Don’t Make New Year Resolutions!
Six Happiness Habits

This webinar will start shortly. It will be recorded and the slides will be available at www.dpcedcenter.org

Next webinar: February 28th at 2:00 pm Eastern
It Takes a Village: Preparing your support plan for transplant care
Reminders

- All phone lines are muted
- **Unmute: #6** to ask questions at the end of the presentation
- **Mute: *6** after your question
- Or, ask questions through the Chat Box
- You will receive the link to the **recording, a handout, & slides** by email if you registered for the webinar
- Please complete the feedback form at the end of the program
Today’s Presenter

Steve Wilson

- Psychologist and humorist
- Educator and Trainer
- Laughter therapist
- Co-Founder/Director of World Laughter Tour
- Member of the DPC Education Center Advisory Council
- [www.worldlaughtertour.com](http://www.worldlaughtertour.com)
What are the reasons **not** to make New Year resolutions?
If we don’t make resolutions, how can we change and make new habits?
Make a Personal Commitment to New Goals

I don't call them New Year's Resolutions. I prefer the term, "Casual promises to myself that I'm under no legal obligation to fulfill".
Make Goals Specific and Doable
Start With Only a Few Goals

I think I made too many New Year's resolutions this year. It took me almost a full day to break them all.
Make Goals Measurable
That sounds like a lot of work! What else can we do?
Always
Look For
The Funny
Make Goals Positive

New Years Resolution
Laugh A Little Louder,
Smile A Little Bigger, Love
A Little Deeper, And...
Kelly's Treehouse

Walk Through Life
A Little Slower.
Train your mind to see the good in every situation.
For beautiful eyes, look for the **good** in others;
for beautiful lips, speak only words of **kindness**;
and for poise, walk with the knowledge that
you are **never alone**.

- Audrey Hepburn
5 Things Positive Attitudes Will Do

- Support healing
- Reduce Stress
- Build Resilience
- Create Harmony
- Promote Hope
How does humor and laughter add to a positive attitude?
Let’s Clear Up Some Myth-conceptions
(All of these are wrong!)

- You are born with a sense of humor
- A sense of humor is about telling jokes
- You need a reason to laugh
- You laugh because you feel good
- You can’t be both serious and humorous
We’ve talked about not making resolutions, having a positive attitude, and keeping humor and laughter as part of our lives.

Do the 6 happiness habits build on these and can you share how we can develop them?
Develop A Good-Hearted Living Plan

New Year's Resolution #1:
Be More Awesome than last year.
Monday = Compliments

A compliment is verbal sunshine.

Robert Orben
Tuesday = Flexibility
Wednesday = Gratitude

GRATITUDE & APPRECIATION ARE NATURAL ANTI-DEPRESSANTS
Thursday = Acts of Kindness

My wish for you is that you continue. Continue to be who and how you are, to astonish a mean world with your acts of kindness. Continue to allow humor to lighten the burden of your tender heart.

Maya Angelou
Friday = Forgiveness

The first to apologize is the bravest.
The first to forgive is the strongest.
And the first to forget is the happiest...
Weekends = Chocolate
(Do Something Sweet)

There is nothing better than a friend, unless it is a friend with chocolate.
Can you summarize these 6 habits one more time?

And, in how many languages?
Six Habits of Happiness
(Good Hearted Living)

- Monday = Compliments
- Tuesday = Flexibility
- Wednesday = Gratitude
- Thursday = Acts of Kindness
- Friday = Forgiveness
- Weekends = Chocolate
What Will **YOU** Do Going Forward?

Questions
Thank You for Attending Today

Please complete the Feedback Form

Handouts to be emailed/posted

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