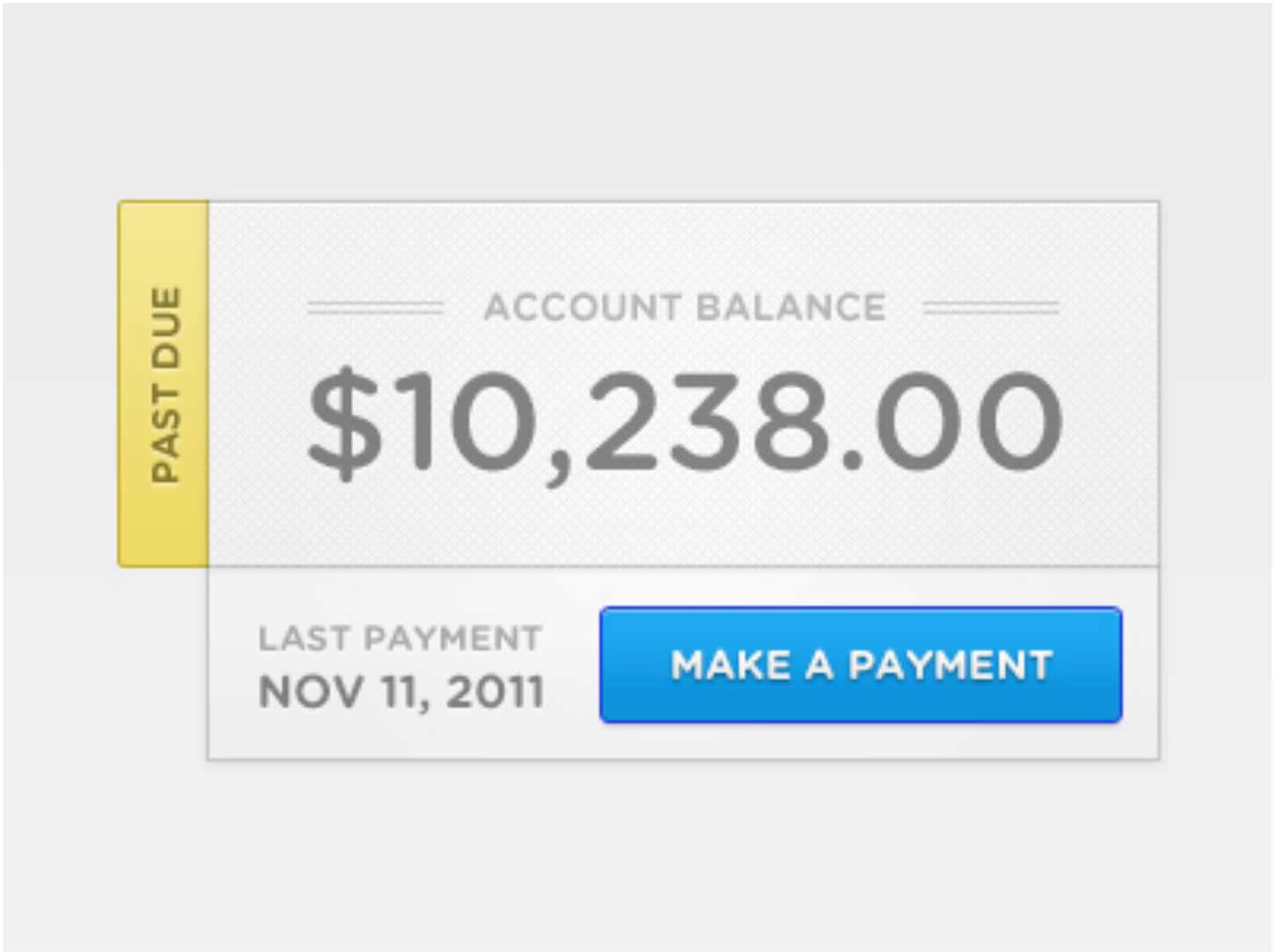
Voller Elan

WEEk 6

The Secret


PAST DUE
ACCOUNT BALANCE
$10,238.00
LAST PAYMENT
NOV 11, 2011
MAKE A PAYMENT

What do I need to be happy and content?

