



# CREATING A HAPPINESS CULTURE

@Tulsa Tech's Health Sciences Center

Paula Bearden  
Amy Beck  
Carla Henson



Welcome!  
Please sit at the table that interests you!

CREATING A HAPPINESS CULTURE @ Tulsa Tech's Health Sciences Center

Paula Bearden  
Amy Beck  
Carla Henson

"If you work hard, you will be successful and then you will be happy. If you are happy, you will work hard and then you will be successful."

The Happiness Advantage  
Shawn Achor



ADVERTISING DATES & RATES

COLLEGE

WORKING PROFESSIONALS

COMMUNITY

PROFESSIONAL



THE HAPPINESS ADVANTAGE BY SHAWN ACHOR

HAPPINESS

"The joy we feel moving toward our potential."

Shawn Achor  
The Happiness Advantage

THE HAPPINESS ADVANTAGE

Shawn Achor

TED

ACTIVITIES TO INCREASE HAPPINESS



TULSA TECH HEALTH SCIENCES CENTER

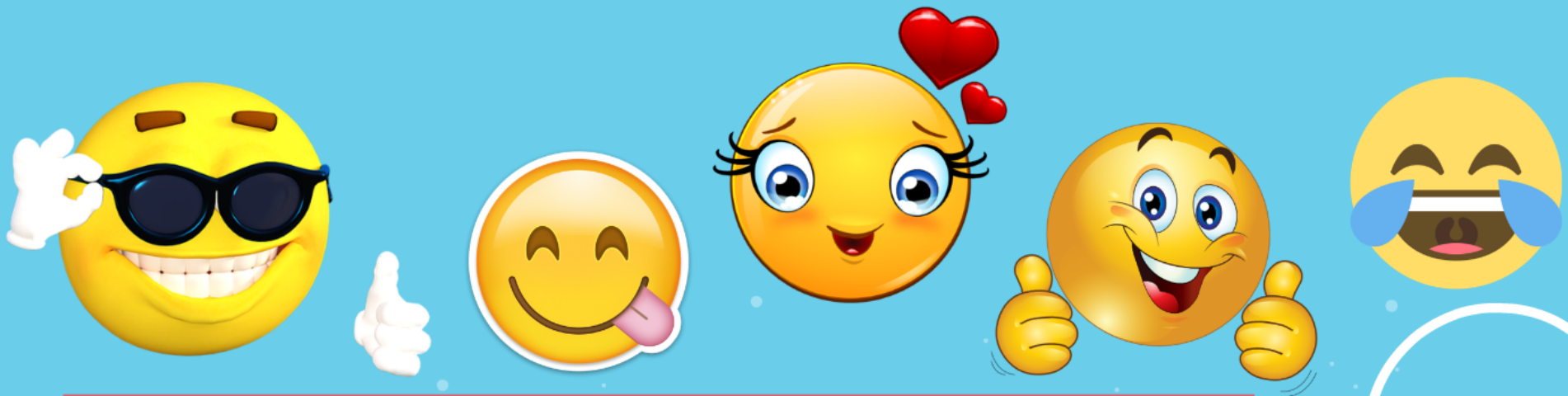
THE HAPPINESS ADVANTAGE

THE HAPPINESS ADVANTAGE

CONCRETE ACTS OF KINDNESS

ADVERTISING DATES & RATES

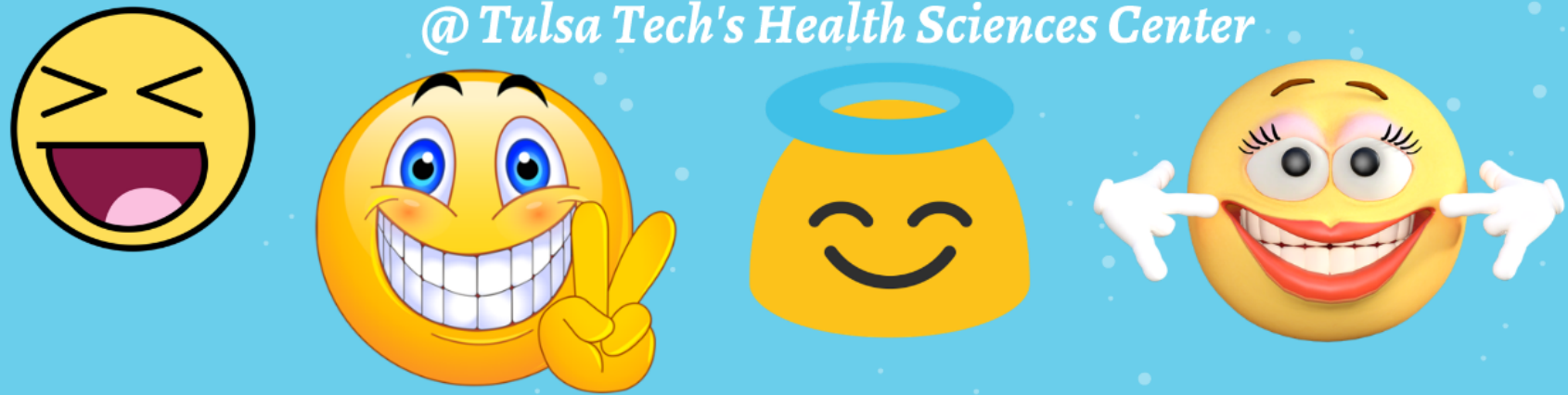
MEDITATION



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The table is set for you!

