

WELCOME TO The Science of Happiness

A Greater Good Gathering

MAY 2-5, 2019

1440 Multiversity
Scotts Valley, CA



The Greater Good Science Center

Research-based resources for a compassionate and resilience society

Multimedia: *Greater Good*, Science of Happiness podcast

Events & Courses: Science of Happiness & SoH @ Work!

Education & Parenting Programs: Greater Good in Education coming this fall!

Training: Greater Good Institute for Health Professionals launches in October. Online training launches 2020.



Greater Good Magazine

SCIENCE-BASED INSIGHTS FOR A MEANINGFUL LIFE



Our Time Together

Thursday: Welcome and Keynote

Friday: Inner Strategies for Well-Being

Saturday: Interpersonal Strategies for Well-Being

Live Recording of Science of Happiness Podcast!

Sunday: Strategies for Well-Being in Our Communities—Taking It Back Home





Happiness is in the little things...

- Please silence your cell phone
- **Breakouts:** Check your nametag (or sign up in the lobby tonight)
- **Event app:** Enter greatergood.glideapp.io in your mobile browser (instructions in lobby)



Our Gratitude

- The GGSC staff
- Our volunteers
- 1440 Multiversity
- Our speakers and performers
- You!

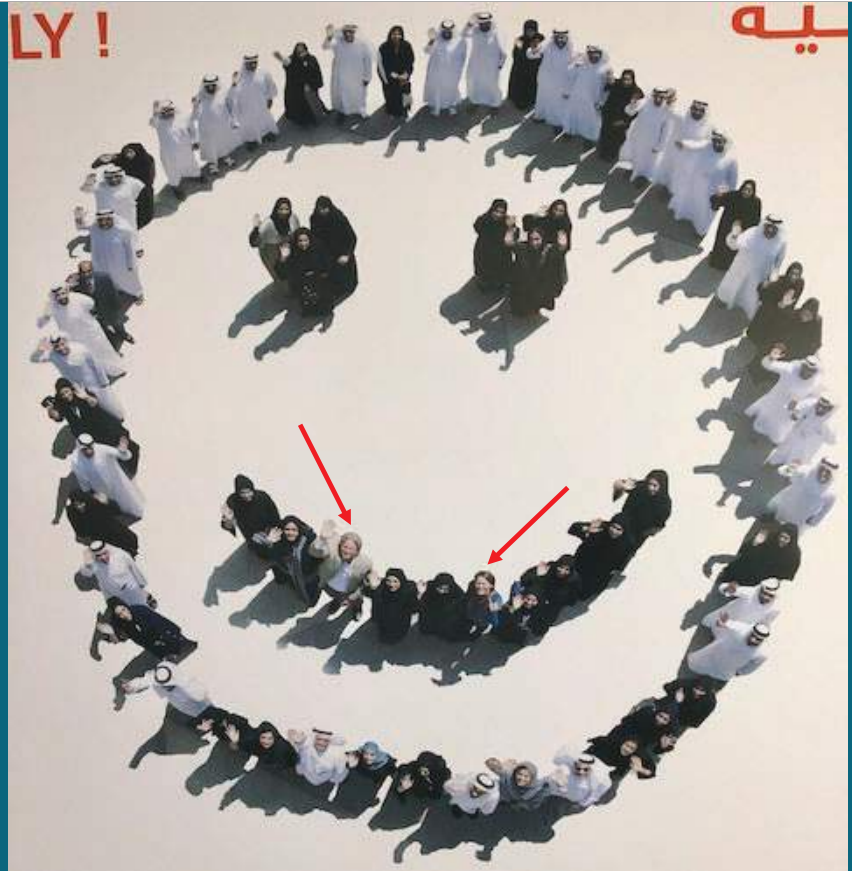




Dacher Keltner
Emiliana Simon-Thomas



What Does it Mean to Teach Happiness?



Core Pedagogical Principles

- Grounded in the Wisdom of the Ages
- Rooted in Science
- Actionable Knowledge
- The principle of Wu Wei
- Make sure we have the same hair

Why Are People Interested in the Science of Happiness?

- Fall of *Homo Economicus*: Greed, materialism
- I want to help others (e.g. friends, children, clients) be happy
- I'm struggling
- I am interested in the science
 - Oxytocin? Telomeres? Vagus Nerve? Inflammation?
 - Meditation

Key Challenge #1: Materialism & "Time Famine"



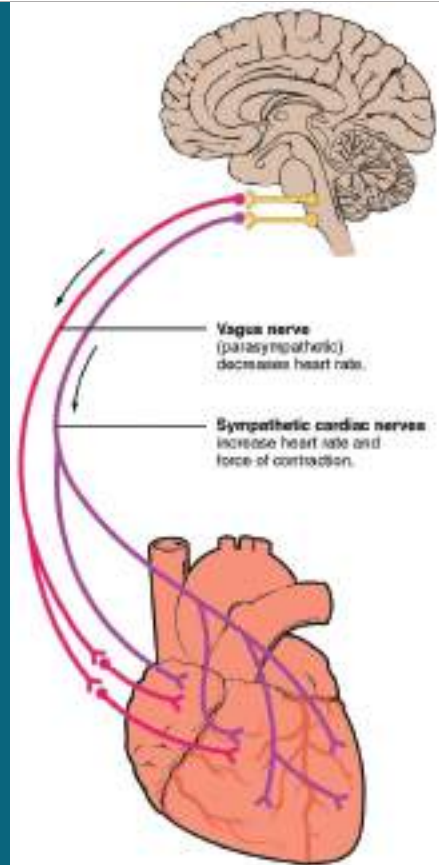
"I should have bought more crap."



Happiness Practice #1

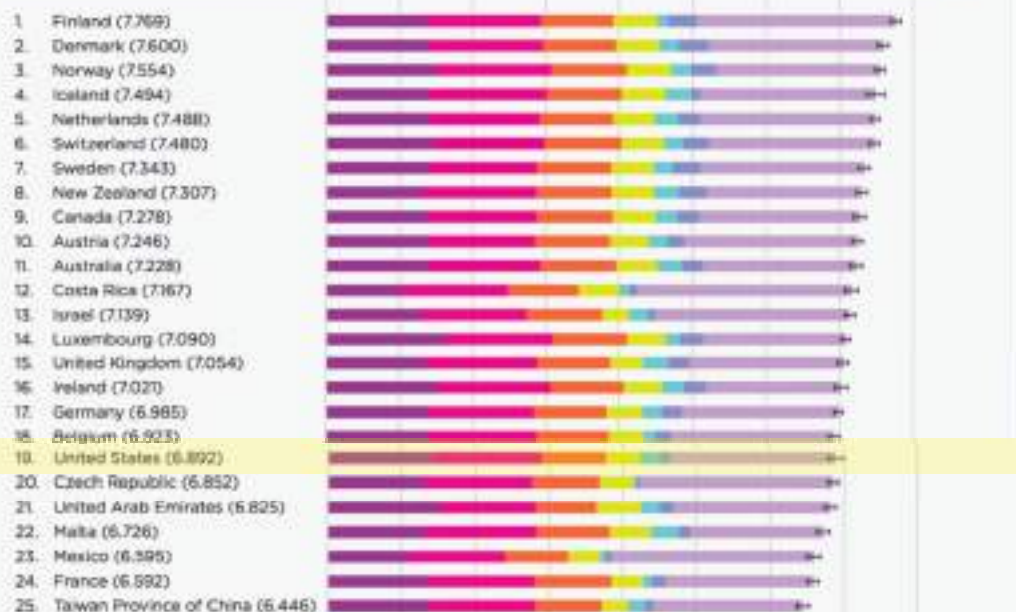
Mindful Awareness of Breath and Body

- Sit in a comfortable place with eyes closed
- Inhale deeply expanding chest
- Exhale more slowly
- Follow attention from feet to crown of head



Where Are We Now?

Figure 2.7: Ranking of Happiness 2016-2018

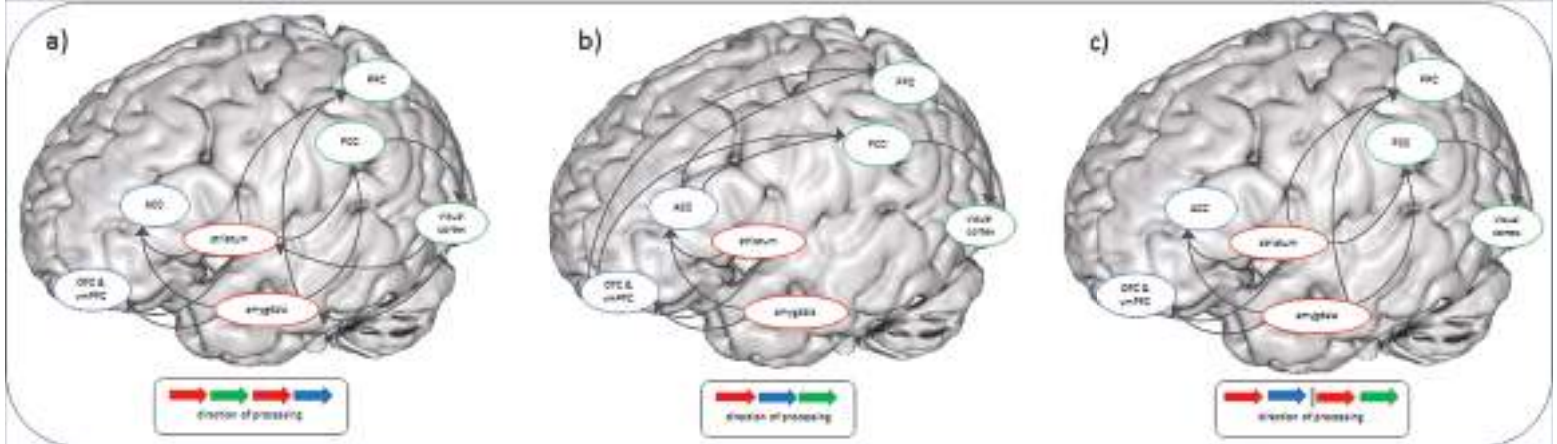


- Explained by: GDP per capita
- Explained by: social support
- Explained by: healthy life expectancy
- Explained by: freedom to make life choices
- Explained by: generosity
- Explained by: perceptions of corruption
- Dystopia (1.88) + residual
- 95% confidence interval

(Helliwell, Layard, and Sachs, 2019)

How Can We Dial Up Happiness?