When do I want to be happy and content?

Elements of Happiness

- 50% **genetic**
- 10% external circumstances
- 40% **conscious actions, which we are masters of**
  - The interpretation of events
  - The neurobiological filter

Sonja Lyubomirsky and Jane Gilgu

Empathy

- Empathy is the ability to perceive what is going on in another
- Empathy or sympathy - sym = "together with, together, like" - em = "in, at, with". - Pátheia means suffering.
- Self-empathy - perception inside
- Part of the emotional intelligence:
  - the ability to recognize one's own emotions and the emotions of others, to interpret them appropriately and to deal with them appropriately.

Empathy

Cognitive empathy: **UNDERSTANDING**

Emotional empathy: **FEELING** (parent-child bond, group affiliation)

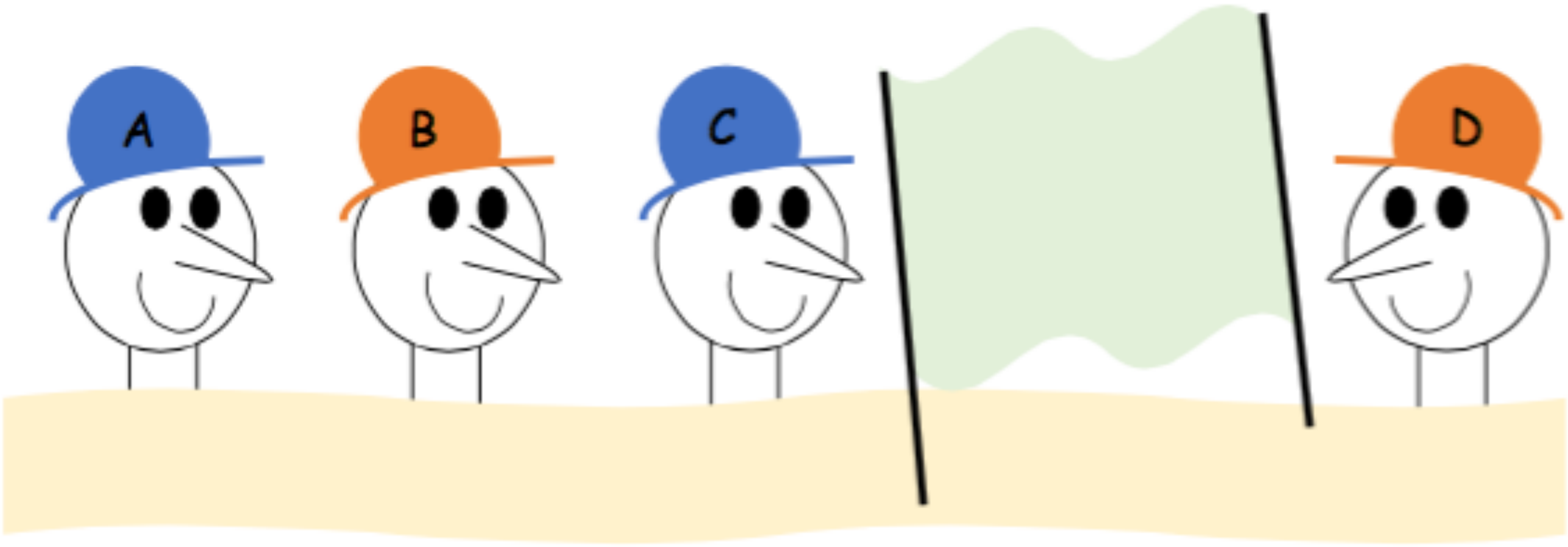
Blocked by:

- Prejudices

- stress level

- Time

Who finds the solution?



