

# Moving from Surviving to Thriving

April 2017





"If you change the way you look at things,  
the things you look at change."

— Dr. Wayne Dyer



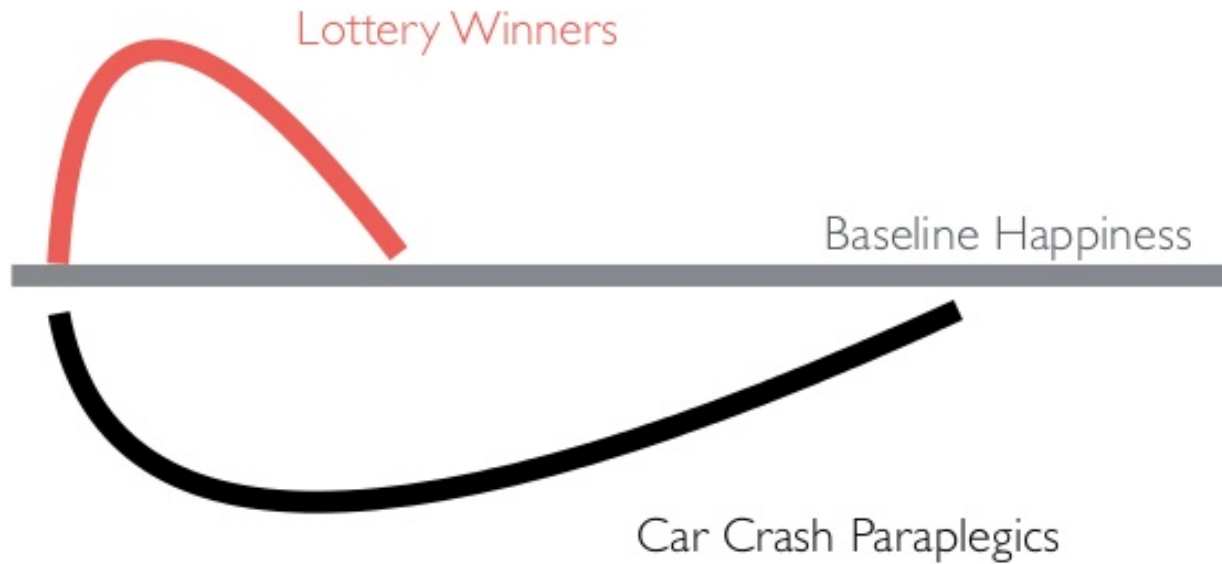
# BUNCE BACK

promoting health through happiness

# Chasing Happiness...



# Happiness vs Gratitude



# Chasing Happiness

- We all want it right? How do we get it?  
Having Quality Relationships  
Being Grateful
- Stop saying “I will be happy when...”  
and start saying “I am happy now because...”



