

Happiness Resources



A “SWAN” Bag
of Free Digital Resources
to
Help Reclaim Our Happiness

Pat Bach, PsyD, RN
AMDA Annual Meeting
March 10, 2023

Happiness Resource #1



New York Times

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The 7-Day
Happiness Challenge

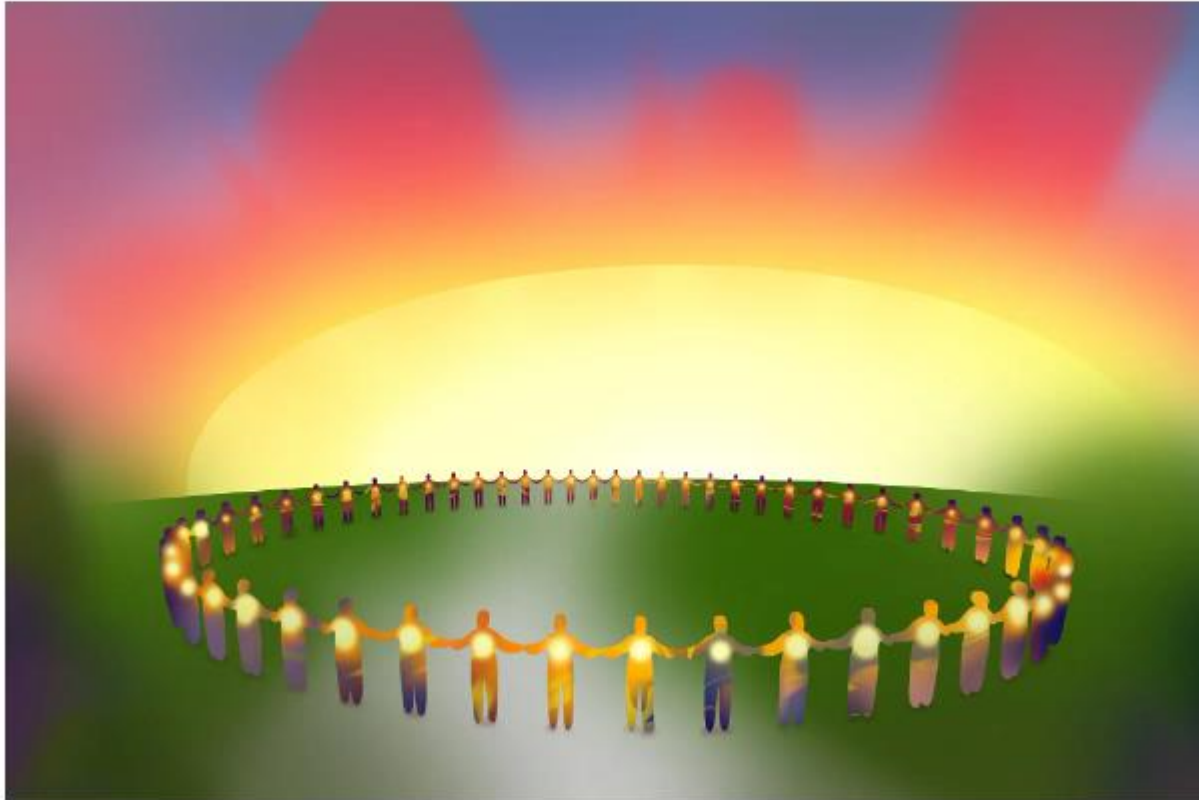
<https://www.nytimes.com/explain/2023/01/01/well/happiness-challenge>

New York Times

The 7-Day Happiness Challenge

Try these simple steps for a joyful, more connected 2023.

 Give this article



A new project from the Well desk is helping readers tap into happiness. Jon Han

By Jancee Dunn - NY Times Journalist

A weeklong Happiness Challenge originally posted 1/1/23, but still accessible, interesting, and fun.

This “will help you focus on a crucial element of living a good life — your relationships. Start by assessing the range and strength of your social ties with our quiz and then dive into seven days of advice..”