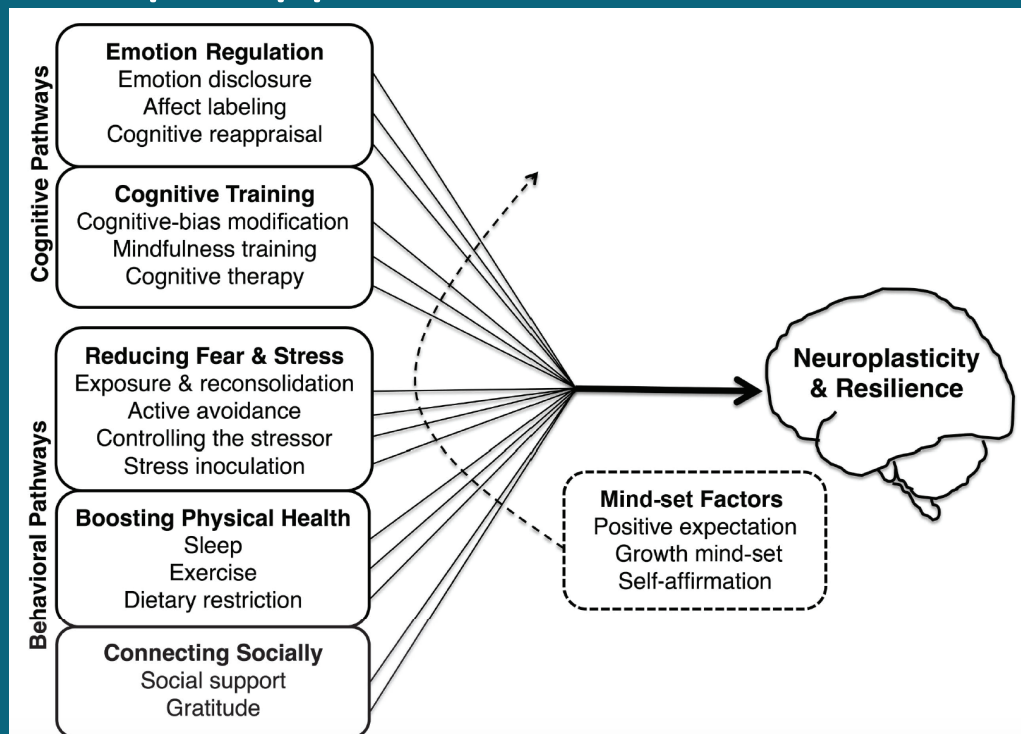
Positivity



(Kress, 2017)

How Can We Dial Up Happiness?

Resilience

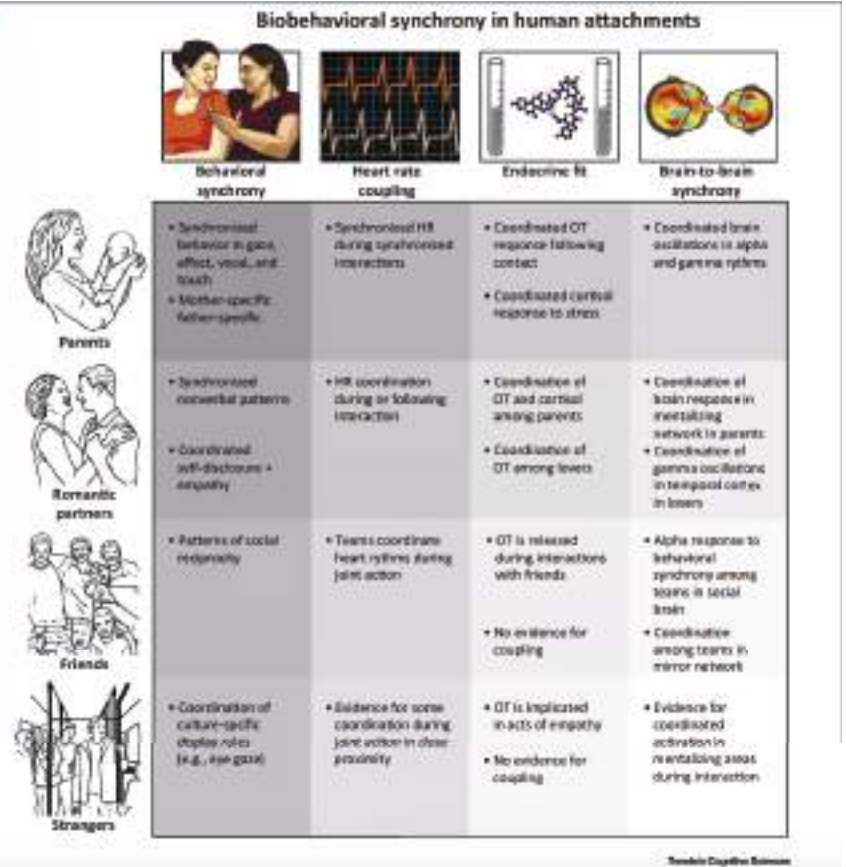


(Tabibnia, 2018)

How Can We Dial Up Happiness?

Connection

(Feldman, 2016)



Happiness Practice #2

Capitalize on Positive Events: find a partner in the room, and take turns inviting each other to do the following:

“Tell me about something good that happened to you this week.”

..but before you get started, when you are listening to each other...

Happiness Practice #2

Active, empathic listening:

- Refrain from mind wandering.
- Make good eye contact, nod, and express positive emotion.
- Don't interrupt, but do relay enthusiasm and ask constructive questions to learn more.
- Remark upon the positive implications and potential benefits of this experience.

1 or 2 Reflections?

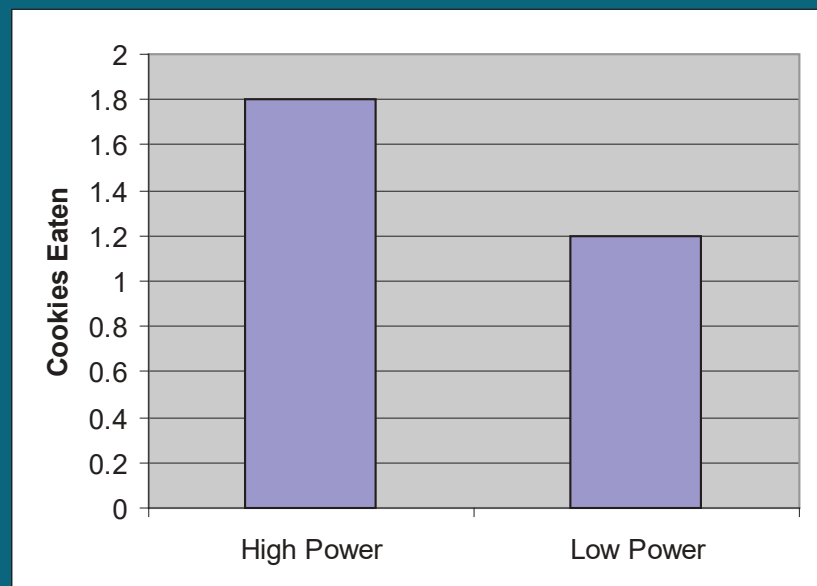
Key Challenge #2: Power, Inequality, & Conflict



The Power Paradox: Power Makes Us Impulsive Sociopaths

Elevated power leads to:

- swearing at colleagues,
- inappropriate touch,
- Rudeness
- sexual harassment,
- unethical work-related behavior,
- greed and hoarding



The Power Paradox: Power Makes Us Into Unethical Drivers



1

2

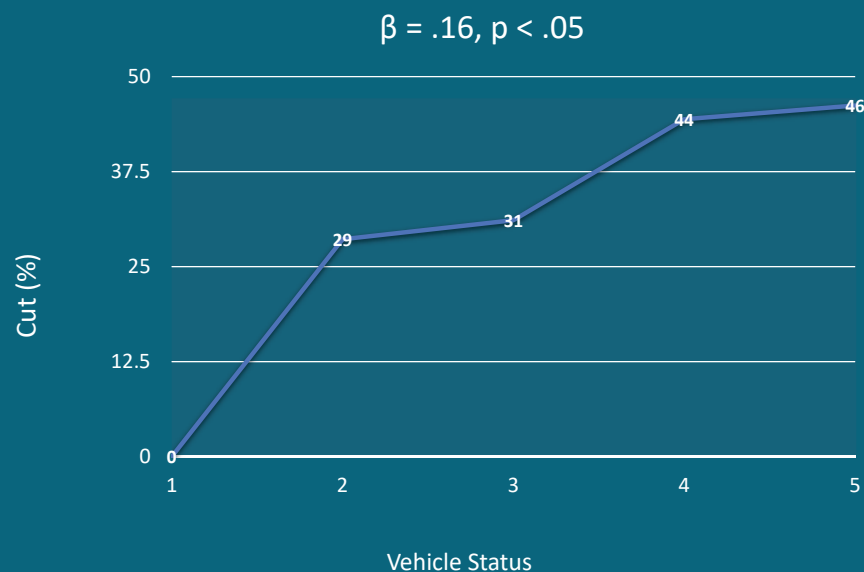
3

4

5

(Piff, 2012)

The Power Paradox: Power Makes Us Into Unethical Drivers



(Piff, 2012)

Inequality Hurts Happiness

Inequality is associated with

- More frequent, intense, lasting negative affect
- Depression and anxiety disorders
- Poor health outcomes
- Unhappiness in personal life
- Dissatisfaction in romantic partnerships
- Social Ills: Bullying, Aggression, Racism, and Xenophobia,

Antidotes to Inequality and the Abuse of Power

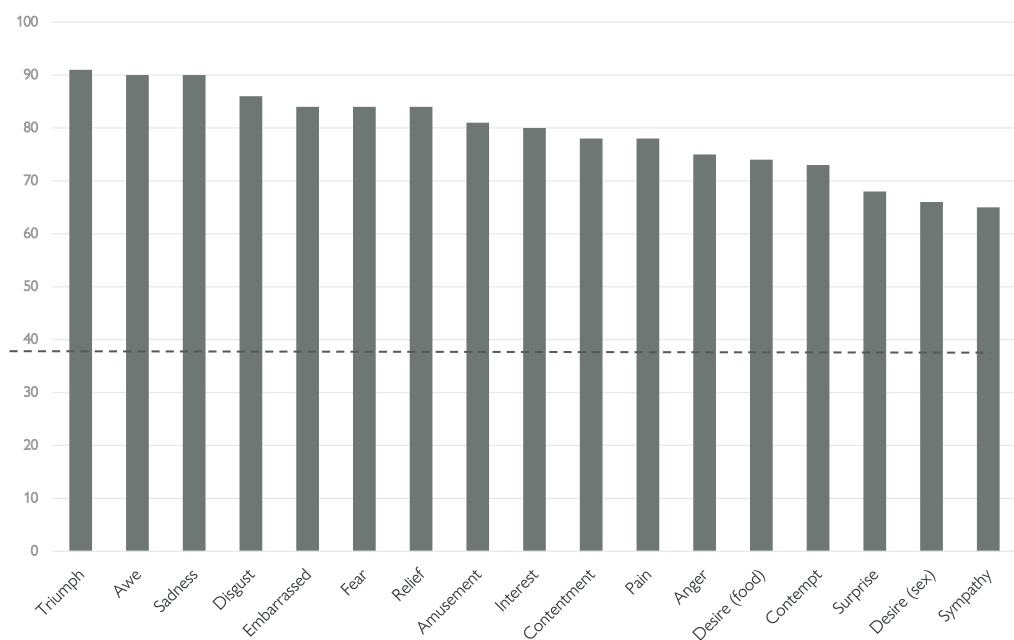
...From the Science of Happiness

- Mindfulness
- Empathic/Active Listening, get to know people
- Trust (appropriate touch, humor, gratitude/appreciation practices, ensure fairness)

Can you produce a vocal burst. Science? Practice? Fun?