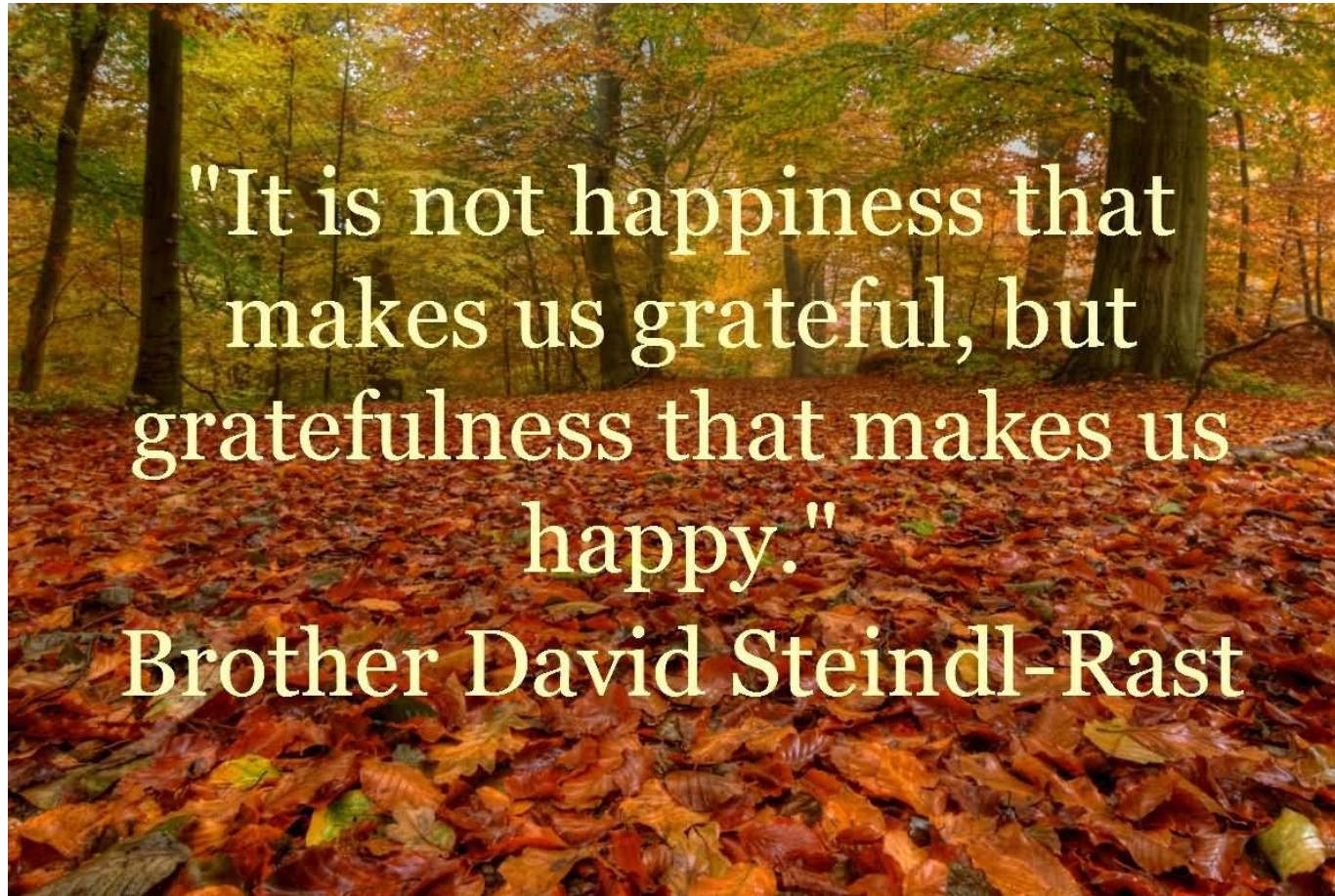


- [The good life](#)