Paula Bearden  
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HEALTH SCIENCES CENTER

**HAPPINESS**

"The joy we feel moving toward our potential."

Shawn Achor  
The Happiness Advantage

**THE HAPPINESS ADVANTAGE**  
BY SHAWN ACHOR

Shawn Achor  
TEDx

**QUESTIONS**

**QUESTIONS**

**CONCRETE ACTS OF KINDNESS**

"I've never been so happy as when I've helped someone else be happy."

**MINDFULNESS**

**CONCRETE ACTS OF KINDNESS**

**ACTIVITIES TO INCREASE HAPPINESS**

**MINDFULNESS**

**MEDITATION**

**PERFORMANCE IMPROVEMENT**

**PERFORMANCE IMPROVEMENT**

**HAPPINESS BANNER DAY**

**SPEAKER SERIES**

**PRODUCTION**

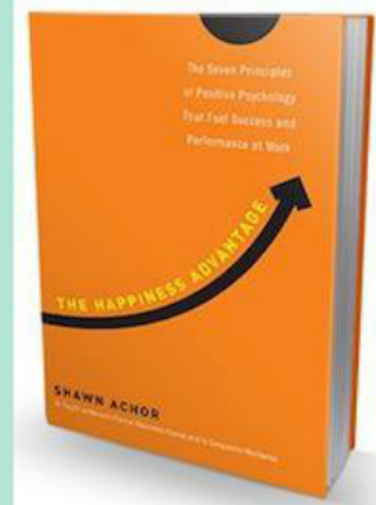
**EMERGENCY COLLECTION**

**HEALTH SCIENCES CENTER HAPPINESS CULTURE**

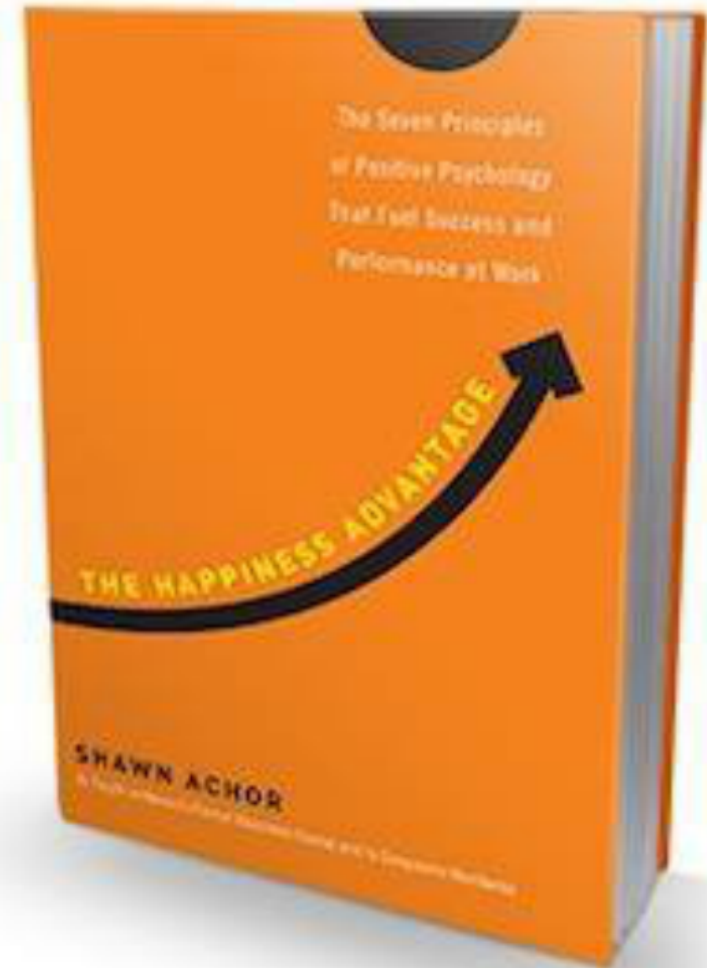
**THE HAPPINESS ADVANTAGE**  
SHAWN ACHOR

"If you work hard, you will be successful and then you will be happy is scientifically backwards. Actually, if you are happy, you will work hard and then you will be successful."