- Sympathy
- Interest
- Anger
- Fear
- Triumph
- Awe
- Ecstasy
- Ohm

Universality in Vocal Burst: 10 cultures



Antidotes to Inequality and the Abuse of Power

...From the Science of Happiness

- Authenticity
- Compassion
- Reconciliation, restorative mediation of conflict

Happiness Practice #3

Forgiveness

- Find something to write with and write upon.
- Bring to mind an experience or situation where someone hurt you - something that still upsets you – but not too much.

Happiness Practice #3

In a moment, please take 3 minutes to freely write about two things:

- 1. How reflecting upon this experience affects you, specifically, what thoughts come to mind and how does your body feel?**

Happiness Practice #3

In a moment, please take 3 minutes to freely write about two things:

- 2. An intention to forgive – or let go of the unpleasant thoughts and feelings connected to what happened.***

*You do not need to endorse or excuse the harm, or aim to reconcile – just forgive – for yourself and every other person beyond that person who harmed you.

1 or 2 Reflections?

Key Challenge #3: Perceived Cost of Kindness

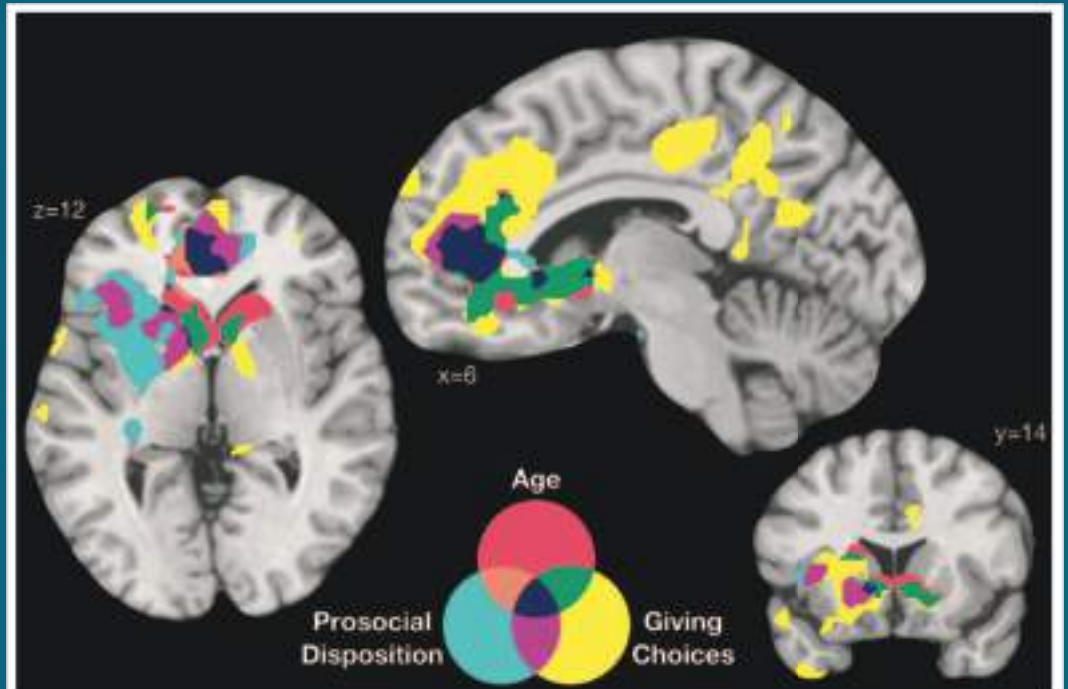
- Loss aversion and temporal discounting (time and/or resources)
- Perceived cost of empathy
- Empathic distress

“...being kind to others registers in the brain as more like eating chocolate than like fulfilling an obligation to do what’s right.”

(Jamil Zaki)

Kindness Is It's Own Reward

(Hubbard, 2016)



Kindness Is It's Own Reward

“I have been able to connect with people in a more profound, compassionate and caring way.”

“... more grateful for my wife, more satisfied at work, more outward facing”

“... my confrontations have been less volatile and distressing - forgiving has made me less intent on swaying others to my viewpoint.”

How *Else* Can We Dial Up Happiness?

Beauty & Awe



Awe, beauty,
fear, horror?

<https://www.alancowen.com/>
(Cowen & Keltner, 2017, 2018)

(Cowen & Keltner, 2017, 2018)

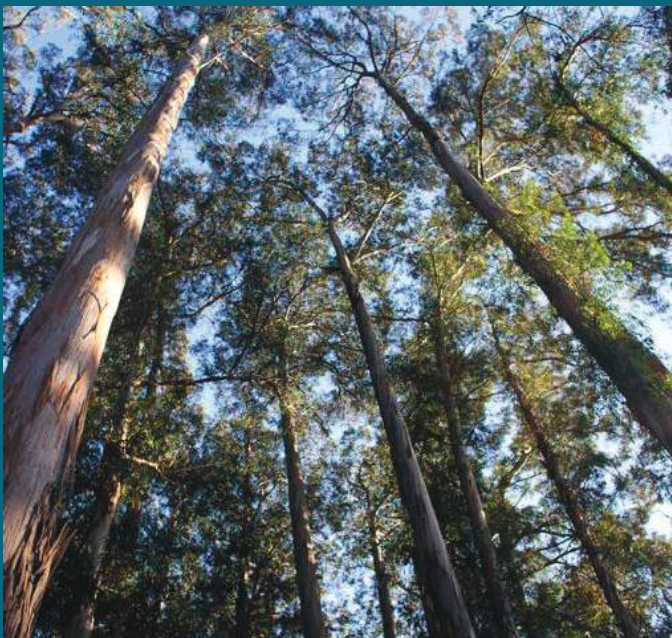


Awe, by Emerson

In the woods, we return to reason and faith. There I feel that nothing can befall me in life-- no disgrace, no calamity (leaving me my eyes), which nature cannot repair. Standing on the bare ground, — my head bathed by the blithe air and uplifted into infinite space, — all mean egotism vanishes. I become a transparent eyeball; I am nothing; I see all; the currents of the Universal Being circulate through me; I am part or parcel of God. The name of the nearest friend sounds then foreign and accidental; to be brothers, to be acquaintances, master or servant, is then a trifle and a disturbance. I am the lover of uncontained and immortal beauty.

(“Nature” (1836/1982), p.39)

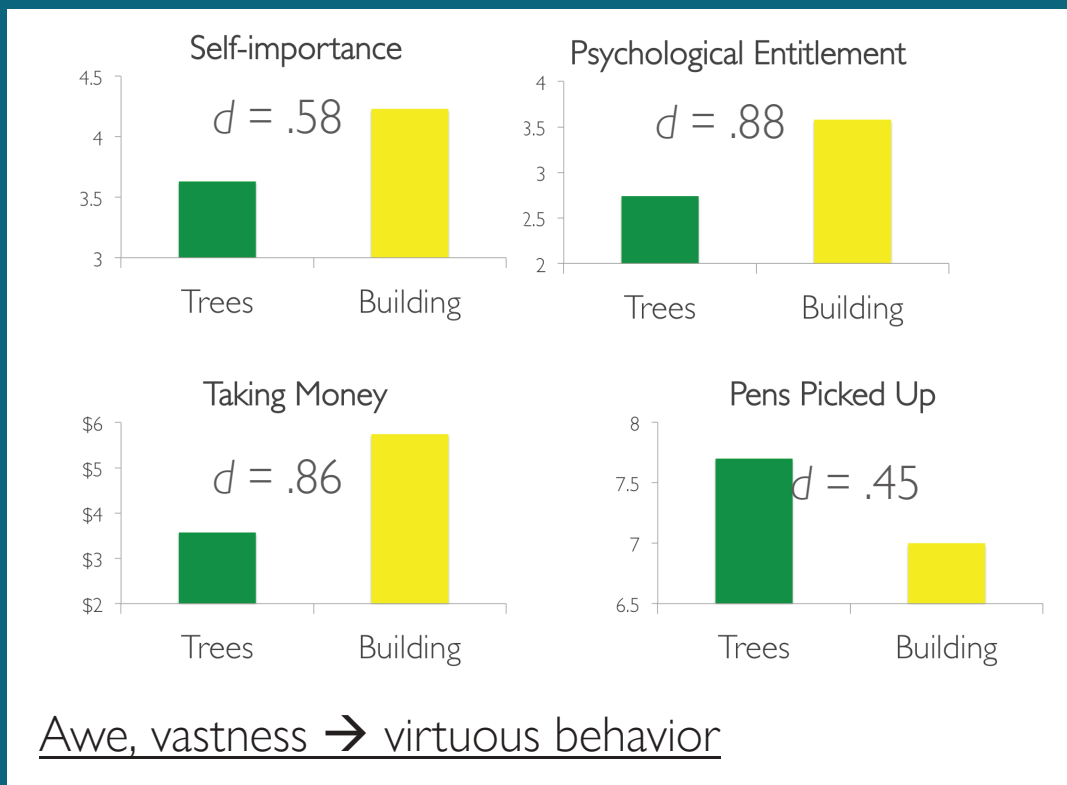
Awe and Kindness



vs.