Enjoy this unique and creative experience!

<https://www.nytimes.com/explain/2023/01/01/well/happiness-challenge>

New York Times 7-Day Happiness Challenge Quiz

How Strong Are Your Relationships?

Text by [Jancee Dunn](#) Illustrations by Jon Han Jan. 1, 2023

The first step in the 7-Day Happiness Challenge is to assess your relationships. These 13 questions were designed in partnership with Dr. Robert Waldinger, professor of psychiatry at Harvard Medical School, to help you take stock of the range and strength of your many social ties.

As you submit answers for each question, a visual representation of your dynamic social world will appear.

Take the Quiz



New York Times: 7-Day Happiness Challenge

Day 1: Take Stock of Your Relationships

Day 2: The Secret Power of the 8-Minute Phone Call

Day 3: Small Talk Has Big Benefits

Day 4: Why You Should Write A “Living Eulogy”

Day 5: Thank Someone Special

Day 6: Don't Cancel Those Plans

Day 7: Keep Happiness Going All Year Long

Happiness Resource # 2



Greater Good
Science Center

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Greater Good Science Center Magazine

Happiness Overview

Happiness Podcasts

Digital Happiness Calendar

Science of Happiness Course

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Greater Good Magazine
SCIENCE-BASED INSIGHTS FOR A MEANINGFUL LIFE

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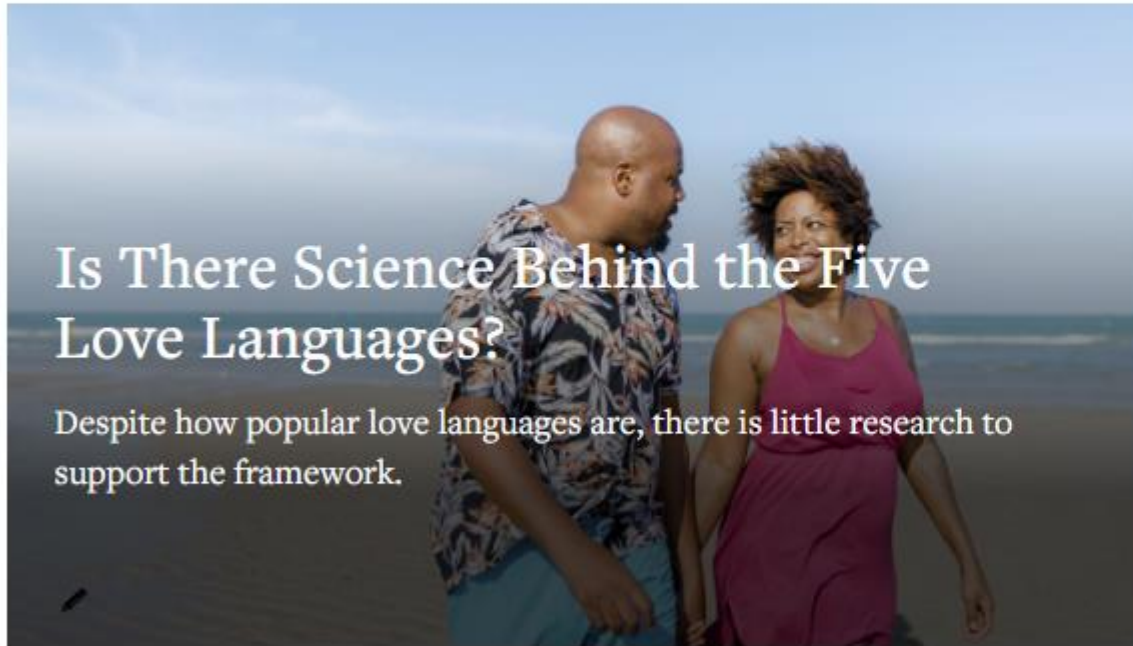
TOPICS

QUIZZES

VIDEOS

PODCASTS

KEYS TO WELL-BEING

Is There Science Behind the Five Love Languages?

