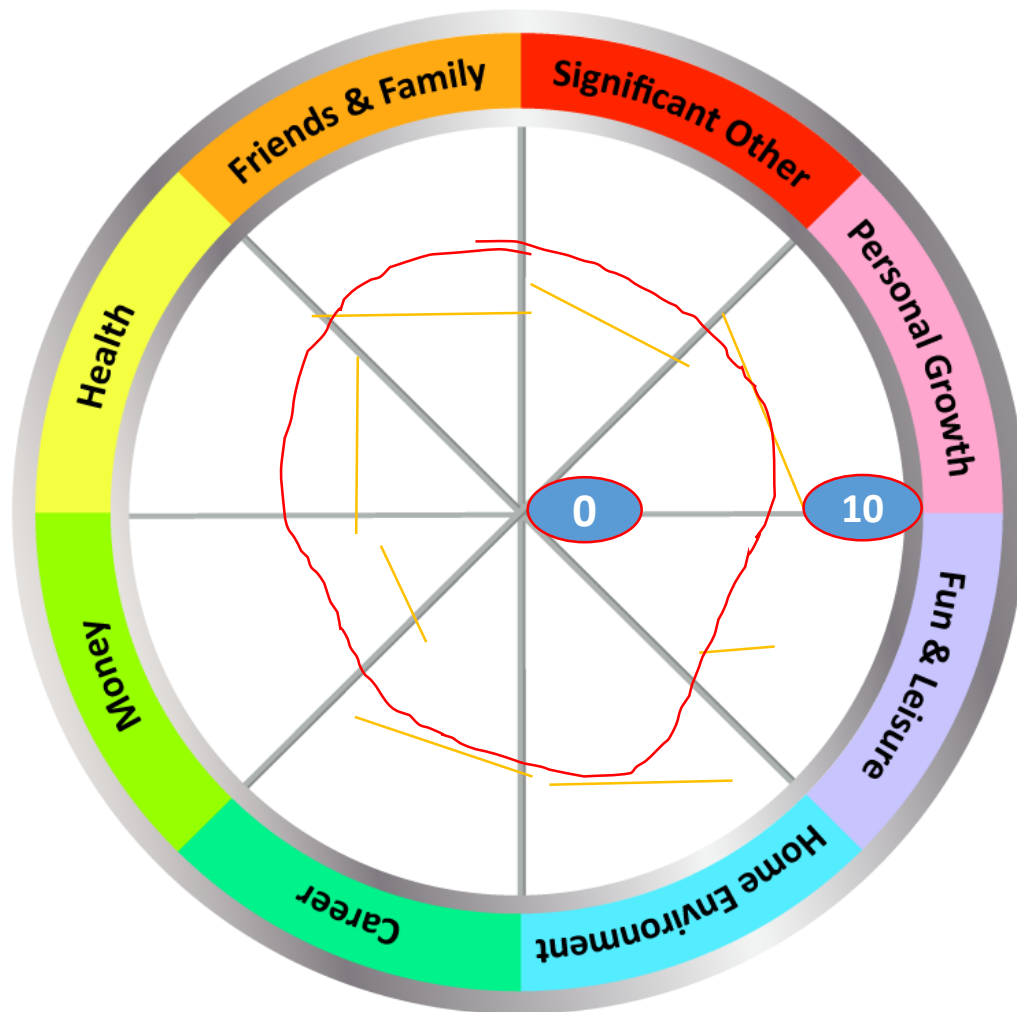




# Mapping and Scoring Your Wellbeing



# Creating your wellbeing wheel



💡 Your score should reflect on where you really are, not where you think you should be!



# Creating Your Wellbeing To Do List

4.





# What is self-care?



- The steps we can take to improve our wellbeing
- The actions that help us create a more balanced wheel of life for ourselves



# My wellbeing “to do” list

**Be Active**

**Be Positive**

**Be  
Connected**

**Be Mindful**

**Be  
Purposeful**

**Be Curious**

**My Wellbeing “To Do List”**

ACTIVE

POSITIVE

CONNECTED

MINDFUL

CURIOUS

PURPOSEFUL

Source: Marsha Gold, MD, MA, and Jeremy Taylor, MD, MPH, NYC Department of Health and Mental Hygiene

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NYC.gov/workwell | workwell@nyc.gov





# Be active



**When our bodies are strong, fit, and active, we feel happier and healthier and can better cope with stress**

## **To do:**

- Find physical activity that you enjoy
- Eat a healthy and balanced diet
- Get enough sleep



# Be positive

Thinking positively can help us improve our health, and increase our ability to manage stress with greater confidence.