(Piff, 2015)



(Piff, 2015)



When feeling awe, people refer to social collectives more when filling in twenty statements test, completing “I Am ____”



(Shiota, 2007)

Awe and Collective Effervescence, i.e. contagious joy, ebullience in collective

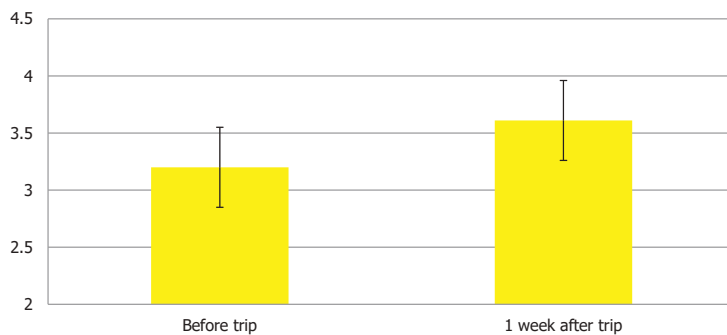
Collective Effervescence

- Dance
- Sports
- Politics
- Recreation (even risky)
- Public spaces

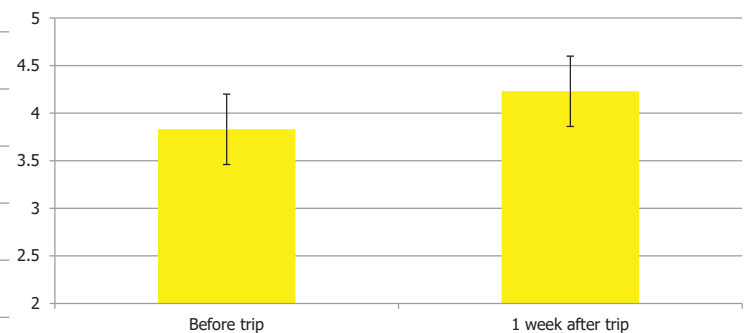


Awe Boosts Well-Being in Teens

Satisfaction with life

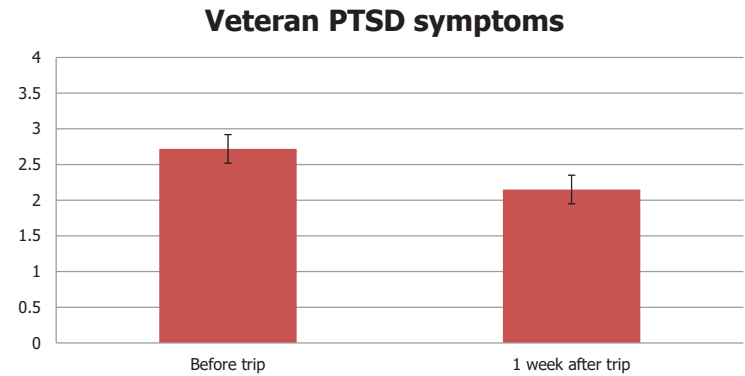
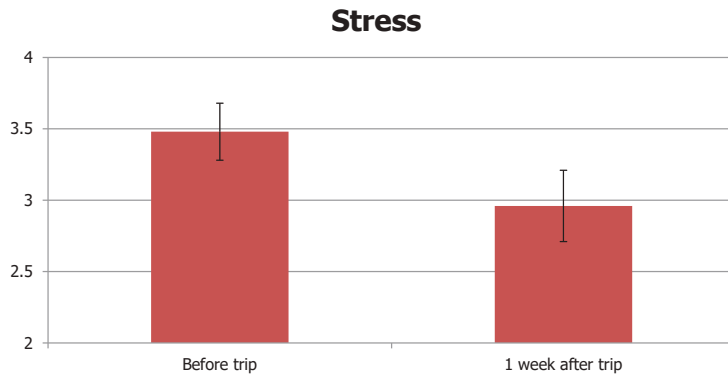


Social well-being



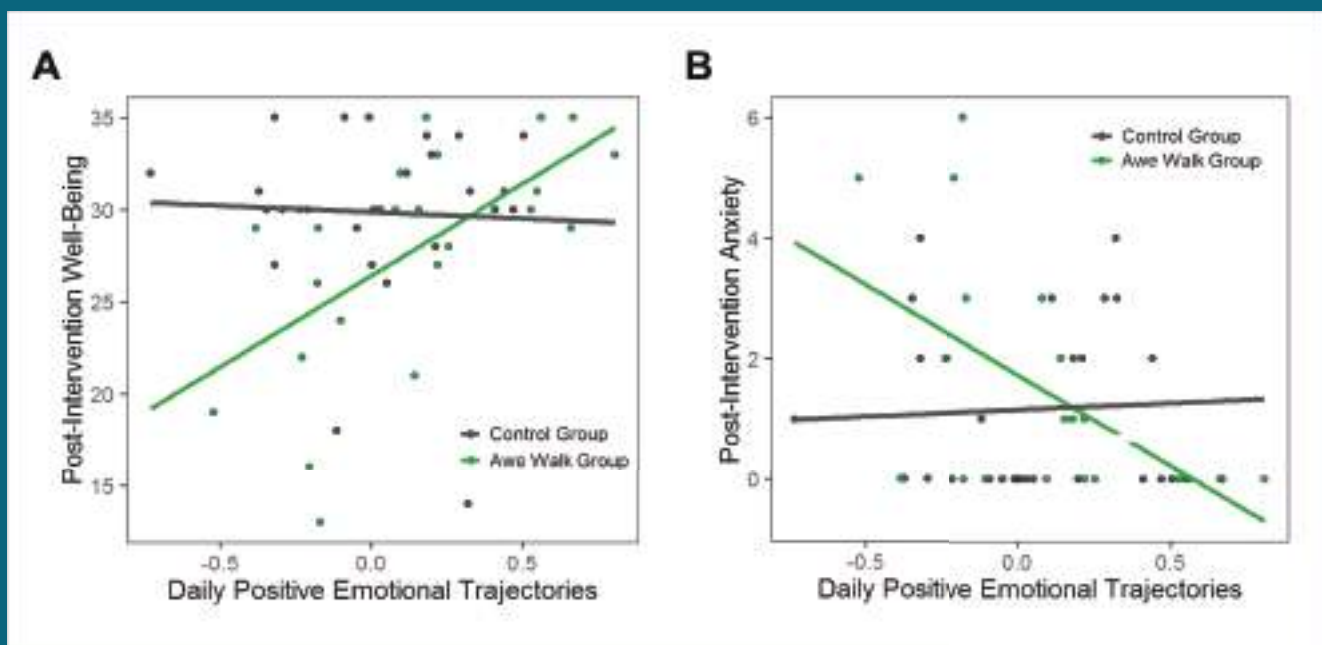
(Anderson, 2018)

Awe Reduces Stress in Teens and Veteran's PTSD



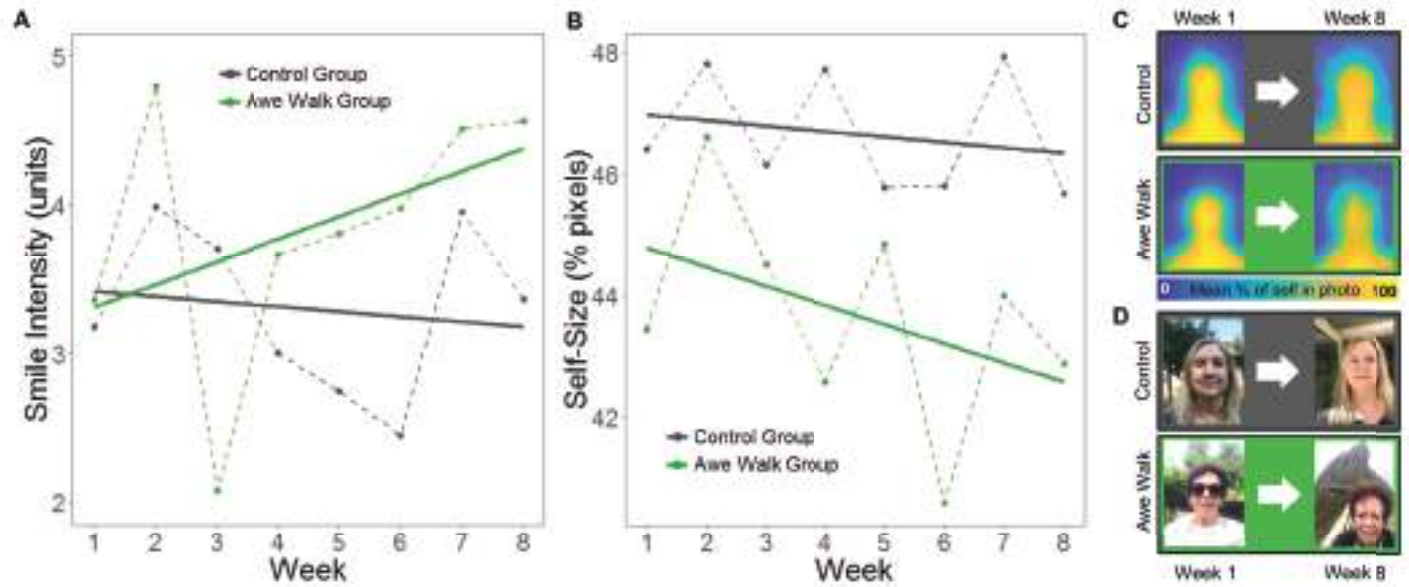
(Anderson, 2018)

Awe Walks Increase Well-Being



(Sturm, 2019)

Awe Walks Increase Well-Being



THANK YOU!



The Science of Happiness

A Greater Good Gathering



Agenda for Friday, May 3

More detailed schedule in your program

9:00-10:30 am: **Jack Kornfield**, with Dacher Keltner

10:30-11:00: Break

11:00-12:00 pm: **Richard Davidson & Lama Tsomo**

12:00-2:00: Lunch

2:00-3:15: Breakout sessions exploring intrapersonal skills for well-being (*look under your name badge for the session you selected*)



Agenda for Friday, May 3 (continued)

3:15-3:45: Break

3:45-5:00: Meet Happiness (*meeting topics and locations posted in Redwood lobby*)

5:15-6:15: Optional yoga and qigong classes

5:30-8:00: Dinner

8:00-9:00: Performance by **Diana Gameros**
OR Enjoy downtime to rest, reflect, and connect



Jack Kornfield



Richard Davidson
Lama Tsomo



The Science of Happiness

A Greater Good Gathering



Agenda for Saturday, May 4

More detailed schedule in your program

9:00-10:15 am: **Barbara Fredrickson**

10:15-10:45: Break

10:45-12:00 pm: **Science-Based Strategies for Connecting Across Our Differences**

12:00-2:00: Lunch

2:00-3:15: Breakouts exploring interpersonal skills for well-being (*your session is on your name badge*)



Agenda for Saturday, May 4 (continued)

3:15-3:45: Break

3:45-5:00: Meet Happiness (*meeting topics and locations posted in Redwood lobby*)

5:15-6:15: Optional yoga and qigong classes

5:30-8:00: Dinner

8:00-9:00: Live recording of The Science of Happiness, hosted by **Dacher Keltner** with guest **Zahra Noorbakhsh**



Happiness Practice: Make “Fast Friends”

- Find a partner.
- Share your response to ONE of the following questions for 2 minutes.
- Switch roles—the other partner shares for 2 minutes.
- You don’t have to respond to the same question.