Despite how popular love languages are, there is little research to support the framework.



Why We Need Friends with Shared Interests (The Science of Happiness podcast)

March 2023 Happiness Calendar

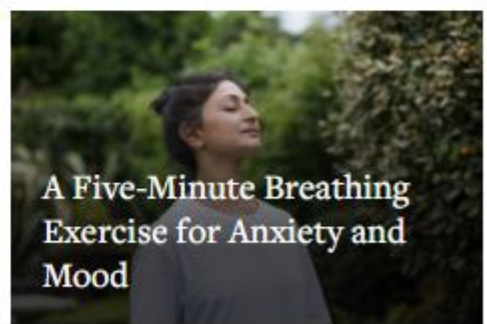
The month, one pair of relationships each day to strengthen your happiness.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Greater Good Science Center	Greater Good Science Center	Greater Good Science Center	Greater Good Science Center	Greater Good Science Center	Greater Good Science Center	Greater Good Science Center

Your Happiness Calendar for March 2023



The Emotional Life of Animals—And What It Means for Us



A Five-Minute Breathing Exercise for Anxiety and Mood

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Happiness

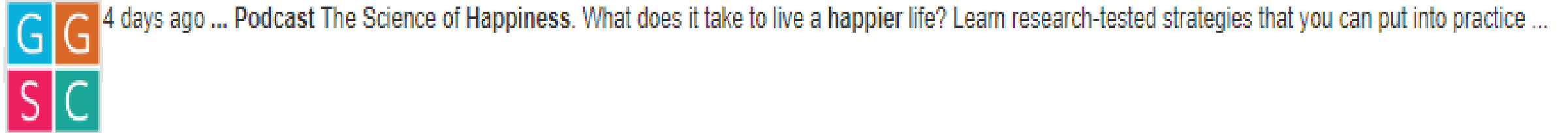
What Is Happiness?
Why Practice It?
How Do I Cultivate It?

Learn More

Greater Good Science Center Happiness Podcasts

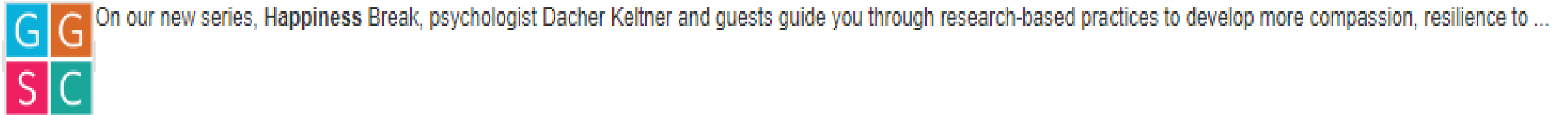
Podcast: The Science of Happiness

Greater Good › podcasts › series › the_science_of_happiness



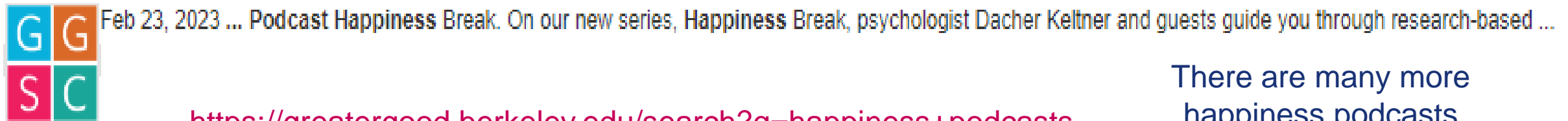
Podcast

Greater Good › podcasts



Podcast Happiness Break

Greater Good › podcasts › series › happiness_break



<https://greatergood.berkeley.edu/search?q=happiness+podcasts>

There are many more happiness podcasts available at this link.

