

Where attention goes

Energy Flows

[re]Finding the path to feeling
good

Your presenter



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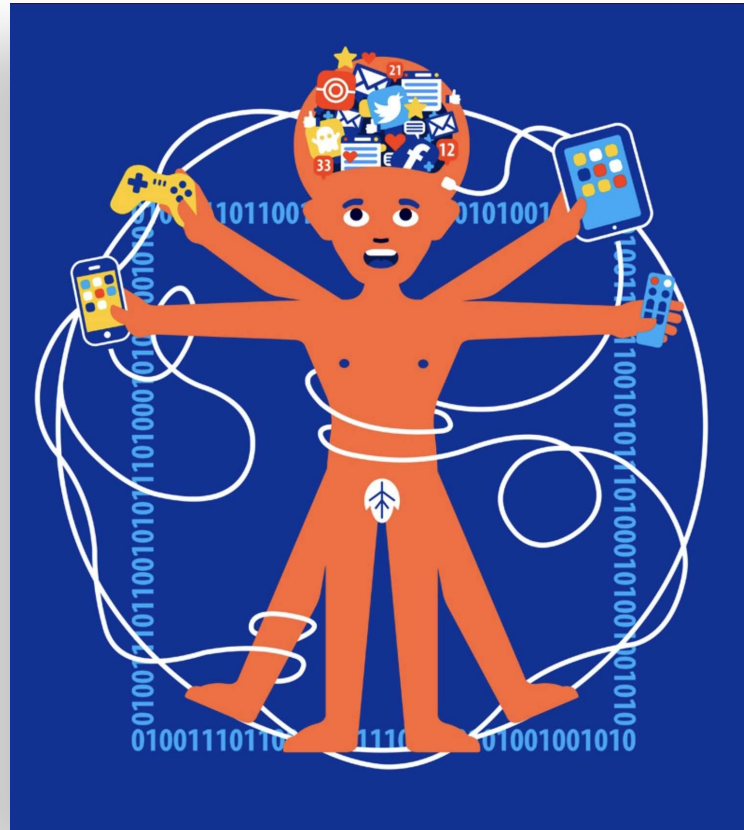
Gratitude

Agenda

- Why are we so unhappy?
 - Location, location, location
 - Expectations
 - Rigidity
- The Worry Warrior
 - Battle of the brain
- [Re]Focus with practice
 - Values
 - Strengths
- Recommended readings [and other resources]

Why are we so **unhappy?**

Entangle- ment



“The fool, with all his other faults, has this also,
he is always *getting ready* to live.”

Epicurus [341 - 270 BC]

The Wanderer



By Sylwia Bartyzel [Unsplash]

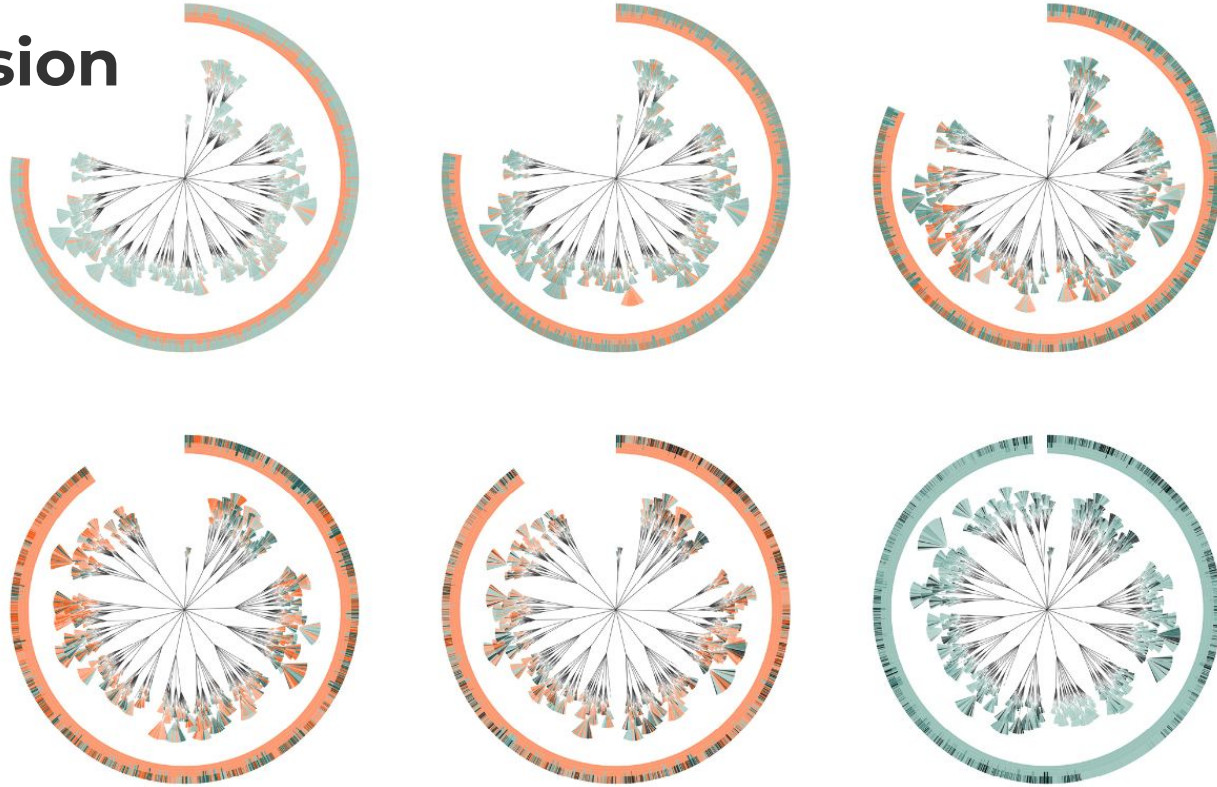
Let's Wander...