## THE HAPPINESS ADVANTAGE BY SHAWN ACHOR



# THE HAPPINESS ADVANTAGE BY SHAWN ACHOR



# ***THE HAPPINESS ADVANTAGE***

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BY SHAWN ACHOR



# ***THE HAPPINESS ADVANTAGE***

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BY SHAWN ACHOR





# HAPPINESS

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"The joy we feel  
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*Shawn Achor*  
*The Happiness Advantage*





"If you work hard, you will be successful and then you will be happy is scientifically backwards. Actually, if you are happy, you will work hard and then you will be successful."

*The Happiness Advantage*  
Shawn Achor

## ***#1 PREDICTOR***

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One of the greatest predictors of success and performance is our Social Support Network.





**HEALTH SCIENCES CENTER  
HAPPINESS CULTURE**



# HEALTH SCIENCES CENTER HAPPINESS CULTURE

## SEPTEMBER GAME DAY

**"I learned I can have fun with my peers!"**



**"I learned when everyone is together there is a more positive environment."**

**"I learned how to play new games and connect with my fellow classmates and instructors"**



## GRATITUDE TREE



**"Happy Things Bring People TOGETHER!"**

## DECEMBER CELEBRATION



**"Everyone loves a day for connection break for sweets."**

## JANUARY "I HAVE A DREAM"

**"Friendship is everything"**



## FEBRUARY Coloring



# SEPTEMBER GAME DAY

**“I learned I can have fun with my peers!”**



**“I learned when everyone is together there is a more positive environment.”**

**“I learned how to play new games and connect with my fellow classmates and instructors”**



# GRATITUDE TREE



**“Happy Things Bring  
People TOGETHER!”**

# DECEMBER CELEBRATION



**“Everyone loves a day for connecting and a  
break for sweets.”**



# JANUARY

## “I HAVE A DREAM”

**“Friendship is everything”**



# FEBRUARY

## Coloring



**“I learned that it is easy to make new friends and connect with others through coloring.”**

**“A break is important for mental and physical health.”**

# ACTIVITIES TO INCREASE HAPPINESS



OUR

# ACTIVITIES TO INCREASE HAPPINESS



# *MEDITATION*

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You Tube