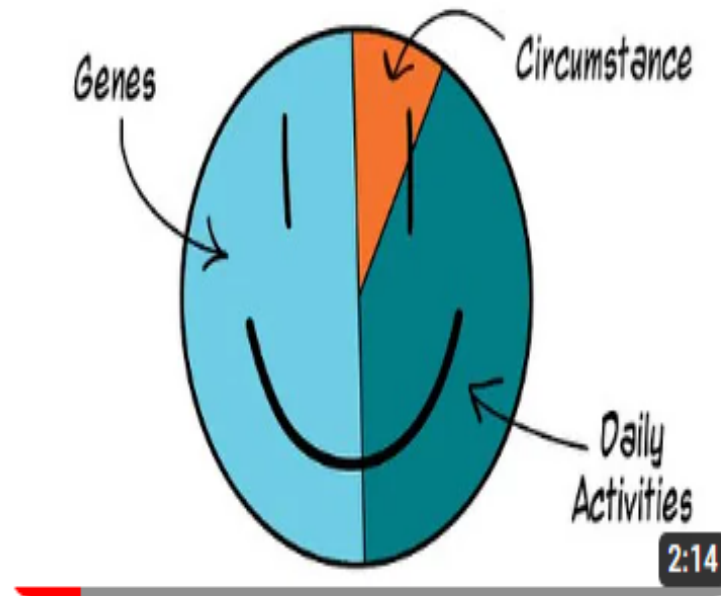
March 2023 Happiness Calendar

This month, nurture your relationships each day.

Keep up with the latest on the science of connection, compassion, and happiness by **subscribing to our newsletters**.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Greater Good Science Center ggsc.berkeley.edu greatergood.berkeley.edu</p>	 <p>WOMEN'S DAY March 8</p>		<p>1 Listen to one of your favorite songs.</p>	<p>2 To achieve your goals, anticipate obstacles you might encounter.</p>	<p>3 Ask for what you need from others.</p>	<p>4 Chat with a friend today.</p>
<p>5 Reflect on your strengths and how they've shaped your life.</p>	<p>6 Take our Science of Happiness at Work course.</p>	<p>7 Make small talk with a stranger.</p>	<p>8 Celebrate International Women's Day with resources for women's well-being.</p>	<p>9 Be curious about other people's lives.</p>	<p>10 Get out in nature to reset a bad day.</p>	<p>11 Enjoy moments of solitude.</p>
<p>12 Give to a cause that matters to you.</p>	<p>13 Write a to-do list for the day.</p>	<p>14 Speak out when you witness prejudice.</p>	<p>15 How grateful are you? Take our quiz to find out.</p>	<p>16 When you're stressed, focus on what you can control.</p>	<p>17 Try a Common Humanity Meditation to see how we're all connected.</p>	<p>18 Help young people get involved in real-world issues.</p>
<p>19 Rearrange your space to feel more joyful and connected.</p>	<p>20 Give your loved ones your full attention.</p>	<p>21 Take a break from technology at some point today.</p>	<p>22 Consider forgiving someone who hurt you.</p>	<p>23 Be open to changing your perspective in a conversation.</p>	<p>24 Listen to awe-inspiring music.</p>	<p>25 Stay connected to your culture.</p>
<p>26 Be sensitive to other people's suffering.</p>	<p>27 Pause and take a few deep, mindful breaths.</p>	<p>28 Look for bias embedded in larger systems, not just individuals.</p>	<p>29 Schedule meaningful activities in your day.</p>	<p>30 Consider what you can do about gun violence.</p>	<p>31 Remember happy moments with your family.</p>	

The Science of Happiness Course



The Science of Happiness | UC BerkeleyX on edX | Course About Video

58K views • 8 years ago



The first MOOC to teach positive psychology. Learn science-based principles and practices for a happy, meaningful life. Enroll in ...