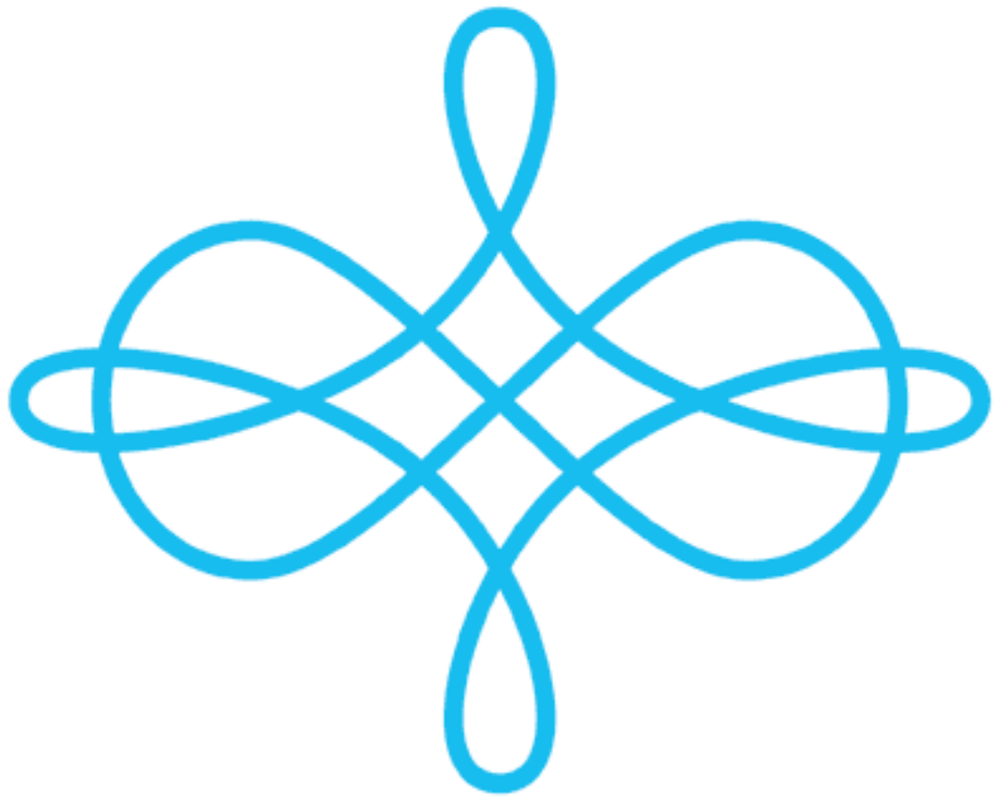
Which one of these men can tell what color his hat is.
Each person can only look forward and cannot look through the flag
(D sees no one)

