

MINDFUL EDGE

LESSON 8 WHAT IS THE SCIENCE OF HAPPINESS?

1. WHAT IS
STRESS?

2. WHAT IS
MINDFULNESS?

3. HOW TO
PRACTICE
MINDFULNESS?

5. HOW DO
THOUGHTS
IMPACT
EMOTIONS &
BEHAVIOURS?

6. HOW DO
EMOTIONS
IMPACT
THOUGHTS &
BEHAVIOURS?

7. HOW TO
BEFRIEND
STRONG
EMOTIONS?

4. WHAT IS THE
NEUROSCIENCE
OF
MINDFULNESS?

My Mindful Journey Reflective Journal
Mindful Edge Interactive™
Skill for Being with the Ups and Downs of Life
(Stress Management and Life Strategies for Youth)
for use with MindfulEdge.ca interactive website for Youth

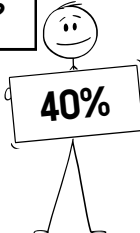
Curriculum Authors: Heidi Bornstein | Stephen Chadwick | Naomi Nurgitz | Natalia Fister

All content is protected by copyright Mindful Edge™ | Redistribution, replication or commercial use is prohibited without the expressed written permission of Mindfulness Everyday who is the sole owner and copyright holder of this property.

For more information on educational programs and materials, please contact us at info@mindfulnesseveryday.org | Mindfulness Everyday is a registered Canadian charity #83693 3507 RR0001

WHAT IS THE SCIENCE OF HAPPINESS?

DO I HAVE ANY CONTROL OVER MY HAPPINESS?



40%

Mindfulness and Happiness
8 Activities that can help you feel a sense of happiness

- 1 Practicing Gratitude
- 2 Practicing acts of kindness
- 3 Setting intentions
- 4 Managing stress
- 5 Focusing on the present moment
- 6 Cultivating social connections
- 7 Cultivating Healthy habits
- 8 Practicing mindful attitudes

Key Points About Happiness

Happiness can be positively impacted by:

1. Practicing Gratitude
2. Practicing of Kindness
3. Managing Stress
4. Present Moment Awareness
5. Intention Setting
6. Cultivating Healthy Habits
7. Practicing Mindful Attitudes



The 21-Day Happiness Challenge

- 1 Giving Thanks | Gratitude -> 3 (Go) different things
- 2 Never Give Up On the Good Times | Appreciate The Good -> reflect it by journaling it for 2 minutes
- 3 Smiling (It's Contagious) -> spread the joy
- 4 Having Fun | Down Time -> 10 min of fun, mindful activity
- 5 Meditating -> practice moment to moment attention
- 6 Doing something Physical -> 10 minutes of moving your body helps physical and mental health and well-being
- 7 Random Acts of Kindness | Connection -> Be kind, be generous, be a connector or a surprise note that will make them smile. Let us all shine!

TRY THE 21-DAY CHALLENGE HERE!

The Ethic of Reciprocity

The Golden Rule is a basic moral principle which states

"Treat others how you want to be treated."



Be Kind

I'VE LEARNED THAT PEOPLE WILL FORGET WHAT YOU SAID, PEOPLE WILL FORGET WHAT YOU DID, BUT PEOPLE WILL NEVER FORGET HOW YOU MADE THEM FEEL.

~ MAYA ANGELOU

Practice Gratitude

PRACTICE GRATITUDE HERE!

- Gratitude unshackles us from toxic emotions: It's hard to be angry and grateful at the same time.
- Gratitude helps even if you don't share it: The mere act of writing the letter can help you appreciate the people in your life and shift your focus away from negative feelings and thoughts.
- Gratitude's Benefits Take Time: Be patient and remember that the benefits of gratitude might take time to kick in.
- Gratitude has lasting effects on the brain: Gratitude renews our priorities to help us appreciate the people and things we do.

