Building our capacity for health, hope and joy

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Make time for pleasure
Actions and Feelings are Connected
It pays to pay attention to pleasure!
Laugh a lot
Spend time with people who celebrate life
Good feelings broaden and build our capacity for dealing with difficult events later in life.
What’s your Losada Ratio?
5:1

A minimally positive ratio is necessary to succeed. A strongly positive ratio will enable you to thrive.
Tiny interactions can have a big impact
Make blessings a habit
3 Good Things

1.
2.
3.
Strengthen Relationships
Lonely people are measurably less healthy than people with friends.
That’s wonderful news. You must feel very proud of him.

I’m very happy for you. You deserve it.

Your perseverance really paid off. Congratulations!
Passive Constructive

That's nice

Oh

Great
I wouldn’t want that job.

Let me tell you what happened to me today.

My child got that award last year.
Active
Destructive

That will mean longer hours and less credit.

You were a fool to say yes to that.

They must have felt sorry for him.
Practice forgiveness
Enjoy Life
Make Blessings a Habit
Strengthen Relationships