CC

G **G** Greater
S **C** Good
Science
Center

Berkeley
UNIVERSITY OF CALIFORNIA

<https://youtu.be/9cqm3d0Vg5c>

Happiness Resource #3



Happiness, Friendship
&
Relationships

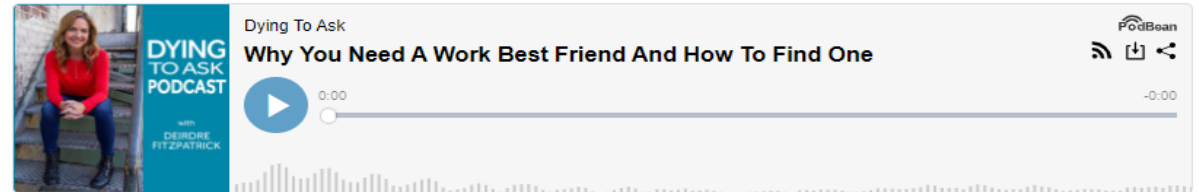
'Dying to Ask' Podcast: Why you need a work best friend and how to find one



My KCRA 3 colleague and work bestie Edie Lambert joins me in this episode to explain how we forged a deep relationship despite the fact we've never worked in the same room at the same time.

And we'll offer a four-step plan on how to find a friend at work.

In this week's "Dying to Ask" podcast:



- Why workplace friendships are more important since the pandemic
- Four ways to get and be a work best friend

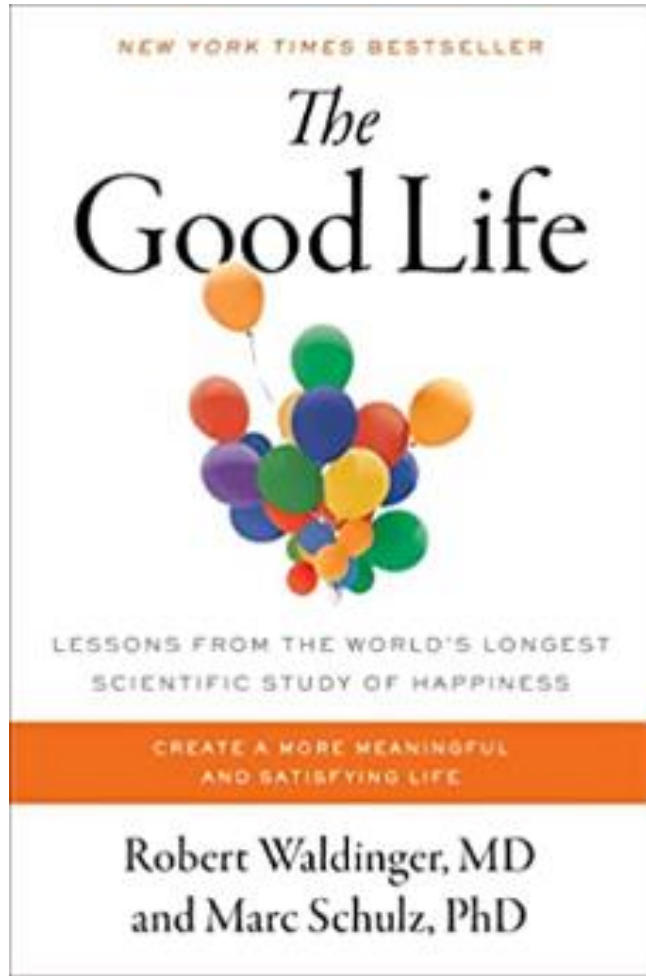
Time
37:13

<https://www.podbean.com/ep/pb-ksvip-137260f>

KCRA Anchors Dierdre Fitzpatrick & Edie Lambert

<https://www.kcra.com/article/dying-to-ask-podcast-why-you-need-a-work-best-friend-and-how-to-find-one/42640489>