# Being Grateful Makes us Happy



# Three Good Things





The negative screams at you  
while the positive only whispers

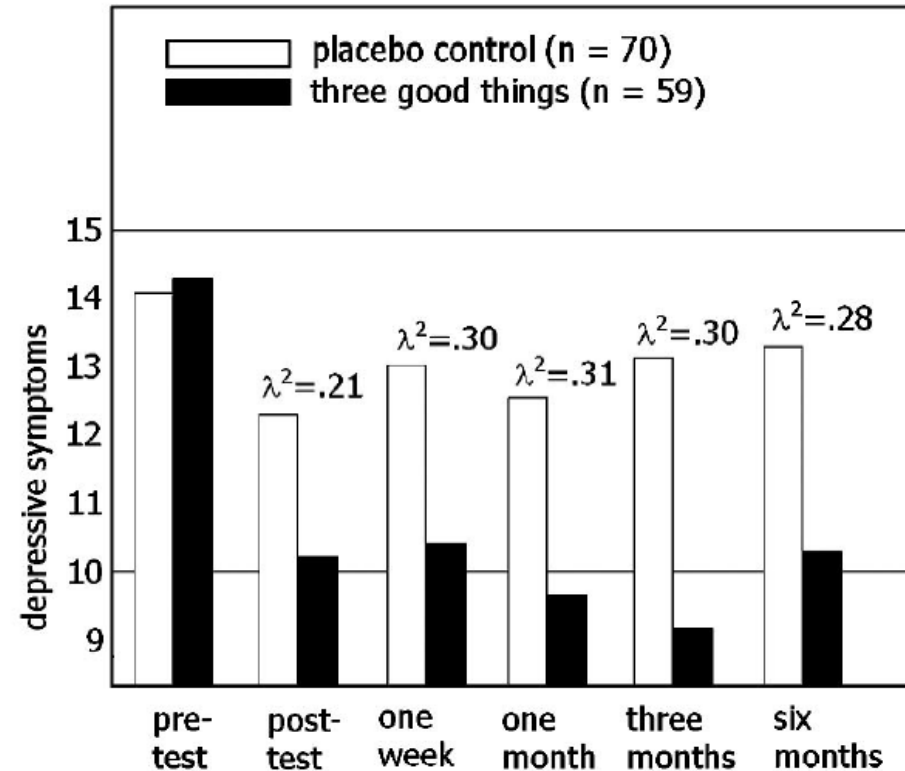
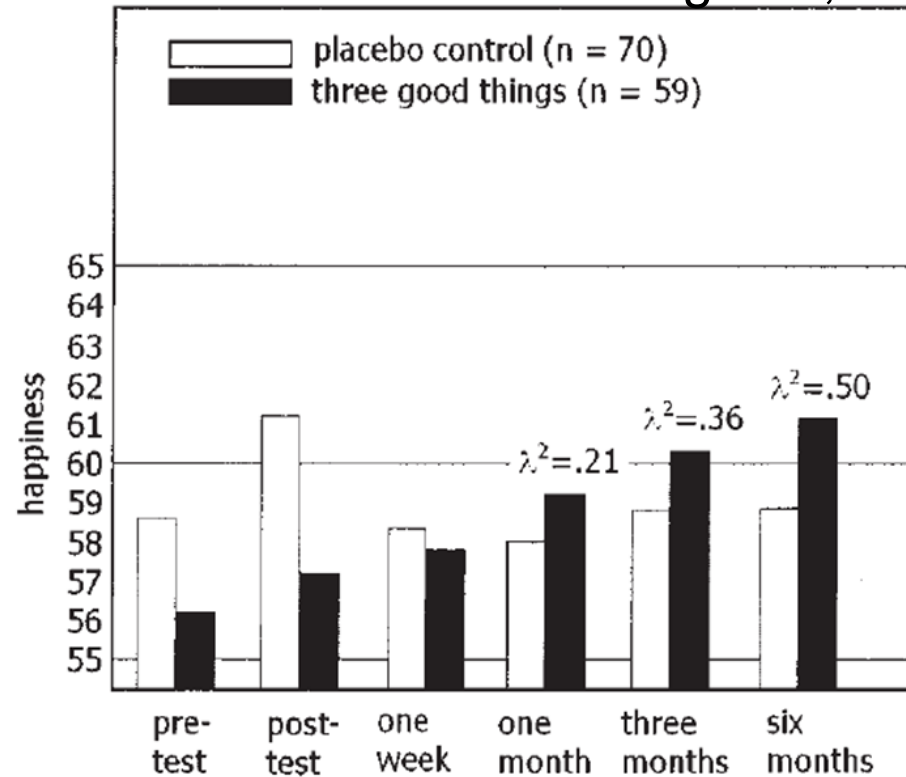