Fun Facts about SMILING

- It is easier to smile than frown
- Babies are born with the ability to smile
- It is believed dogs cannot smile but chimpanzees can smile
- There are 19 different types of smiles (including embarrassed)



RESEARCH

- Smiling improves mood and reduces stress by releasing endorphins
- It increases positive neurotransmitters linked to learning and focus
- Studies suggest people who smile are seen as more likeable and approachable
- Frequent smiling may help shift the brain toward more positive thought patterns

How To Give A Compliment

- Link your compliment to something you feel.
- Think about why you appreciate that quality.
- Be authentic and specific

Giving compliments helps you notice the good in others and yourself. It reminds us that everyone has value to share.

Compliments don't just make others feel great; they also enhance our own self-confidence.

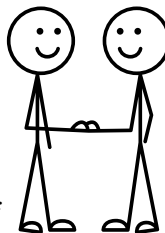
Compliment Activity

What compliment would you like to hear from

- Caregiver: "I'm proud of you."
- Friend: "You are a good listener."
- Teacher: "I see you are trying hard."
- Pet: "Thanks for taking care of me."
- Coach: "You are a team player."

FILL OUT THE COMPLIMENT PAGE

FREE COMPLIMENTS
Take one for yourself.
Then, "pay it forward" to someone you know
You never know who needs a smile 😊



Lesson 8: What is Happiness?

THE HAPPINESS 21-DAY CHALLENGE ACTION PLAN

Shawn Achor's "21-Day Happiness Challenge," based on his book *The Happiness Advantage*, is designed to rewire the brain for positivity and success. By consistently practicing specific habits for 21 days, you can train your mind to scan for the good rather than the negative, fundamentally shifting your reality



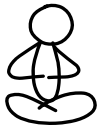
1. **3 Gs Gratitude Journaling:** Write down three new things you are grateful for each day. This trains your brain to constantly scan the world for positives.



2. **Write a Positive Email:** Write a brief, meaningful email or message praising or thanking a different person in your social network every day.



3. **The Doubler Journaling:** Take two minutes to write down the most meaningful positive experience from the past 24 hours in detail.



4. **The Fun 15 Exercise:** Do 15 to 20 minutes of cardio activity daily. This demonstrates to your brain that your behavior matters.



5. **Meditation:** Spend two minutes focusing entirely on your breathing. This helps your brain overcome daily distractions and centers your focus.

Action Plan – Pick 3	Successful?
	☐ Yes ☐ No
	☐ Yes ☐ No
	☐ Yes ☐ No

SHORT-TERM & LONG-TERM HAPPINESS

❖ What 3 things give you short-term happiness? | ❖ What 3 things give you long-term happiness?

COMPLIMENT ACTIVITY

How to Give a True Compliment

- Link your compliment to something you feel.
- Think about why you appreciate that quality.
- Be authentic and specific

*Giving compliments helps you notice the good in others and yourself.
It reminds us that everyone has value to share.*

What compliment would you like to hear from:	
Caregiver: "I'm proud of you."	
Friend: "You are a good listener."	
Teacher: "I see you are trying hard."	
Pet: "Thanks for taking care of me."	
Coach: "You are a team player."	

FREE COMPLIMENTS

Take one for yourself.

Then, "pay it forward" to someone you know

You never know who needs a smile 😊

--	--	--	--	--	--	--	--	--	--

GRATITUDE ACTIVITY



Gratitude 7-Day Challenge Activity

- Write 3 different things every day, that you are grateful for.
 - See how you feel at the end of the 7-day experiment.
1. Research shows that 21 days creates a change in the brain.

❖ *What are you grateful for?*



Gratitude unshackles us from toxic emotions:

it's hard to be angry and grateful at the same time.



Gratitude helps even if you don't share it:

the mere act of writing the letter can help you appreciate the people in your life and shift your focus away from negative feelings and thoughts.



Gratitude's Benefits Take Time:

Be patient and remember that the benefits of gratitude might take time to kick in.



Gratitude has lasting effects on the brain:

Gratitude reverses our priorities to help us appreciate the people and things we do.

ETHICS OF RECIPROCITY

The Ethic of Reciprocity – often called the Golden Rule in Christianity – simply states that we are to treat other people as we would wish to be treated ourselves. The Golden Rule is arguably the most consistent and most prevalent ethical teaching in history. Many regard it as the most concise and general principle of ethics. It is found in numerous cultures, religions, ethical systems, secular philosophies, indigenous (Native) traditions, and even in the mathematical sciences (e.g. the golden mean). And because the Golden Rule crosses so many traditions and philosophies, it possesses tremendous moral authority and reveals a profound unity underlying the diversity of human experience. The Golden Rule also emphasizes values of mutuality, interdependence and reciprocity.