Happiness Practice: Make “Fast Friends”

1. When did you last sing to yourself? To someone else?
2. If you could wake up tomorrow having gained any one quality or ability, what would it be?
3. Is there something you’ve dreamed of doing for a long time? Why haven’t you done it?



Barbara Fredrickson



Other People Matter: The Science of Love, Connection & 'Positivity Resonance'

Barbara L. Fredrickson, Ph.D.
University of North Carolina at Chapel Hill

blf@unc.edu

www.PositivityResonance.com

Christopher Peterson (1950-2012)

Other people
matter.



Christopher Peterson (1950-2012)

Positive Psychology
is *not*
a spectator sport.



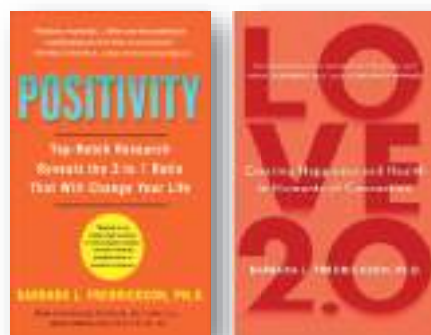
What did it take?
What did it create?

What's a smile for?



Nummenmaa et al. (2014). *Proceedings of the National Academy of Sciences*, 111, 646-651.

The Broaden-and-Build Theory of Positive Emotions



www.PositiveRatio.com
www.PositvityResonance.com

Fredrickson (1998). *Review of General Psychology*, 2, 300-319.

Fredrickson (2001). *American Psychologist*, 56, 218-226.

Fredrickson (2013). *Advances in Experimental Social Psychology*, 47, 1-53.

Positive Emotions Broaden Awareness

Fredrickson & Branigan (2005). *Cognition & Emotion*, 19, 313-332.

Positive Emotions Build Resources

Fredrickson et al. (2008). *Journal of Personality and Social Psychology*, 95, 1045-1062.

Positive Emotions Unlock Other-Focused Thinking

More “We.” Less “Me.”

From Positive Emotions to Positivity Resonance

Moments of Positivity Resonance

Moments of Positivity Resonance

Fredrickson (2013). *Love 2.0*. Fredrickson (2016). *Handbook of Emotion*.

Moments of Positivity Resonance

Fredrickson (2013). *Love 2.0*. Fredrickson (2016). *Handbook of Emotion*.

Moments of Positivity Resonance

Fredrickson (2013). *Love 2.0*. Fredrickson (2016). *Handbook of Emotion*.

Intellectual Roots

- Two views from relationship science:
 - “Investment in the well-being of the other for his or her own sake” (Hegi & Bergner, 2010)
 - Perceived Responsiveness, or “gets me”, i.e., feel understood, validated, and cared for (Reis, Clark & Holmes, 2004)
- What emotion science can add:
 - A momentary lens
 - Biological and behavioral components
 - A Broaden-and-Build theoretical backdrop

Fredrickson (2013). *Love 2.0*. Fredrickson (2016). *Handbook of Emotion*.

Positivity Resonance Defined...

- an interpersonally situated experience marked by momentary increases in:
 - shared positive emotions;
 - mutual care and concern;
 - biological and behavioral synchrony;
- which, over time, builds:
 - embodied rapport (e.g., we really “clicked”);
 - social bonds;
 - commitment, loyalty, and trust.

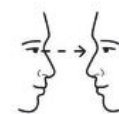
Fredrickson (2013). *Love 2.0*. Fredrickson (2016). *Handbook of Emotion*.

Two Preconditions for Positivity Resonance

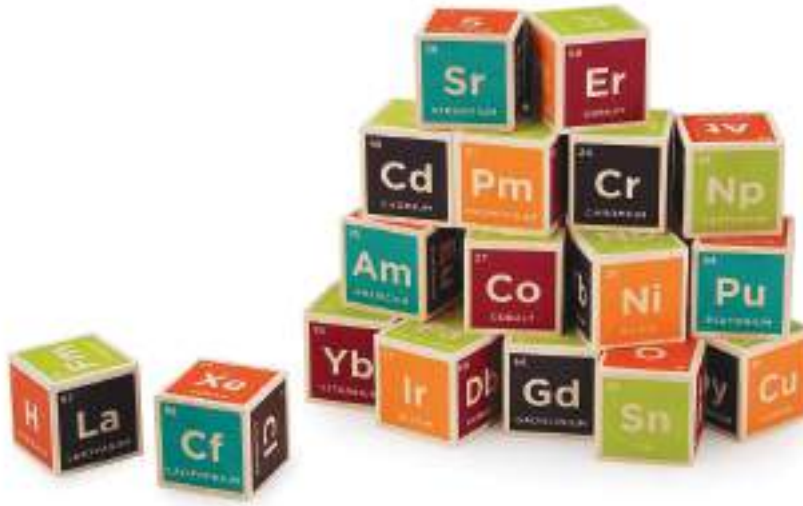
1. Perceived Safety



2. Real-time Sensory Connection



Positivity Resonance: Elemental Building Block of Love



Behavioral Synchrony

Smile Mimicry & Inter-Subjectivity

Niedenthal et al., (2010). *Behavioral and Brain Sciences*, 33, 417-480.

For what proportion of time (from 0-100%) ...

- ...did you experience a *mutual sense of warmth and concern* toward one another?
- ...were you able to *attune to and connect* with the other(s)?
- ...did *thoughts and feelings flow with ease* between you and the other(s)?
- ...did you feel a *mutual sense of being energized and uplifted* in each other's company?
- ...were you and the other(s) *mutually responsive* to one another's needs?
- ...did you feel a sense of *mutual trust and respect* with one another?
- ...did you *feel "in sync"* with the other(s)?

Major, Le Nguyen, Lundberg & Fredrickson (2018). *Personality and Social Psychology Bulletin*.

Thwarted by Text-based Communication

Major, Le Nguyen, Lundberg & Fredrickson (2018). *Personality and Social Psychology Bulletin*.

Correlates of Perceived Positivity Resonance



3 Studies:
Total N = 468

- ✓ Flourishing Mental Health (+)
- ✓ Depressive Symptoms (-)
- ✓ Loneliness (-)
- ✓ Illness Symptoms (-) ?

Major, Le Nguyen, Lundberg & Fredrickson (2018). *Personality and Social Psychology Bulletin*.

Berkeley Psychophysiology Lab

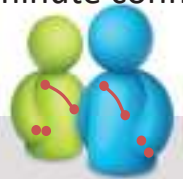


TOP ROW: Bob Levenson, Jenna Wells, Kuan Chen, Casey Brown
 BOTTOM: Marcy Otero, Emily Rothwell, Dyan Connelly, Joclyn Lai

Study of Long-Term Marriages

150 long-term married couples:

- Married 15+ years ($n = 79$) or 35+ years ($n = 71$)
- 15-minute conflict conversation (900 seconds)



Inter-beat interval (IBI)
 Skin conductance level (SCL)
 Finger pulse amplitude (FPA)

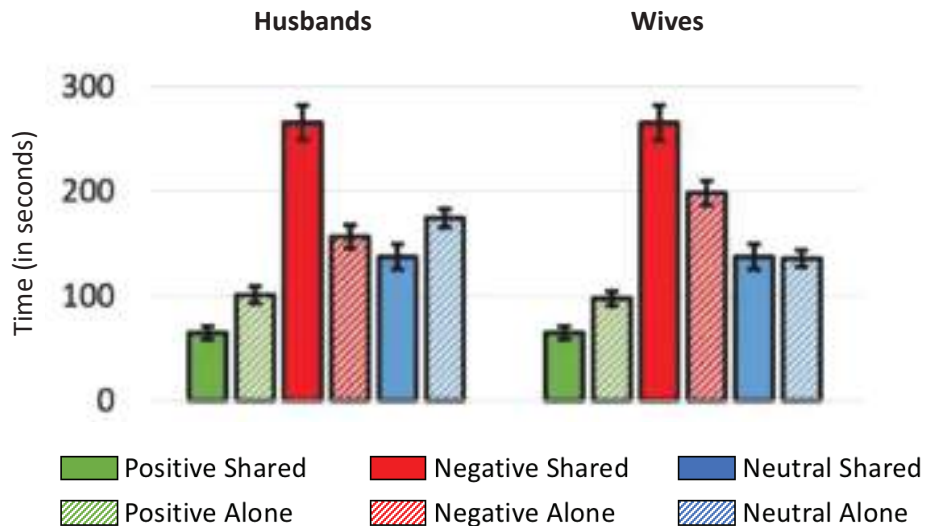
Videotaped Interaction



Specific Affect Coding System

Positive Affects		Negative Affects	
Joy	+4	Contempt	-4
Humor	+4	Disgust	-3
Attention	+4	Defensiveness	-2
Validation	+4	Belligerence	-2
Interest	+2	Sarcasm/lying	-2
		Denial/retreating	-1
		Anger	-1
		Whining	-1
		Sadness	-1
		Fear/Tension	-1

Classifying Emotional Moments



Behavioral Indicators of Positivity Resonance

Trained Coders assess:

“Did positivity resonate between the two partners? That is, did they show actions, words, or voice intonation that conveyed mutual warmth, mutual concern, mutual affection and/or a shared tempo (i.e., shared smiles and laughter)?”

Each 30-second bin of video coded as 0, 1, or 2.

