

Gratitude-Attitude Happy-Healthy

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S + R = E

Situation + Response
= Experience

*Thoughts

*Images

*Actions

Event

Thoughts



We either create or
allow our experiences
by what we:

- think
- imagine
- do



Martin Seligman

Barbara Fredrickson

Pioneers in Positive Psychology

Emotions Matter:

- ☐ attention and learning
- ☐ decision-making
- ☐ relationships
- ☐ mental & physical health

- They're contagious
- They leak
- They drive behavior

Research on Emotions

- Positive ones like joy, gratitude, peace, calm, excitement **help expand thinking**, finding possibilities & creative solutions. And are good for your health.
- Negative ones like anger, resentment, fear, worry, sadness **constrict thinking** and creative problem-solving. And are bad for your health over time.

Hardwired Emotions

- fear
- anger
- sadness
- disgust
- surprise
- joy

Emotions Learned

- humility
- sympathy
- forgiveness
- empathy
- gratitude
- optimism
- compassion
- patience
- cooperation

Happiness Research

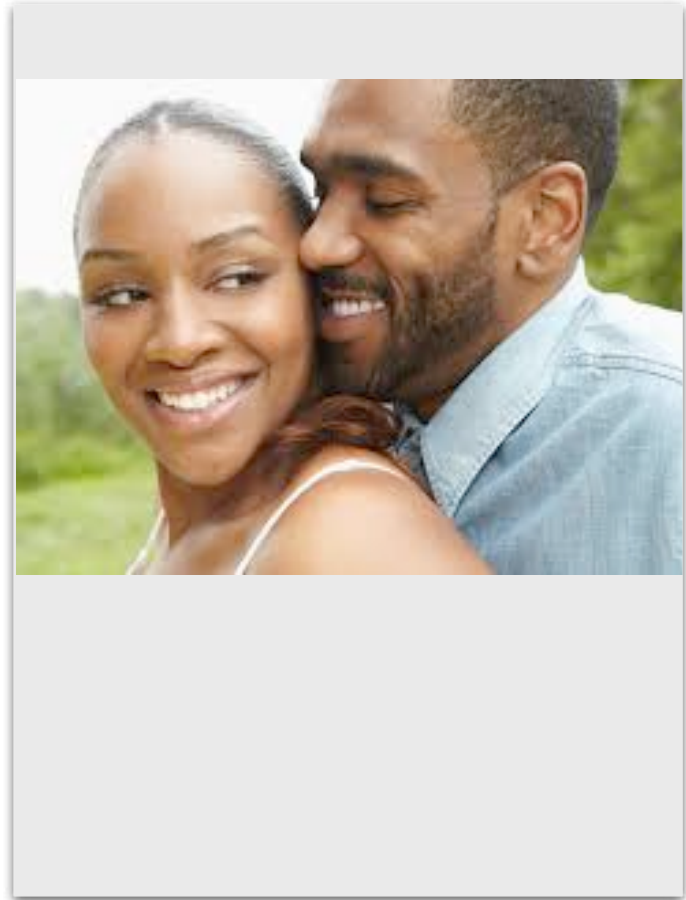


Happiness Research

- You control 50% of your happiness level
- Money doesn't buy happiness
- Winning the lottery creates temporary short-term happiness
- Focus on experiences not stuff
- Relationships are a key factor in long-term happiness

Relationships

- 5:1 ratio of positives to negatives



BIDDING

- *Away*
- **Toward**
- **Against**



Making Deposits

- Respond toward Bids
- Be interested
- Listen to understand
- Empathize
- Play the I O-a-day game
- Use a preferred modality (Visual, Auditory, Kinesthetic)

with colleagues

- say hello and goodbye each day
- returned borrowed items
- note b-days and acknowledge
- remember things of personal importance: pets, children, parents, travel, hobbies, sports, workouts
- laugh with them
- give encouragement when they are having a difficult time or when they have a success

The Happy Advantage

- Meditate
- Find something to look forward to
- Commit conscious acts of kindness
- Infuse positivity into your surroundings
- Exercise
- Spend money (but not on stuff)
- Exercise a signature strength



Robert Emmons
Michael McCullough
Gratitude Researchers

Gratitude Science

- Can open the door to new relationships
- Improves physical health
- Enhances empathy and reduces aggression
- Grateful people sleep better
- Gratitude improves self-esteem
- Gratitude increases mental strength

Gratitude Research

- Gratitude group 25% happier and exercised 1.5 avg. more, fewer health complaints.
(University of California at Davis)
- Writing about gratitude daily group felt more gratitude and offered more emotional support with a personal problem.

Gratitude Research

- Thanking a new acquaintance makes them more likely to seek an ongoing relationship. (*Journal of Emotion* 2014) Acknowledging other people's contributions can lead to new opportunities.

Gratitude research

- Grateful people experience fewer aches and pains; report feeling healthier; likely to take care of their health (*Personality and Individual Differences*, 2012)
- Reduces toxic emotions ranging from envy to frustration and regret (UC Davis)

Gratitude research

- Gratitude enhance empathy and reduces aggressions-even when others behave badly (*2012 Study at University of Kentucky*)
- Grateful people sleep better-just 15 minutes before going to bed (*2011 Applied Psychology: Health and Well-Being*)
- Gratitude improves self-esteem-athletes with social comparison (*2014 Journal of Applied Sport Psychology*)

Gratitude research

- Gratitude increases mental strength- Vietnam war vets less PTSD (2006 Behavior Research & Therapy)
- Gratitude contributed to resiliency following the Sept. 11 terrorist attacks (2003 Journal of Personality and Social Psychology)

Cultivate gratitude

- Write a thank you note
- Thank someone mentally
- Count your blessings
- Pray
- Meditate
- Savor the moment

Cultivate Gratitude

- Keep a daily journal of three things you are thankful for. First thing on the morning of before bed.
- Practice telling you spouse, partner, or friend something you appreciate about them everyday
- Write a letter to someone who made a difference for you. Then meet face to face and read it to them.

EMPTY THE CUP . . .

An illustration of two cups. The top cup is tilted, pouring a stream of liquid into the cup below. The background is a gradient of green and blue with a halftone dot pattern.

BEFORE YOU
FILL IT UP

Relationship-Building
Activities to Promote Effective
Learning Environments

Ernest Mendes, Ph.D.

ENGAGE 4 LEARNING

How To:

- BOOST THINKING, MEMORY & UNDERSTANDING
 - RESET EMOTIONAL STATES
 - REACH THE OPPOSITIONAL, GIFTED & UNMOTIVATED
- USING 4 MAJOR BRAIN SYSTEMS



OVER 200
STRATEGIES &
IDEAS
EVERY NEW
& VETERAN
TEACHER
CAN USE TO
ENGAGE ALL
STUDENTS

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