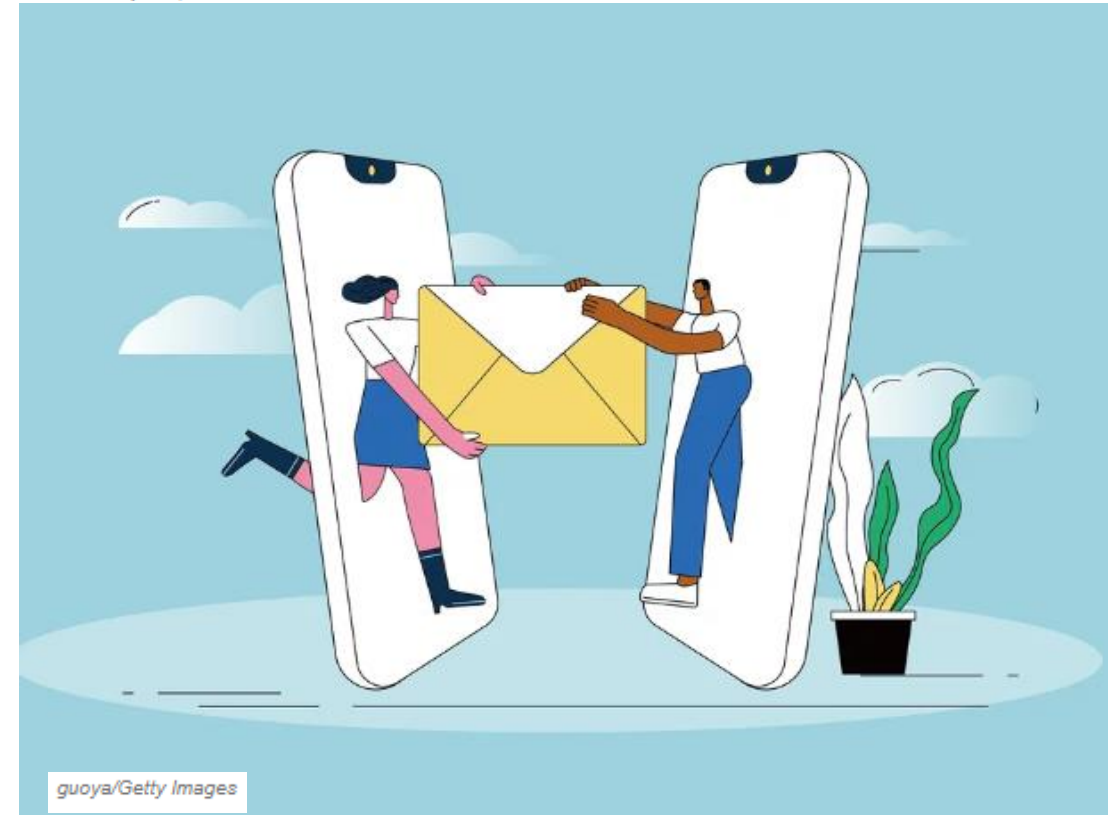
Invest in Relationships



<https://amzn.to/3mwiz2B>

What's the #1 thing to change to be happier? A top happiness researcher weighs in

January 15, 2023 · 5:00 AM ET



7-minute NPR interview with Dr. Robert Waldinger

<https://www.npr.org/2023/01/15/1149063567/whats-the-1-thing-to-change-to-be-happier-a-top-happiness-researcher-weighs-in>

I'M REALLY INTO

Here's why you should make a habit of having more fun

February 4, 2023 · 5:01 AM ET

APRIL FULTON



Rachel Maryam Smith fell in love with the ethereal beauty of giant soap bubbles several years ago and began creating them at sunset events in Santa Cruz, Calif. When enjoying bubbles together, "there is a euphoric point I have observed my participants reach," she says.

Carolyn Klein Lagattuta

npr

capradio

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Shots

HEALTH NEWS FROM NPR

Five ideas to make your life more playful

...

<https://www.npr.org/sections/health-shots/2023/02/04/1150518287/fun-play-happiness-stress-reduction>

Let's Share Happiness Resources!



Please feel free to share any ideas, resources or practices you like or have found helpful in reclaiming your happiness.

Thank you for your time
&
Participation!

pbachpsyd@gmail.com