❖ What is your "Golden Rule"?

Examples:

- "Avoid doing what you would blame others for doing." ...
- "What you do not want to happen to you, do not do it yourself either."

LESSON 8 EVALUATION: WHAT IS THE SCIENCE OF HAPPINESS?

❖ Which idea(s) and practices from the How Do Thoughts Impact Emotions and Behaviour? lesson did you find supportive/helpful/interesting that you might try and incorporate into your daily life?

Lesson Components	
Arriving	Colouring to Music
Check-in	ABCD
Breathing	4-7-8 Breathing vs Box Breathing
Focus	Recalling a Moment of Kindness Gratitude
Movement	Happy Tapping with Natalia
Happiness	Information, Activities and Practices – please specify • What Determines Happiness? • About The Science of Happiness • Short-term & Long-term Happiness • The Happiness 21-Day Challenge • Compliment Activity • Be A Tree
Mindful Attitudes	• Generosity
Healthy Habits	• Self-compassion • Kindness

❖ Please list 1 thing you might try to incorporate into your daily life.

❖ What did you like least about this lesson or found challenging?

FREE VIRTUAL MENTAL HEALTH & MINDFULNESS RESOURCES



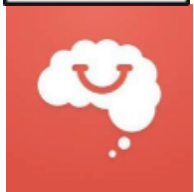
MindShift CBT – Anxiety Relief

MindShift CBT is a free self-help anxiety relief app, that helps you reduce worry, stress, and panic by following evidence-based strategies. Using CBT tools, you can challenge negativity, learn more about anxiety, develop more effective ways of thinking, be mindful and relax.



Insight Timer

Free app for sleep, anxiety and stress with more than 100k guided meditations led by the best teachers from Canada and the world.



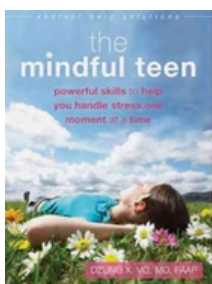
Smiling Mind

Smiling Mind is a free unique tool developed by psychologists and educators to help bring balance to your life. Most meditations are in the five- to fifteen-minute range, with a few practices up to 45 minutes for advanced meditators. Smiling Mind also offers bite-sized meditations between 2 to 5 minutes for moments when you're in need of a quick, mindful pause in the day.



Bounceback Ontario

BounceBack is an online self-help program, designed back CMHA (Canadian Mental Health Association). The program provides telephone coaching, skill-teaching videos, and workbooks that teach individuals 15+ practical strategies to improve their mental health. Folks can opt for the telephone coaching, or just work through the videos at their own pace to learn coping skills. <https://bouncebackontario.ca/>



Mindfulness for Teens

This website offers mindfulness resources for teens, videos of teens' experiences with mindfulness, guided meditations, blog posts, frequently asked questions about mindfulness, and the rationale behind mindful practices. The creator, Dr. Dzung Vo is a researcher and pediatrician specializing in adolescent medicine at BC Children's Hospital. On the site, Dr. Vo also describes his esteemed book, 'The Mindful Teen', which provides teens with tools to cope with stress. Furthermore, Dr. Vo facilitates Facebook and Twitter accounts addressing teen mindfulness.

<http://mindfulnessforteens.com/>



Breathr App

This application, created by BC Children's Hospital's Dr. Vo and Kelty Mental Health Resource Centre, offers engaging ways for youth to engage in mindfulness practice using their phones. This app is marketed for youth beginning a mindfulness practice, as there are opportunities for youth to follow introductory guided meditations (body scan, walking meditation, mindful eating, etc.), quick exercises (grounding), and everyday mindfulness practices (listening to the environment, journaling, mindful music). In addition, there are opportunities for youth to learn about the science and benefits behind mindfulness. This app is portable and youth can create custom meditations that fit their personality.

<https://keltymentalhealth.ca/breathr>