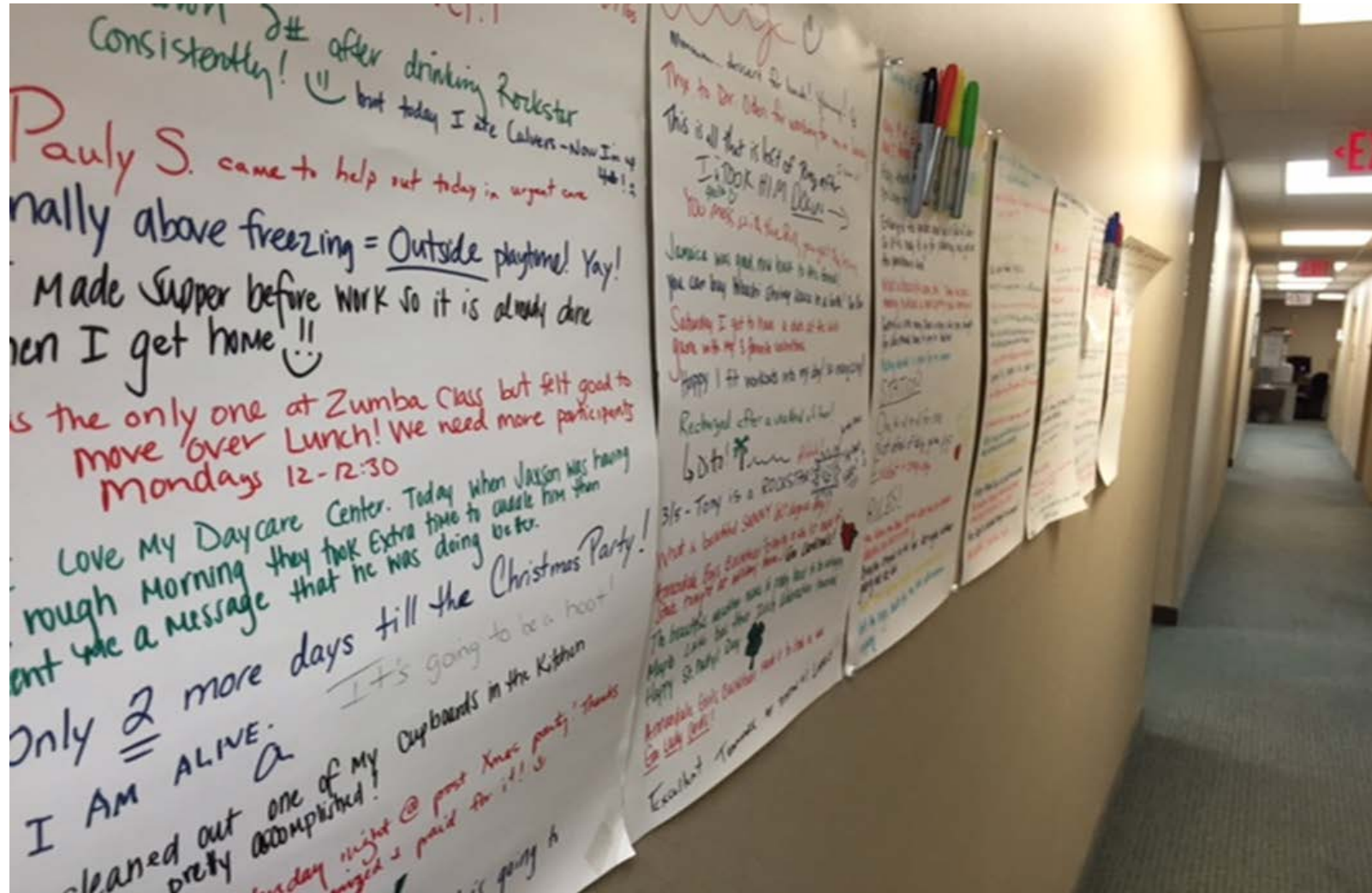
-Barbara Frederickson



# Three good things

Seligman, Steen, Park & Petersen, 2005





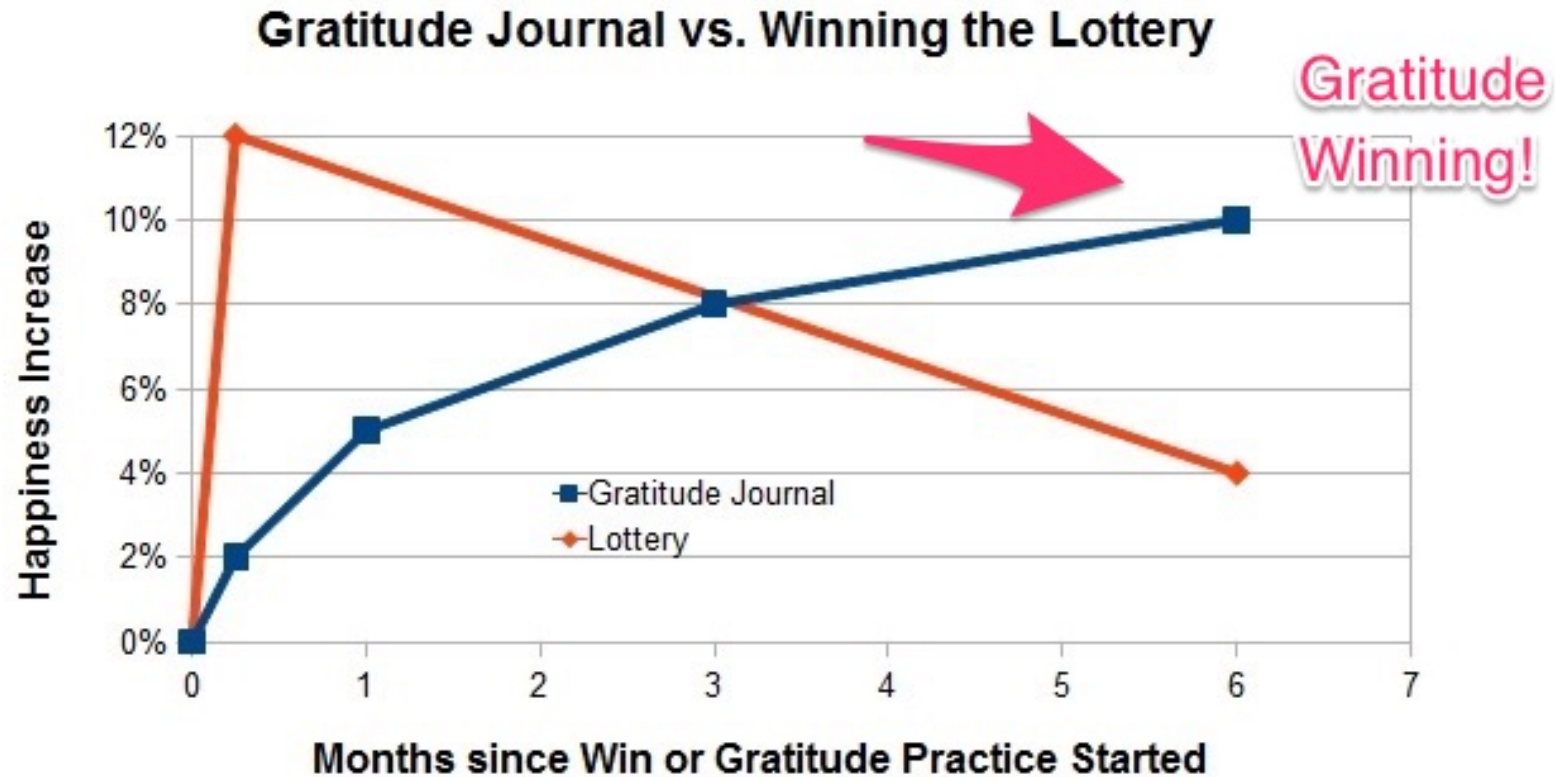
# Gratitude Journaling

- Writing/photographing something everyday that you are grateful for and reflecting on it for a few minutes.