More Satisfying Relationships

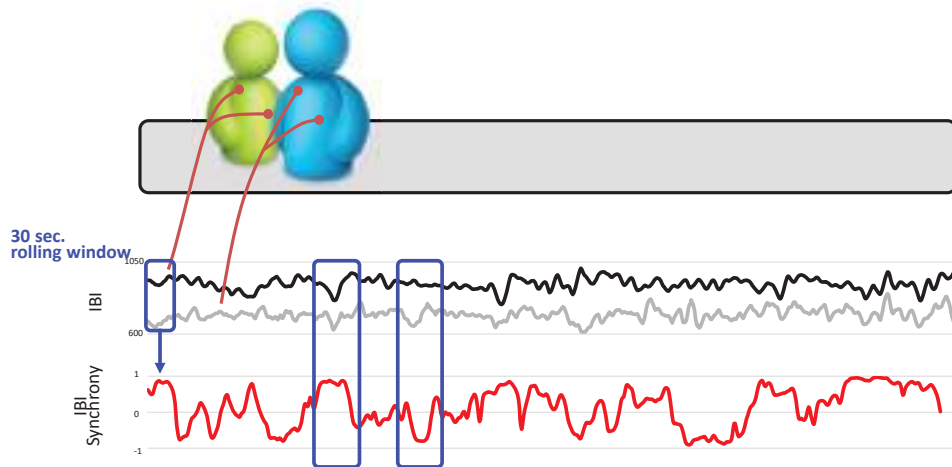
Otero, Wells, Chen, Brown, Levenson & Fredrickson (in press). *Emotion*.

Physiological Synchrony

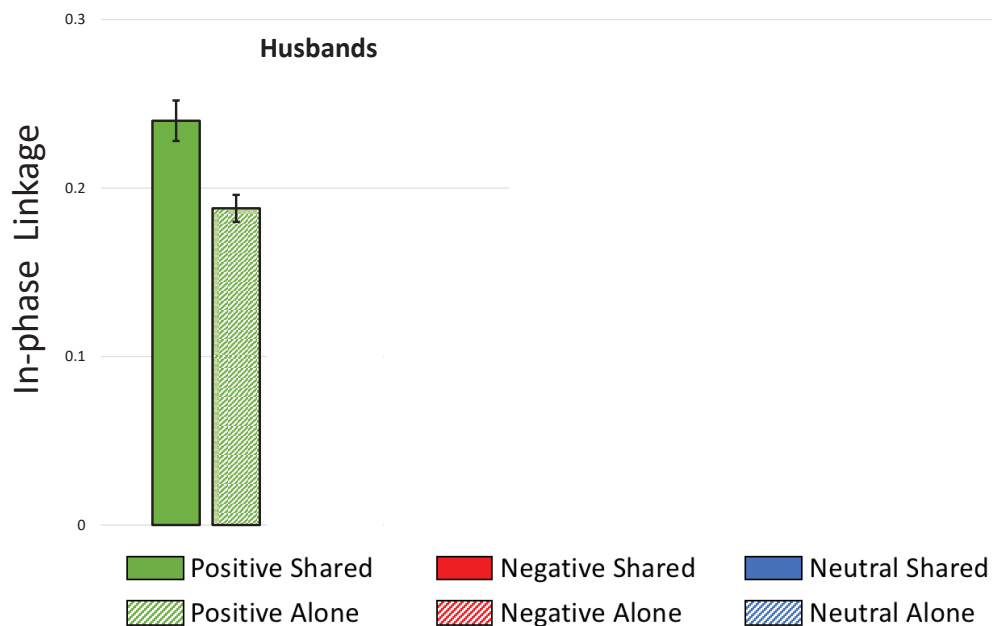


Chen, Brown, Wells, Rothwell, Fredrickson, & Levenson (2018). Under review.

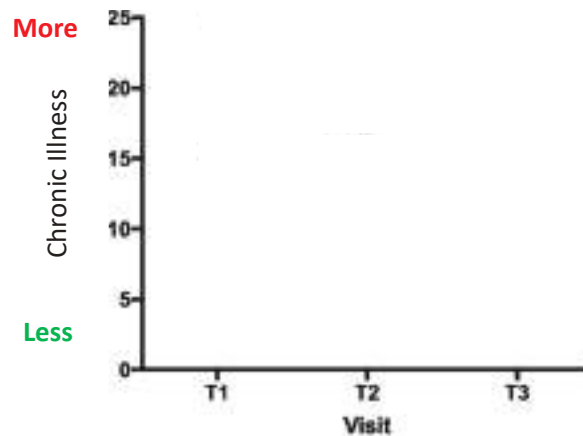
Covariation between two individuals' physiological states



Physiological Synchrony



Health Protective over 10 Years



Rothwell et al., Levenson & Fredrickson (2018). In preparation.

Surprising Power of Weak Ties

Sandstrom & Dunn (2014). *Personality and Social Psychology Bulletin*, 40, 910-922.

Heart Health

Kok, et al. & Fredrickson (2013). *Psychological Science*, 24, 1123-1132.

Immune Health

Fredrickson et al., (2013). *Proceedings of the National Academy of Sciences*, 110, 13684-13689.
Fredrickson et al., (2015). PLoS ONE 10(3): e0121839.
Nelson-Coffey, Fritz, Lyubomirsky & Cole (2017). *Psychoneuroendocrinology*, 81, 8-13.

Positivity Resonance ...a Health Behavior

Fredrickson (2013). *Love 2.0*. Fredrickson (2016). *Handbook of Emotion*.

Forever Renewable

Micro-Intervention

Major, Lundberg & Fredrickson (2018). Manuscript in preparation.

If-Then Plans:
Ask: When, Where, & How?

Martin, Sheeran, et al. (2011). *Health Psychology*, 30, 368-373.

What's a Smile For?

- To express positivity (Ekman, 1975);
- To evoke positivity (Bachorowski & Owren, 2003);
- To evoke inter-subjectivity (Niedenthal et al., 2010);
- To broaden collective mindsets and build collective resources (Gervais & Sloan Wilson, 2005);
- **ALL OF THE ABOVE:** To create the life-giving nutrient of positivity resonance (Fredrickson, 2013, 2016).

Free Online Course Search “Coursera Fredrickson”





The Science of Happiness

A Greater Good Gathering

Science-Based Strategies for Connecting Across Our Differences



Rodolfo Mendoza-Denton
Emiliana Simon-Thomas
Reverend Jennifer Bailey

BRIDGING
DIFFERENCES

ggsc.berkeley.edu



Emiliana Simon-Thomas

The Biological Basis and Psychology of Empathy

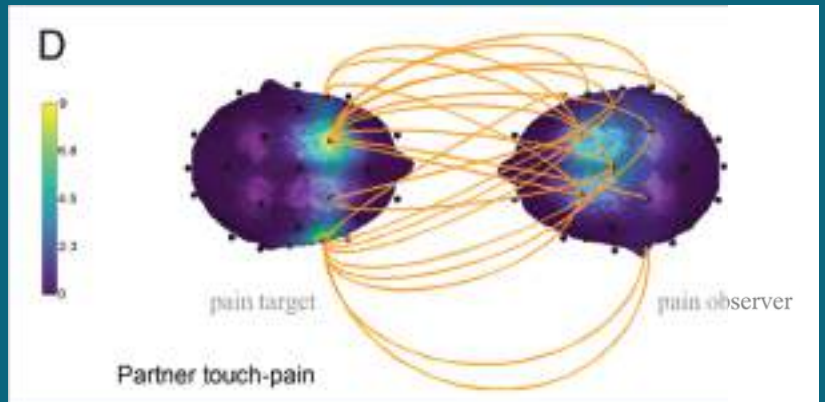
Defining Empathy

- I. *Affective Empathy*: experiencing sensations within oneself in response to other people's expressions or experiences
- II. *Cognitive Empathy*: recognizing and making sense of other people's emotional expressions and situations



The Biological Basis of Empathy

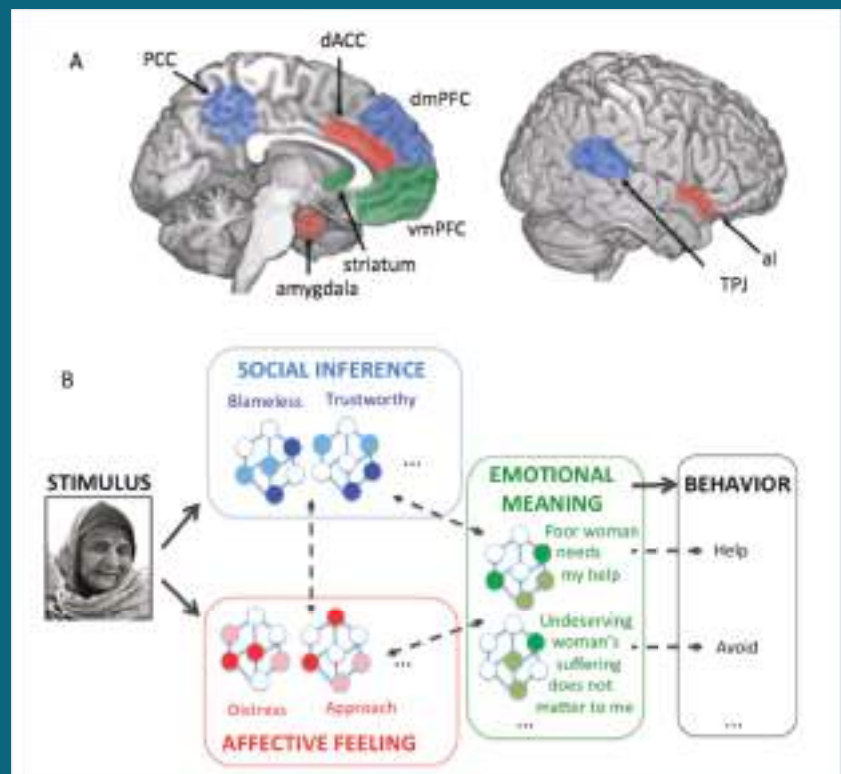
Affective: Mirroring, mimicry, emotion contagion, fellow-feeling, experience/affective sharing, simulation, vicarious affect; behavioral, physiological, and neural synchrony, resonance, or coupling...