- + Things from your To Do list (errands)
- ÷ Work-related tasks (deadlines, emails, decisions)
- Family-related thoughts
- Friend-related thoughts
- ★ Love-related
- ← Thoughts or wishes about the past
- Thoughts or worries about the future
- # Others

I'll be happy
when...



Permission to change



(En)tangled Word Bank (2009), by Greg McInerny & Stefanie Posavec [Visual comparison of the six editions of Charles Darwin's "On the Origin of Species"]

The **Worry Warrior**



Where attention goes, energy flows...

By David Matos [Unsplash]

Brain Design

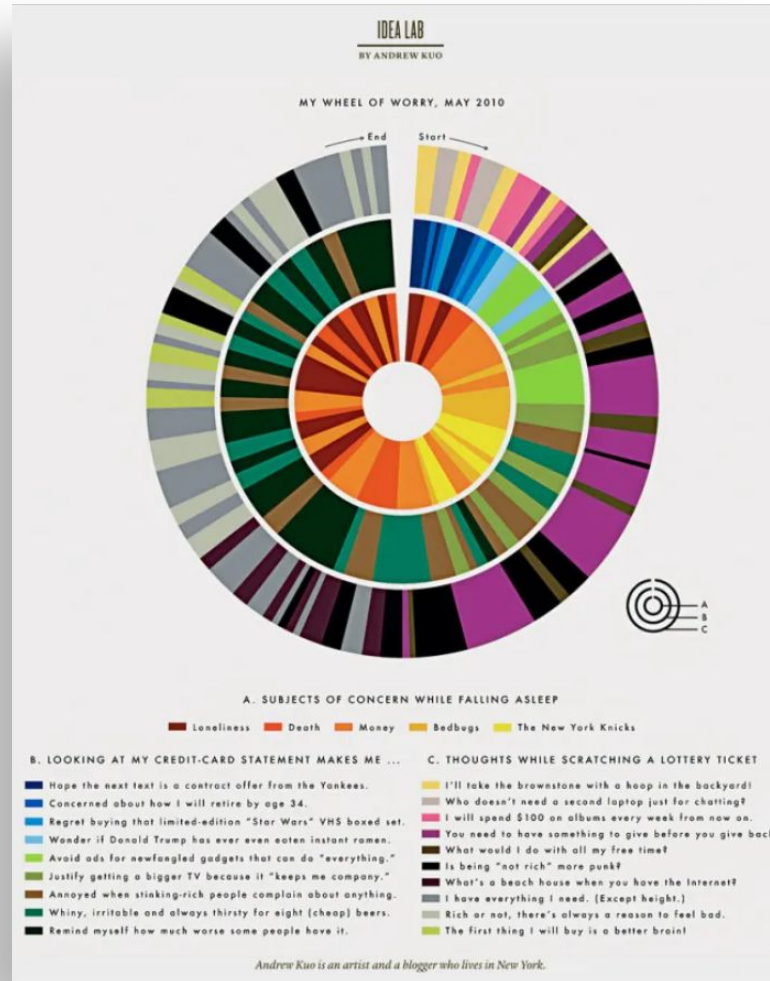
Belonging & Acceptance

Distractibility

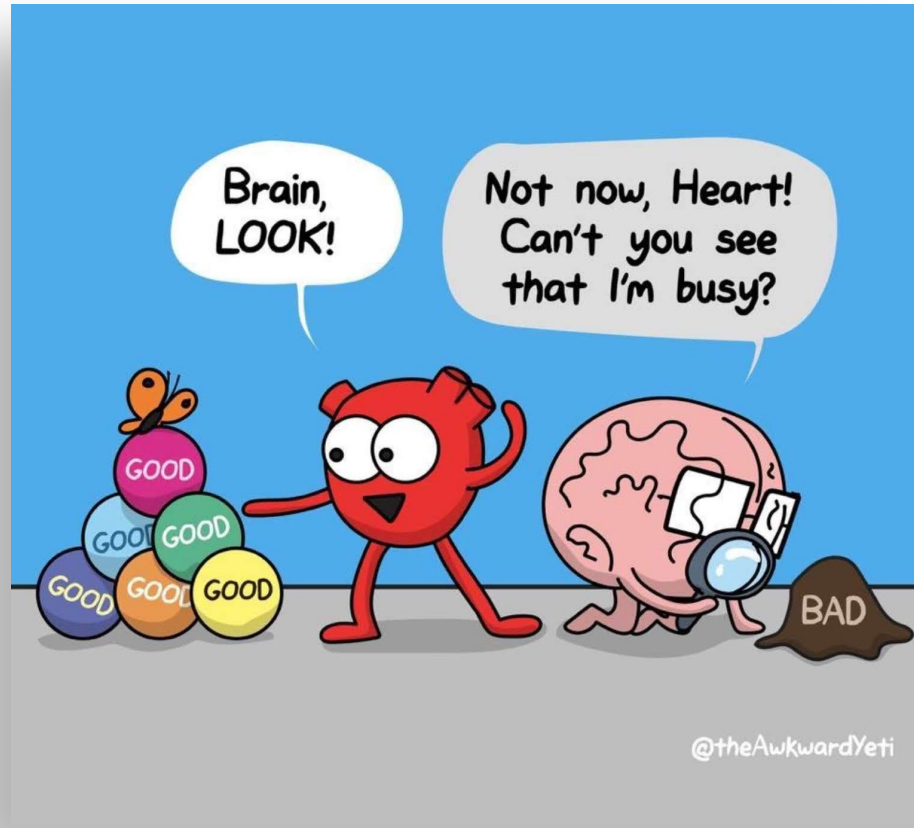
Negativity

Energy-saving

My Wheel Of Worry



[Re] **focus**





Values

Spending time with others

Learning new skills

Being helpful

Being independent

Integrity

Honesty

Being humble

Diversity

?

?

Strengths: the VIA Institute on Character



The VIA Classification of 24 Character Strengths

Wisdom	CREATIVITY <ul style="list-style-type: none"> • Clever • Original & Adaptive • Problem Solver 	CURIOSITY <ul style="list-style-type: none"> • Interested • Explores new things • Open to new ideas 	JUDGMENT <ul style="list-style-type: none"> • Critical thinker • Thinks things through • Open-minded 	LOVE OF LEARNING <ul style="list-style-type: none"> • Masters new skills & topics • Systematically adds to knowledge 	PERSPECTIVE <ul style="list-style-type: none"> • Wise • Provides wise counsel • Takes the big picture view 	
Courage	BRAVERY <ul style="list-style-type: none"> • Shows valor • Doesn't shrink from fear • Speaks up for what's right 	PERSEVERANCE <ul style="list-style-type: none"> • Persistent • Industrious • Finishes what one starts 	HONESTY <ul style="list-style-type: none"> • Authentic • Trustworthy • Sincere 	ZEST <ul style="list-style-type: none"> • Enthusiastic • Energetic • Doesn't do things half-heartedly 		