- Apps on your phone
  - From Gratitude to Bliss
  - Gratitude journal 365





# Gratitude Journaling Science



# Gratitude Letters

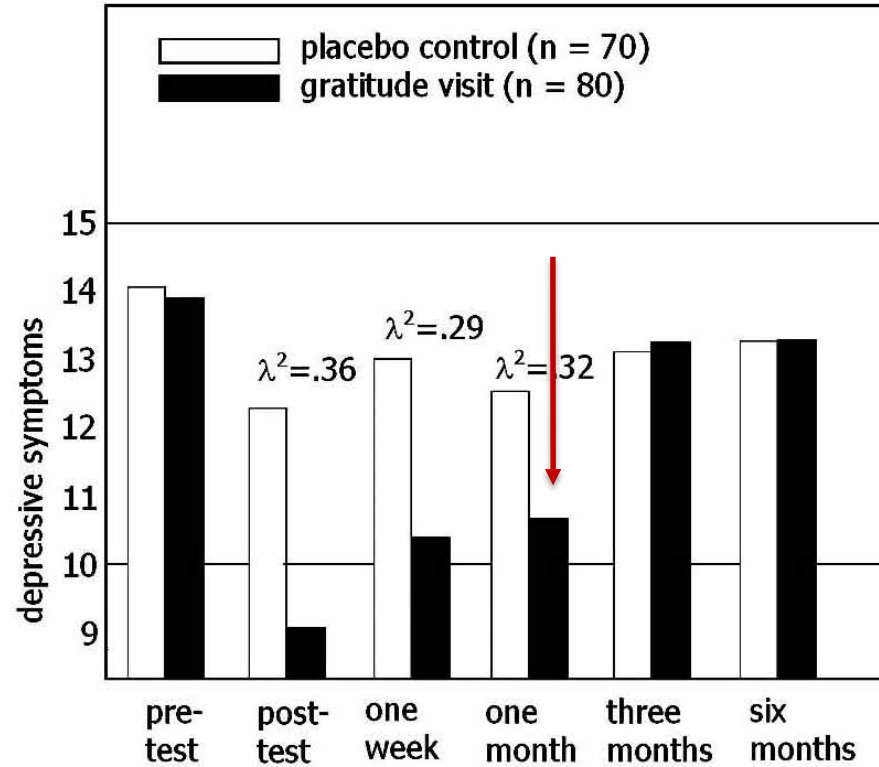
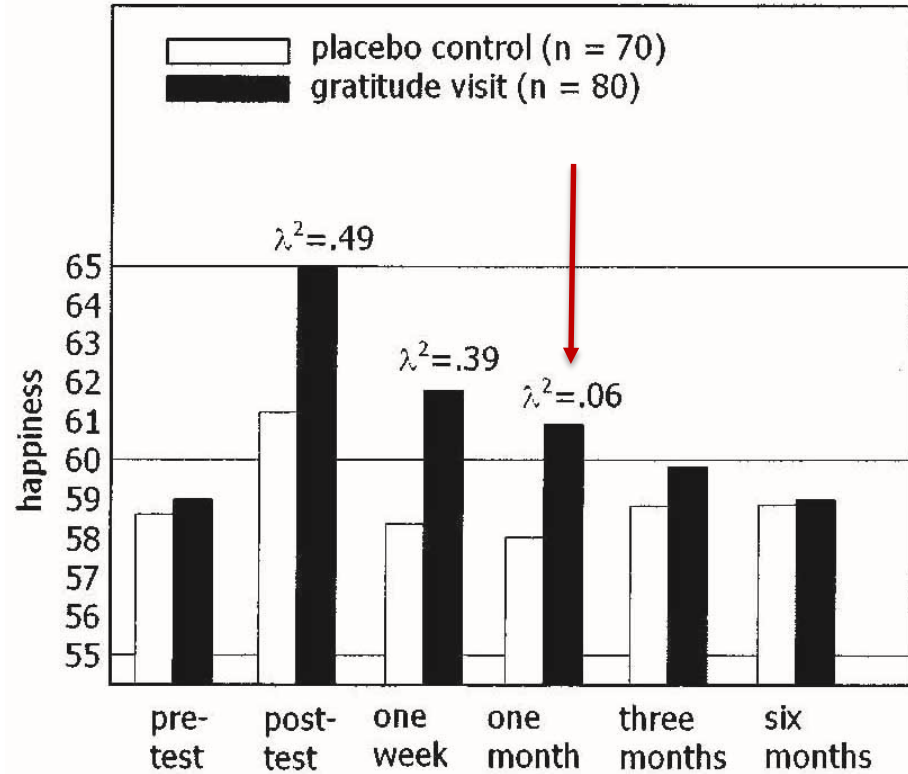
"Sometimes our light goes out but is blown again into flame by an encounter with another human being.