Praise

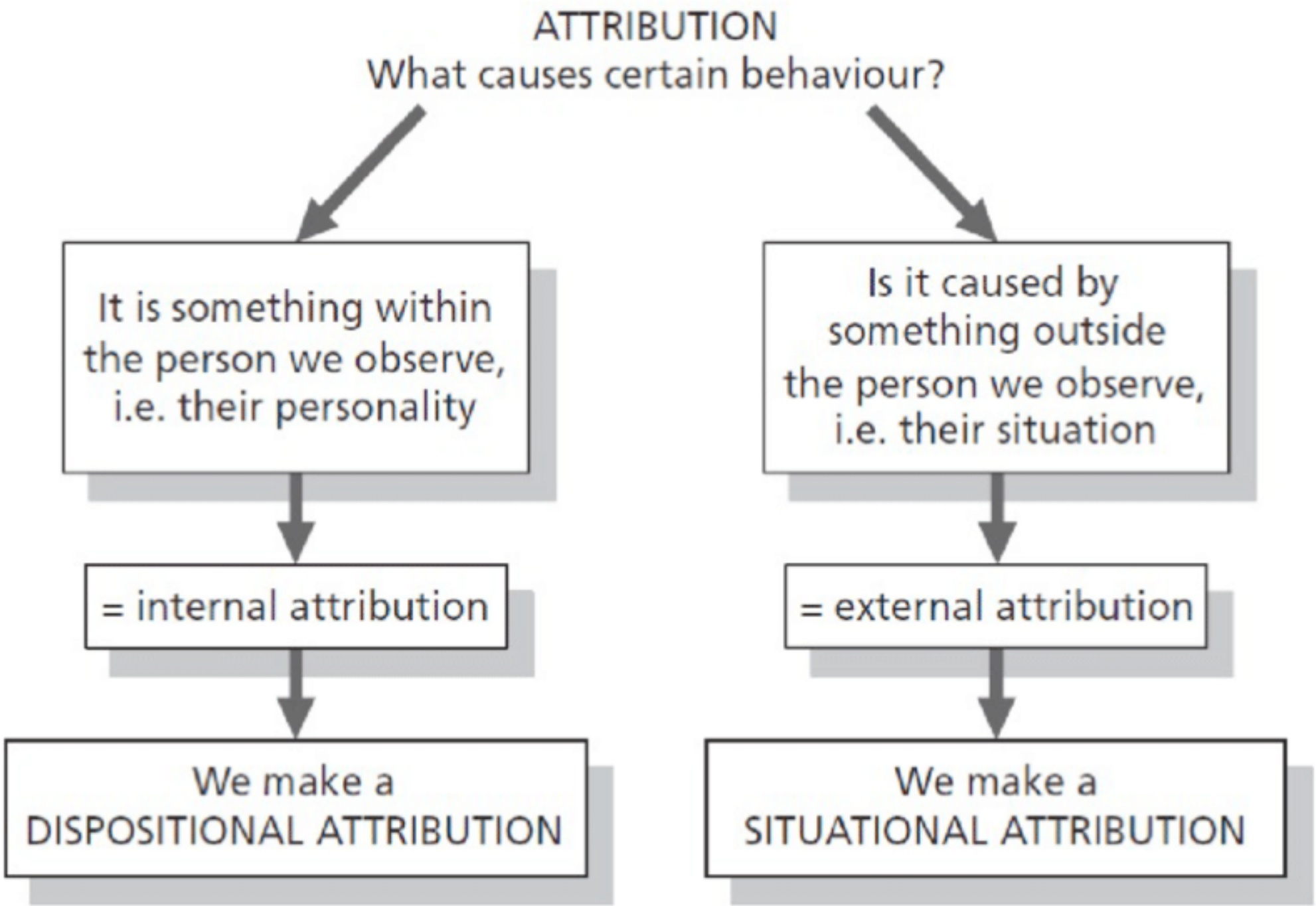
My colleague is great, because …

I am great because ….

Contemplation Exercise



REALLY irritated!


ATTRIBUTION
What causes certain behaviour?
It is something within the person we observe, i.e. their personality
= internal attribution
We make a DISPOSITIONAL ATTRIBUTION
Is it caused by something outside the person we observe, i.e. their situation
= external attribution
We make a SITUATIONAL ATTRIBUTION

PEANUTS; drawings by Charles Schulz; 1989 United Features Syndicate, Inc. Reprinted by permission of UFS, Inc.

„I act like this because the situation is like this“

„You act like this because you are like that“

Gratefulness

It pays of to be grateful

Study 1: Gratitude increases optimism and reduces physical discomfort

Study 2: Gratitude increases positive emotional states and pro-social behavior

Study 3: Gratitude increases well-being even by chronic illnesses

Empathy and Gratefulness

- are not equal politeness or correctness
- show themselves through mindful listening, talking and caring
- are recognition of the same goals: health, security, joy, balance and happiness
- are MINDFULNESS

Random Acht of Kindness

Homework

1-2 office **Yoga** exercises everyday at home next week + a **breathing** exercise - 5 rounds, the coffee breathing (every 20 dynamic breaths) and finally the kindness **meditation**.

A **random act of kindness**“ (without any expectations)

Fill out the Gratefulness Diary EVERY day and bring it next week