(Goldstein, 2018)

The Biological Basis of Empathy

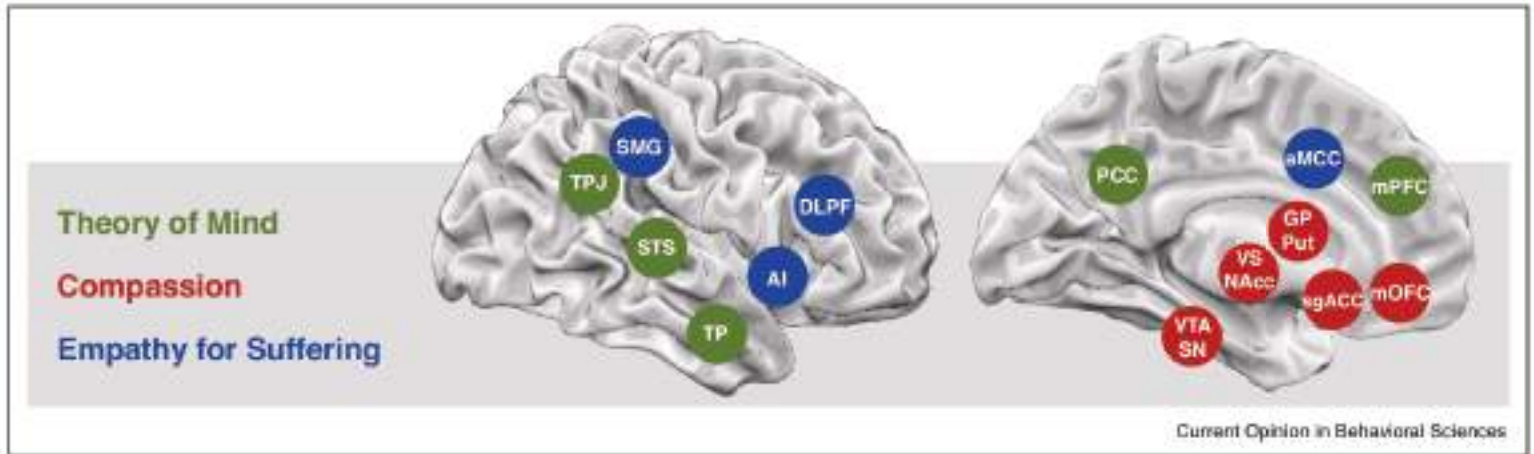
Cognitive: Emotion recognition, understanding other's motivation, theory of mind, mentalizing, perspective taking...



(Ashar, 2016)

The Biological Basis of Empathy

Figure 2



(Preckel, 2018)

The Psychology of Empathy

Key Benefits

1. Social competence: successful interaction, cooperation, and long term, supportive bonds
2. Resilience to stress
3. Benefits to others, e.g. relationship satisfaction, academic/professional success, patient health outcomes
4. A force for moral good

The Psychology of Empathy

Key Influences: Context and Motivation

1. Social boundaries, i.e. group and hierarchy/advantage/status factors bias empathy
2. Excessive exposure and expertise, e.g. blunted empathy in care providers
3. Cost-benefit analysis i.e. perceived material costs, vicarious distress, anticipated effort, ineffectiveness, and aversion can reduce empathy

The Psychology of Empathy

Key Barriers: Things We Do to Avoid Empathy

1. Context: Situational control
2. Social Inference: Downward social comparison, dehumanization
3. Regulation: Suppression, desensitization, reappraisal

“It’s not that you can’t feel it. You just don’t want to.”

Fostering Expansive, Sustained Empathy

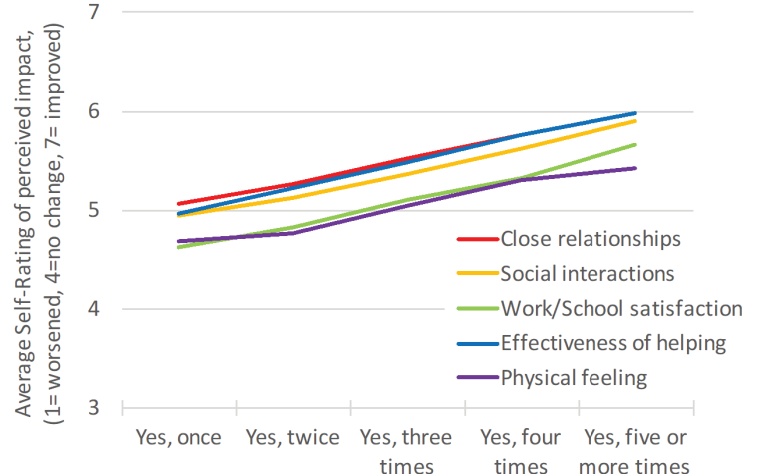
1. Adopt an empathy-positive mindset (e.g. affirm values of egalitarianism, shared humanity, and trust)
2. Attune to others (put your device away, look up)
3. Listen (without thinking about what to say or interrupting)
4. Channel your inner hero (you are a valuable resource to others)
5. Savor the enduring benefits of engaging and dismiss the short term appeal of avoiding imagined costs

Fostering Expansive, Sustained Empathy

Quantity of Active Listening practice predicts self-rated increases in empathy and happiness



Quantity of Active Listening practice predicts self-rated improvements to key aspects of well-being



Thank you

I440
MULTI-MEDIA

The Science of
Happiness

GG
SC Greater Good
Science Center



Rodolfo Mendoza-Denton

What is implicit bias?

Props

Activity : Implicit bias

Blue

Red

Green

Orange

Purple



Red

Green

Purple

Blue

Orange



Left hand

Right hand

Flowers

Bugs

Positive things

Negative things

Rose

Sunshine

Disease

Tulip

Spider

War

Carnation

Pain

Lily

Joy

Cockroach

Moth

Puppies

Mosquito

Greater Good Science
Center

Death

Love

Left hand

Right hand

Flowers

Bugs

Negative things

Positive things

Cockroach

Puppies

Sunshine

Spider

Disease

Love

Death

Carnation

War

Mosquito

Joy

Rose

Pain

Tulip

Lily

Moth



Greater Good
Science Center

Author contributions: H.L. conceived and designed research; H.L. performed research; H.L. and J.B. analyzed data; H.L., J.B., and M.W. wrote the paper.



Reverend Jennifer Bailey

THE
PEOPLE'S
SUPPER



Embodying Brave Space: Stories from the People



THE PEOPLE'S SUPPER

"I am a **Minnesota born, African American Muslim woman serving as an Army physician** who is just returning from deployment in Iraq....I've been asked if I was a terrorist when the cable man in 'liberal' California saw my Quran on the shelf. I have been called a n*gger by my Indian elementary school classmate at a predominantly Indian and Pakistani Muslim school in the suburbs of Chicago. I have now seen the destruction of a country and crumbling palaces with my own eyes from the 'collateral damage' of war. I have listened to the stories of the kindest hearted of men who described losing his innocent son from an IED blast. As a woman in a male dominated field of medicine and Army, I have been the only woman doctor in the room (and unit) more often than I can remember.

Despite the challenges, I love my life and am eternally grateful for the opportunities and experiences I have been afforded. Though a 'triple minority' in this country, I have been privileged. I love all of my identity. I love experiencing the kindness and power of human compassion. I have witnessed great feats and believe 100% in the 'audacity of hope' continuing to change our world as we know it."

"In my 79 years I have seen a lot of changes in the relationships between people of color, LGBTQ people, and the sexes in the workplace. **The changes need to continue and I need to grow to enable changes within me...**I am a WASP...an old lady...But I have learned from my children as they went into the world. They had multi-cultural friends, openly gay and lesbian friends and were exposed to sexual harassment in the workplace. They caused me to look at my prejudices and adjust them as much as I could. I would like to bridge the huge gap between my parents' generation and my grandchildren's generation. We all need to understand more about each other..."

"I am from a **small rural** community and most of my family members are republican. Many voted for Trump. I have been working on having these conversations with them but would also like to make an impact on my own community. Unfortunately, **my social circle** in Chicago is made up of **like-minded people** and so I while I'd love to host a potluck, **I don't know who I would invite or where I would start.**"



Since January 20, 2017 we've hosted:



1400+ suppers
in **138** cities & towns

Albuquerque, NM
Annapolis, MD
Asheville, NC
Austin, TX
Baltimore, MD
Berkeley, CA

Boston, MA
Bronxville, NY
Brooklyn, NY
Bryn Athyn, PA
Charleston, SC
Charlton, MA

Chicago, IL
Columbia, TN
Cullowhee, NC
Dallas, TX
Delaware, OH
Detroit, MI
Dubuque, IA
Duluth, MN
Durham, NC
Fort Worth, TX
Glendale, SC
Grand Rapids, MI
Greenville, SC
Helena, MT
High Falls, NY
Hudsonville, MI
Indianapolis, IN
Inglewood, CA
Littleton, CO
Los Angeles, CA
Lynchburg, VA
Miami, FL
Milton, MA

Minneapolis, MN
Naperville, IL
Nashville, TN
New Haven, CT
New York City, NY
Newport, OR
Oakland, CA
Philadelphia, PA
Portage, MI
Portland, OR
San Francisco, CA
Seattle, WA
Sharon, MA
Somerville, MA
Spartanburg, SC
State College, PA
Staunton, VA
Tualatin, OR
Tulsa, OK
Washington, DC
West Hartford, CT
Wilkesboro, NC
Wrightwood, CA

Creating the Container

WE AGREE

There's a lot we may not agree on.
In sitting down, we choose to agree
on this:

- I will grant you welcome, and I thank you for the welcome you grant me.
- I will show up, be present, and be open to creating this experience together.
- I will speak & listen with truth & love, agreeing or disagreeing with respect & kindness.

www.thepoppleuppper.org

An Invitation to Brave Space

Together we will create *brave space*

Because there is no such thing as a "safe space" —

We exist in the real world.

We all carry scars and we have all caused wounds.

In this space

We seek to turn down the volume of the outside world,

We amplify voices that fight to be heard elsewhere,

We call each other to more truth and love

We have the right to start somewhere and continue to grow.

We have the responsibility to examine what we think we know.

We will not be perfect.

This space will not be perfect.

It will not always be what we wish it to be

But

It will be our *brave space together*,

and

We will work on it side by side.

- By Micky ScottBey Jones



See you at supper.

thepeoplessupper.org

@peoplessupper | facebook.com/peoplessupper



The Science of Happiness

A Greater Good Gathering



1440
MULTIVERSITY

The Science of
Happiness

GG
SC Greater Good
Science Center

Science of Happiness Podcast



Zahra Noorbakhsh, "Happiness Guinea Pig"
Dacher Keltner, Host

1440
MULTIVERSITY

GG
SC Greater Good
Science Center

Berkeley
UNIVERSITY OF CALIFORNIA

WELCOME TO The Science of Happiness

A Greater Good Gathering

MAY 2-5, 2019

1440 Multiversity
Scotts Valley, CA



Lasting Happiness

- Please sign out for CEs
- Videos will be posted to *Greater Good*
- We will be sending:
 - Slides
 - Playlist
 - Evaluation



Agenda for Sunday, May 5

More detailed schedule in your program

9:00-10:30 am: Performance by **Diana Gameros**
Talk by **Stephen Leeper**
Conversation with **Cindy Fox**

10:30-10:50: Break

10:50-12:00 pm: **Closing session & practice**

12:00-2:00: Lunch



Diana Gameros



Stephen Leeper

A Lesson on Critical Gratitude

The Science of Happiness

I am generally most
thankful for...