Each of us owes the deepest thanks to those who have rekindled this inner light"

-Albert Schweitzer



# Gratitude Letter Effectiveness



# Gratitude

- You now have the opportunity to email or text that person you thought about a message of gratitude....*right now!*





*"Gratitude unlocks the fullness of life.  
It turns what we have into enough, and more.  
It turns denial into acceptance, chaos to order,  
confusion to clarity.*

*It can turn a meal into a feast, a house into a home,  
a stranger into a friend.*

*Gratitude makes sense of our past, brings peace for  
today, and creates a vision for tomorrow."*

*~Melody Beattie*

*gratitude*

# Gratitude Is A Gift You Give To Yourself

- Decreased depressive symptoms and increased feelings of well being <sup>5,1</sup>
- Improved psychological well-being <sup>6</sup>
- Improved working memory <sup>2</sup>
- Improved sleep <sup>3</sup>
- Improved immune system function <sup>4</sup>
- Improved relationships <sup>5</sup>
- Improved coping with emotional upheavals <sup>6</sup>



1. Seligman, M.E., Steen, T.A., Park, N., & Peterson, C. (2005). Positive psychology progress: empirical validation of interventions. *American Psychology*, 60, 410-21.
2. Klein, K., & Boals, A. (2001). Expressive writing can increase working memory capacity. *Journal of Experimental Psychology: General*, 130, 520-33.
3. de Moor, C., Sterner, J., Hall, M., et al. (2002). A pilot study of the effects of expressive writing on psychological and behavioral adjustment in patients enrolled in a Phase II trial of vaccine therapy for metastatic renal cell carcinoma. *Health Psychology*, 21, 615-619.
4. Petrie, K.J., Booth, R.J., & Pennebaker, J.W. (1998). The immunological effects of thought suppression. *Journal of Personality and Social Psychology*, 75, 1264-1272.
5. Slatcher, R.B., & Pennebaker, J.W. (2006). How do I love thee? Let me count the words: the social effects of expressive writing. *Psychological Science*, 17, 660-664.
6. Barclay, L.J., & Skarlicki, D.P. (2009). Healing the wounds of organizational injustice: examining the benefits of expressive writing. *The Journal of Applied Psychology*, 94, 511-523.