Humanity	LOVE <ul style="list-style-type: none"> • Warm and genuine • Values close relationships 	KINDNESS <ul style="list-style-type: none"> • Generous • Nurturing • Caring • Compassionate • Altruistic 	SOCIAL INTELLIGENCE <ul style="list-style-type: none"> • Aware of the motives and feelings of self/others • Knows what makes others tick 			
Justice	TEAMWORK <ul style="list-style-type: none"> • Team player • Socially responsible • Loyal 	FAIRNESS <ul style="list-style-type: none"> • Just • Doesn't let feelings bias decisions about others 	LEADERSHIP <ul style="list-style-type: none"> • Organizes group activities • Encourages a group to get things done 			
Temperance	FORGIVENESS <ul style="list-style-type: none"> • Merciful • Accepts others' shortcomings • Gives people a second chance 	HUMILITY <ul style="list-style-type: none"> • Modest • Lets one's accomplishments speak for themselves 	PRUDENCE <ul style="list-style-type: none"> • Careful • Cautious • Doesn't take undue risks 	SELF-REGULATION <ul style="list-style-type: none"> • Self-controlled • Disciplined • Manages impulses and emotions 		
Transcendence	APPRECIATION OF BEAUTY & EXCELLENCE <ul style="list-style-type: none"> • Feels awe and wonder in beauty • Inspired by goodness of others 	GRATITUDE <ul style="list-style-type: none"> • Thankful for the good • Expresses thanks • Feels blessed 	HOPE <ul style="list-style-type: none"> • Optimistic • Future-minded • Future Orientated 	HUMOR <ul style="list-style-type: none"> • Playful • Brings smiles to others • Lighthearted 	SPIRITUALITY <ul style="list-style-type: none"> • Searches for meaning • Feels a sense of purpose • Senses a relationship with the sacred 	



Final practice: Updating Happiness



Recommended readings [and other resources]:

“Feeling good: The new mood therapy,” by David Burns

“The happiness hypothesis,” by Jonathan Haidt

“Stolen focus,” by Johann Hari

“The how of happiness,” by Sonja Lyubomirsky

“Observe, collect, draw! : A visual journal,” by Stefanie Posavec & Giorgia Lupi

“Where joy hides and how to find it,” TED talk by Ingrid Fetell Lee

Thank you!

Connect



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