## To do:

- Try to improve your outlook on life
- Practice positive self-talk
- Stop negative thoughts
- Look for things to be grateful for





# Be connected



**Being connected gives us a sense of belonging, and also serves as a source of help and support when we need it.**

## **To do:**

- **Spend time with others**
- **Practice random acts of kindness**



# Be mindful

**Being mindful is a way of being connected with ourselves, and with the world around us.**

## **To do:**

- **Regret the past less**
- **Worry less about the future**
- **Learn and practice strategies that help you appreciate the here and now**





# Be curious

**Learning new things can help us feel good about ourselves and cope with challenges that come our way.**



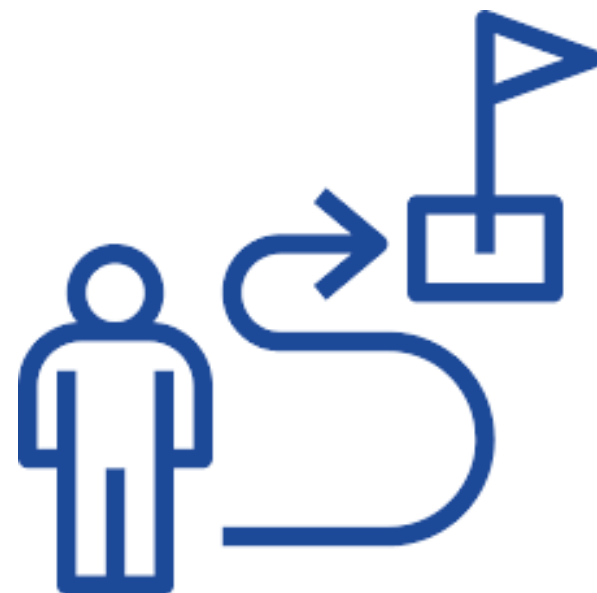
## **To do:**

- **Learn something new every week, month, or year**
- **Be patient with yourself as you learn new things**
- **Be proud of your achievements**



# Be purposeful

**Living a purposeful life means that we find, live by, and work for things that matter to us.**



## **To do:**

- **Identify things big and small that are meaningful to you**
- **Live your life in a more meaningful way, every day**



# Be resilient



- We can become more resilient by practicing self care and being more **active**, **positive**, **connected**, **mindful**, **purposeful**, and **curious**
- When we are resilient, we believe that we **can** manage the stress in our life, and cope with even the most difficult life experiences



# Make a plan for the future



**Active**

**Positive**

**Connected**

**Mindful**

**Purposeful**

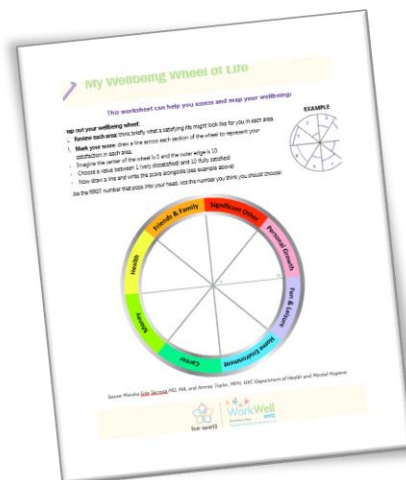
**Curious**



# Resources

## Worksheets:

- Wheel of Wellbeing
- Wellbeing To Do List



## To learn more:

- <https://www.cnbc.com/2017/10/31/this-harvard-study-reveals-how-you-can-be-happier-and-more-successful.html>
- <http://www.berkeleywellness.com/healthy-mind/mind-body/article/what-science-happiness>
- [http://www.dana.org/Cerebrum/2006/Hardwired\\_for\\_Happiness/](http://www.dana.org/Cerebrum/2006/Hardwired_for_Happiness/)



# Free, confidential support is available



- **NYC Employee Assistance Program (EAP)**

- 212-306-7660 | [eap@olr.nyc.gov](mailto:eap@olr.nyc.gov) | [nyc.gov/eap](http://nyc.gov/eap)



- **NYC Well**

- 888-NYC-WELL | Text WELL to 65173 | [nyc.gov/nycwell](http://nyc.gov/nycwell)

*Texting and live chat services are available in English, Spanish and Traditional Chinese. Free over-the-phone interpretation services are available in more than 200 languages.*



# Thanks for Attending!



**We want to hear from you!** Please fill out a brief survey to share your feedback on today's presentation: [bit.ly/BeWellWebinar2](https://bit.ly/BeWellWebinar2)

**Questions?** Please contact Monika Erős-Sarnyai, MD, MA, with any additional questions about the topics discussed during this webinar: [msarnyai@health.nyc.gov](mailto:msarnyai@health.nyc.gov)