- 1. Little things
- 2. Big favors

The Boy with a Hole in His Leg



The School with a Hole in its Heart

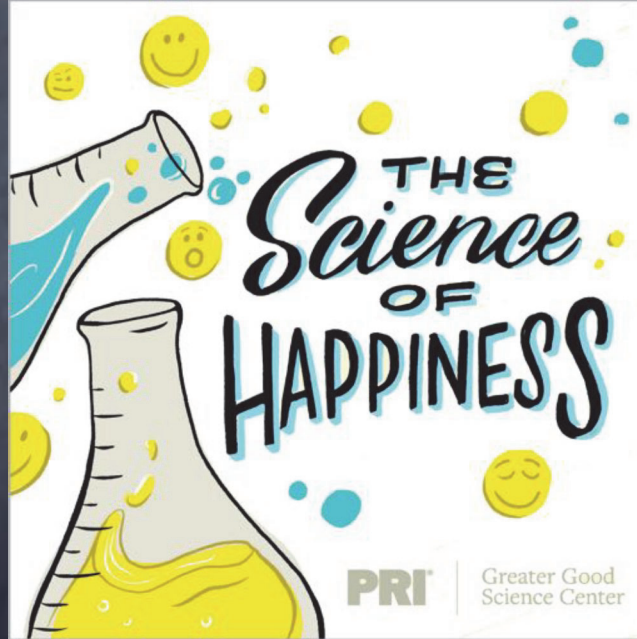


Year of Sorrow

عام الحزن

- Loss
- Rejection & ridicule
- Insecurity

An Invitation



Original Journal Process

- Pick from a select number of the same prompts
- Respond with a specific number of sentences per prompt
- No option to share

Revisions to Process

- Respond to novel prompts provided or make up your own
- Choose any number of prompts and respond in writing or illustrations
- Share if you'd like!

Sample Prompts

- How do you like to show gratitude to others?
- What things do you use daily that you could be more grateful for?
- Describe a time you were told to be grateful to silence a grievance

Excerpts of Entries

Amberley, member #3:

Five small ways. I can show how I am grateful is easy. I ~~can~~ can always say thanks for ~~things~~ everything, no matter how big or small it is. Also if ~~somebody~~ somebody gets me something I can always use what they get me and treat the things well. Also I can do favors for the ~~most~~ people that I'm grateful for. on top of all this I can realize that what I have is enough and not ask for too much.

Tati

@ 1 week

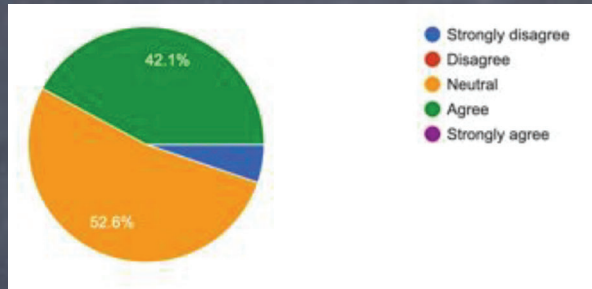


@ 12 weeks

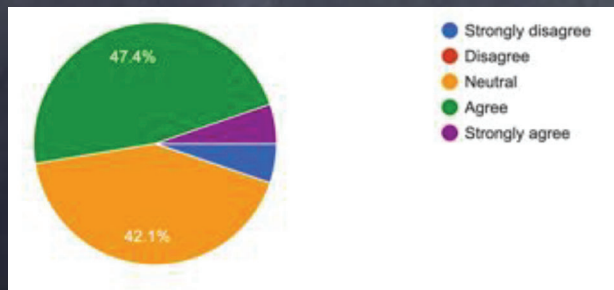


1st Period

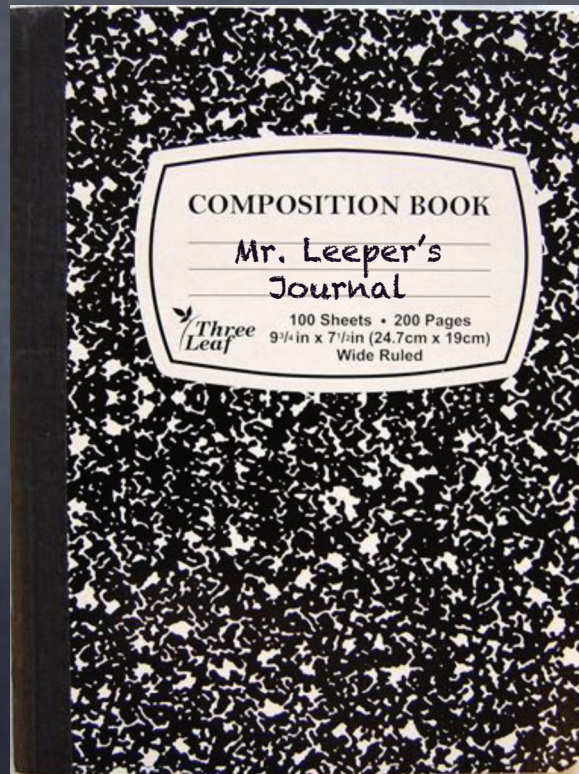
Writing about gratitude on Fridays in class makes me feel happier



I like to journal in class about the things I'm grateful for

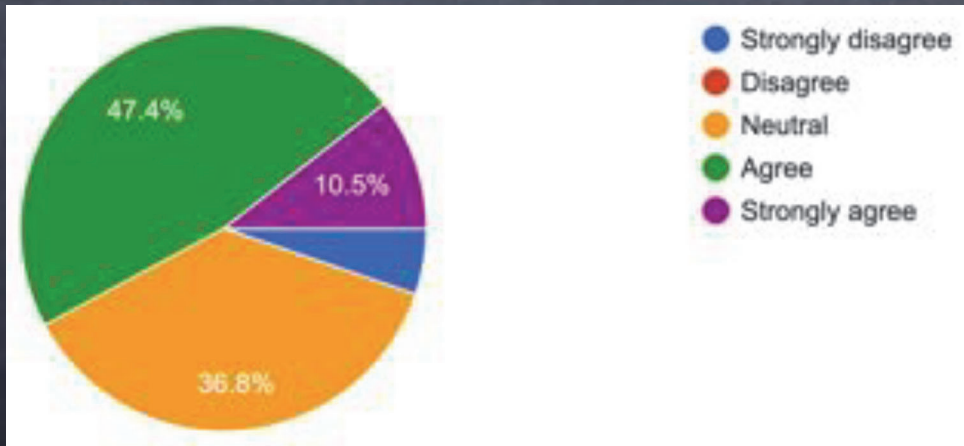


Mr. Leeper, can you journal with us?

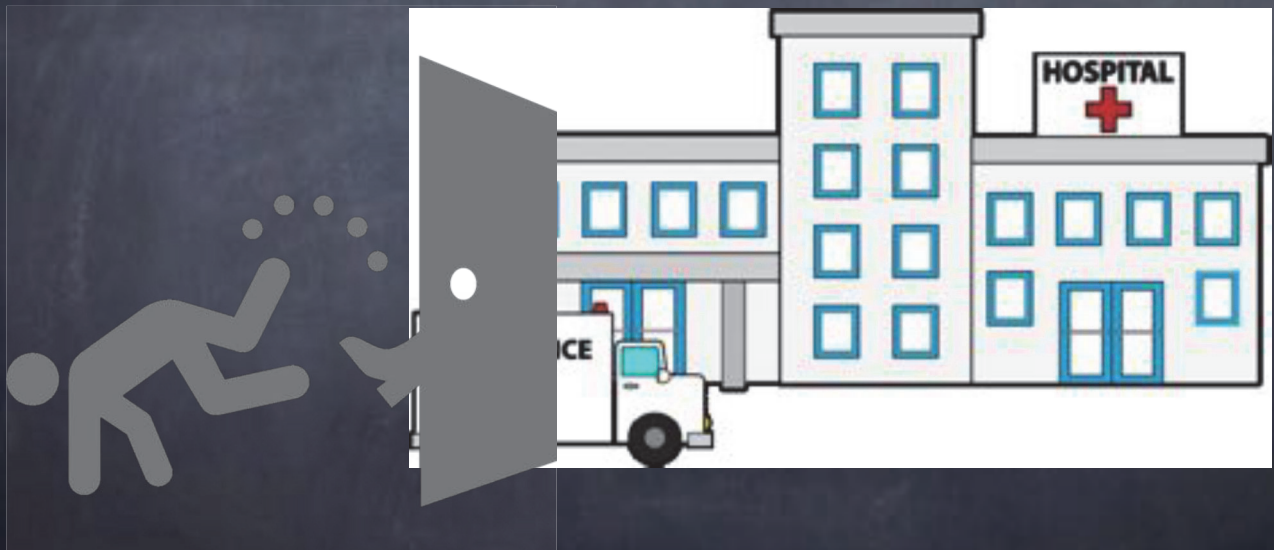


2nd Period

I like that my teacher journals about gratitude and shares what he has written



Missing detail



Uncritical Gratitude

"Something I received that I don't think I deserved is **stuff I take for granted**. For example an education, a roof over my head, and just getting to live without financial issues or something like that in my mind. When I reflect I really **see how lucky I am** to have the smallest things like a conversation with my mom or dad. It's crazy to think some kids don't even get clean water or see their parents and here we are complaining about everything which I am **guilty** of. The gratitude journal has really showed me I have way more than I actually need and am REALLY grateful for everything my family provides me with. Overall I think **I get a lot of things I don't deserve** because I see it as an everyday thing, but others don't have it."

Critical Gratitude

الشكر النقدي

- A philosophy & practice of teaching & learning grounded in an understanding that gratitude...
- Comes through contextual remembrance
- Is not acceptance of the status quo
- Requires collective action aimed at liberation



Cindy Fox



Take Home the Science of Happiness

- What is one key insight or lesson that you would like to apply to your personal or professional life?
- What is a concrete way you could see applying it? When, where, with whom—please be specific.

1) Reflect on your response, or write it down (3 mins)

2) Share with a partner (5 mins each, 10 mins total)

3) Time to share publicly



Dacher Keltner
Emiliana Simon-Thomas

**Thank
You!**