## The Two Wolves Cherokee Legend

An old Cherokee is teaching his grandson about life. "A fight is going on inside me," he said to the boy.

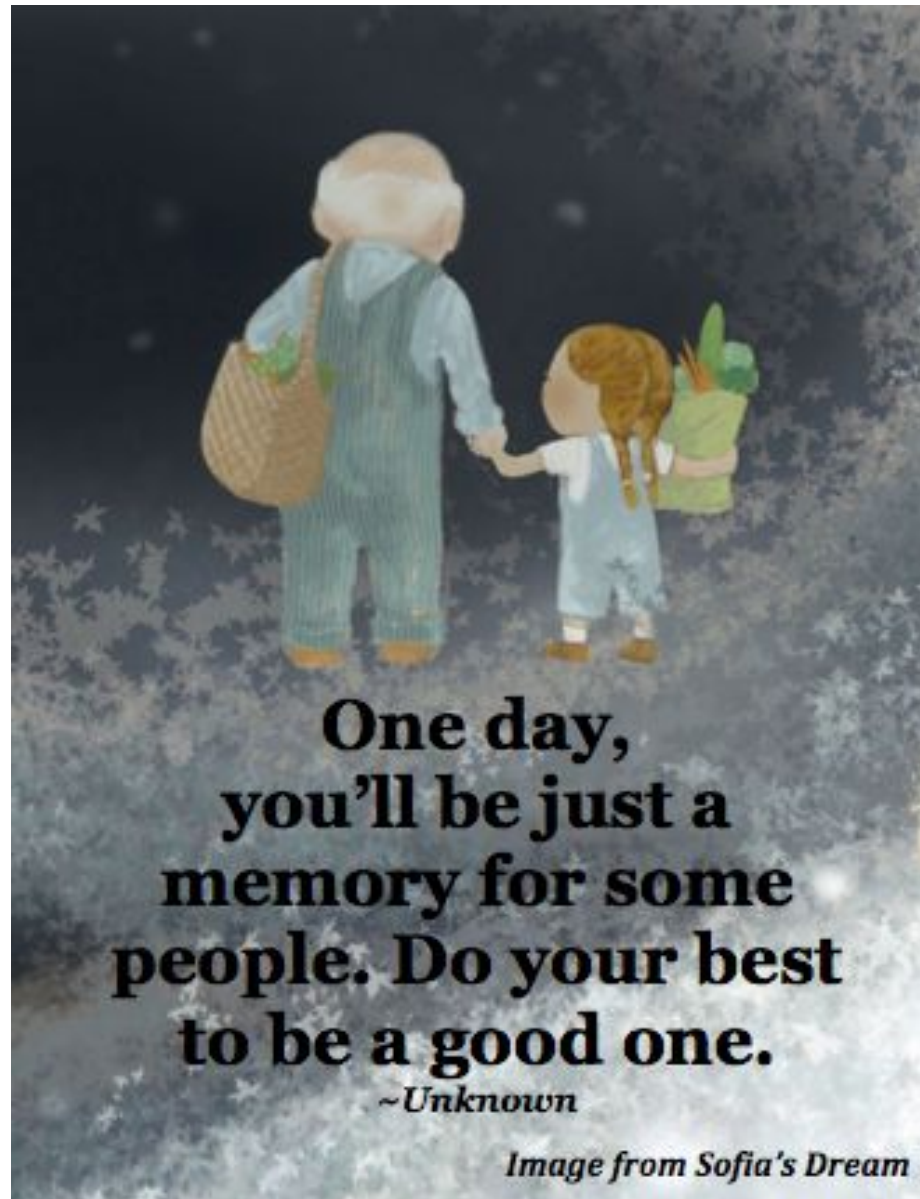
"Which wolf will win?"

"It is a terrible fight and it is between two wolves. One wolf is evil; he is greed, anger, envy, pride, and jealousy. The other is good; he is peace, gentleness, kindheartedness, and hope. The same fight is going on inside you grandson - and inside every other person, too."

The old Cherokee simply replied, "The one you feed."

The grandson thought about it for a minute and then asked his grandfather:









**Resilience Retreat  
Northern Spain  
June 17-24, 2017**

**Daring Way Workshops  
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**Resilience in the American  
Southwest  
October 2017**



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