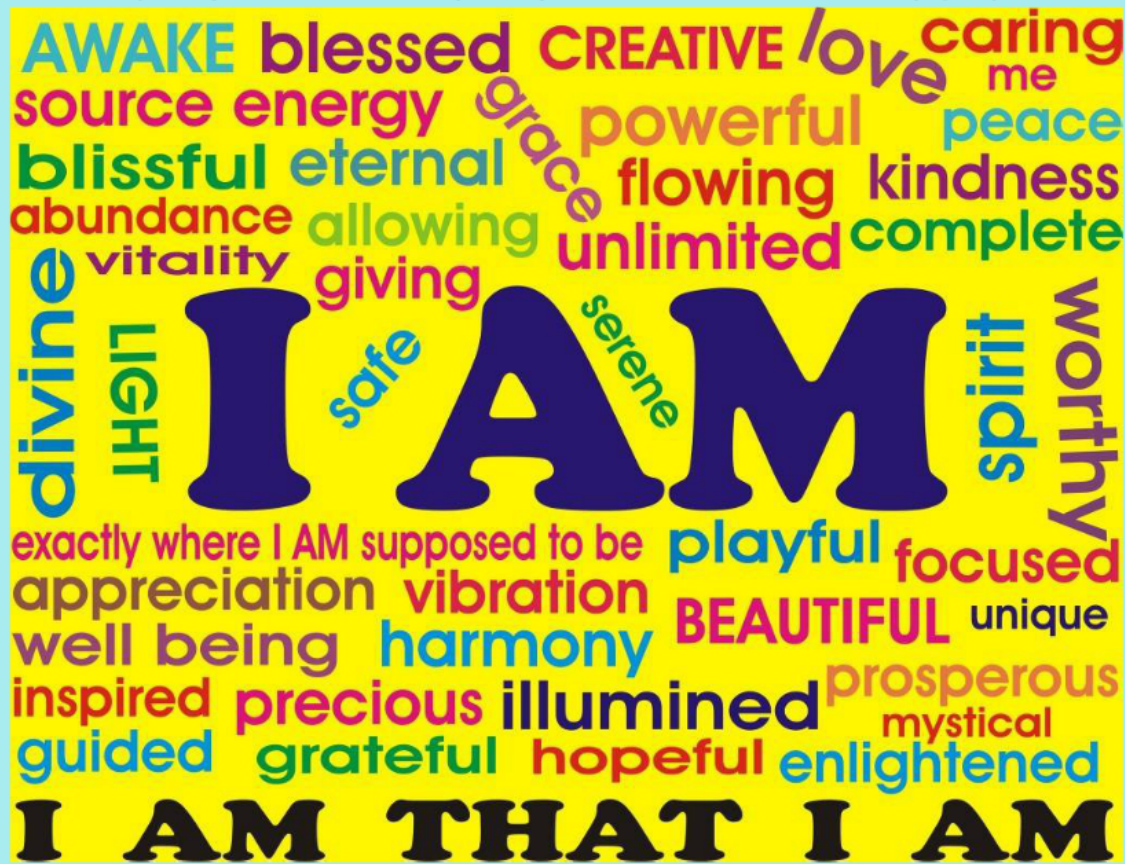
## **CONSCIOUS ACTS OF KINDNESS**

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\*receiving random notes

“I didn't have one on my car, but one of my students did and she loved it! She brought it to class and it's still on display. =) It made them feel great and they wanted to pass it on to others.”

# INFUSE POSITIVITY INTO YOUR SURROUNDINGS



**EXERCISE - DANCING NANA**



**IS THIS YOUR KIND OF MUSIC?**

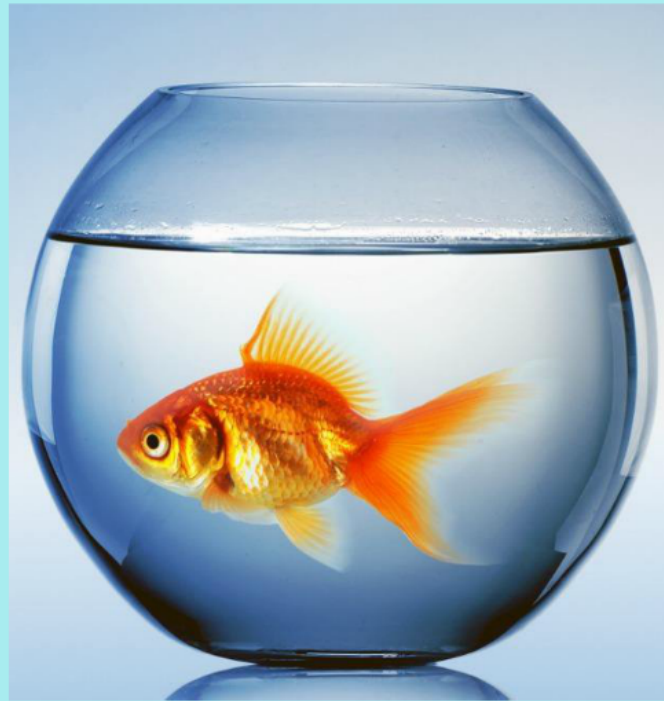




# SIGNATURE STRENGTHS

[www.viasurvey.org](http://www.viasurvey.org)

# **SPENDING MONEY ON EXPERIENCES VS. STUFF**



## 7 Activities to Increase Happiness

1. Meditate – Studies show in the minutes right after meditating, we experience feelings of calm and contentment as well as heightened awareness and empathy.
2. Find something to look forward to – One study found that people who just thought about watching their favorite movie actually raised their endorphin levels by 27%. Anticipating future rewards can actually light up the pleasure centers of your brain.
3. Commit conscious acts of kindness – Empirical studies have shown that random acts of altruism – giving to friends and strangers alike – decrease stress and strongly contribute to enhanced mental health. One activity is to pick one day a week to make a point of committing 5 acts of kindness but do them deliberately and consciously.
4. Infuse positivity into your surroundings – Examples: pictures of your loved ones, or spending 20 minutes a day outside in good weather not only boosted positive mood, but broadened thinking and improved working memory.
5. Exercise – Studies show that 45 minutes of exercise 3 times a week was as effective as an anti-depressant and much less likely to relapse.
6. Use a Signature Strength – Everyone is good at something, each time we use a skill we experience a burst of positivity. The more you use your signature strengths in daily life, the happier you become. To learn your top five strengths, visit [www.viasurvey.org](http://www.viasurvey.org)
7. Spend Money on an Experience (not on stuff) – Contrary to popular belief, money can buy happiness, but only if you use it to DO things as opposed to simply HAVE things.

# QUESTIONS



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