



Moving From Surviving to Thriving

While waiting, send a quick text or email to someone who means a lot to you.*

*People who do this daily strengthen their social connections, the greatest predictor of long-term happiness.





BOUNCE TRAVELS

See the World Differently



Adventurous Travel and Life-Changing Self Discovery

Am I burned out?

- You try to be everything to everyone.
- You get to the end of a hard day at work and feel like you have not made a meaningful difference.
- You feel like the work you are doing is not recognized.
- You identify so strongly with work that you lack a reasonable balance between work and your personal life.
- Your job varies between monotony and chaos.
- You feel you have little or no control over your work.
- You work in healthcare.



Stanford Wellness Model as Framework

3 Reciprocal Domains

Efficiency of Practice: Value added clinical work accomplished divided by the time and energy spent

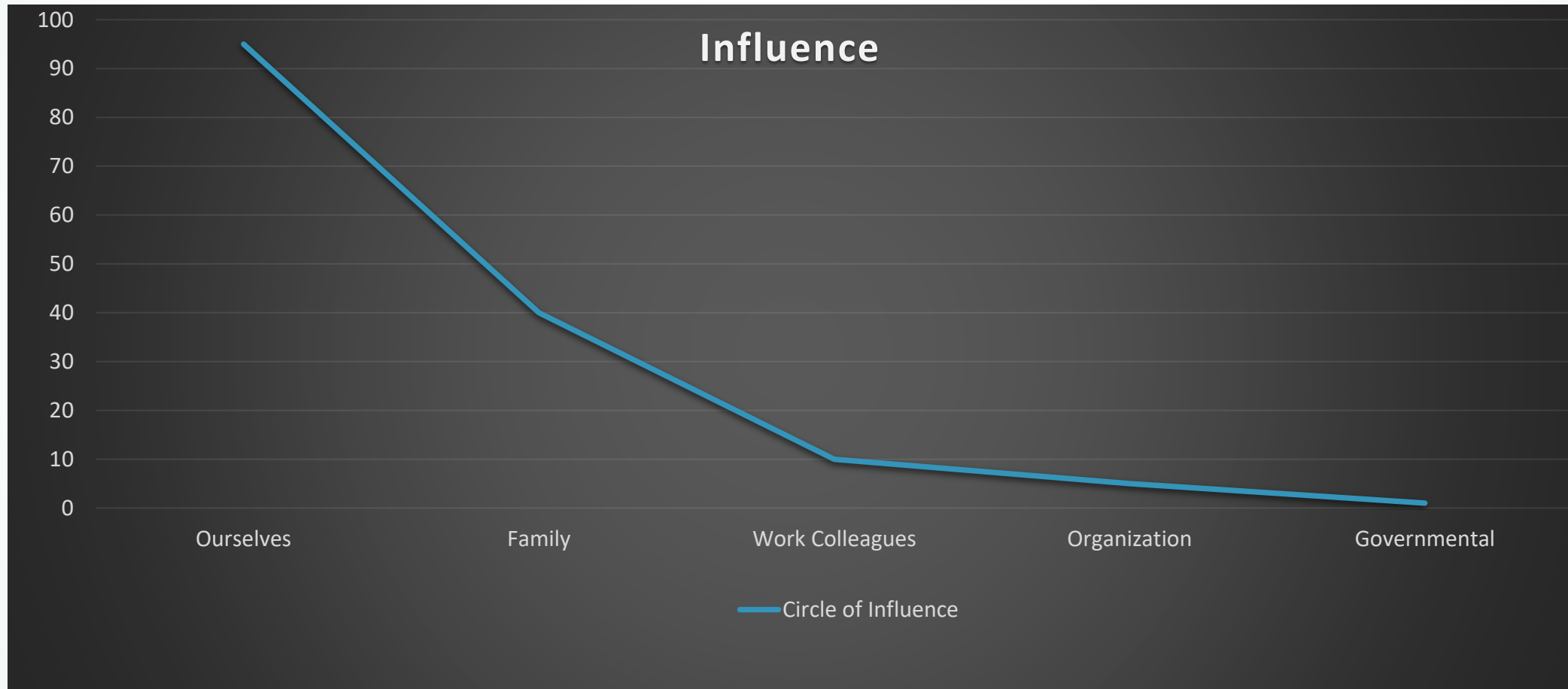
Culture of Wellness: Creation of work environment with values, attitudes, and behaviors that promote self care, personal and professional growth, and compassion for colleagues, patients, and self

Personal Resilience: Skills, behaviors, and attitudes that contribute to personal physical, emotional, and social well-being, including the prevention of burnout



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Power and Control to Change



Gratitude and Relationships

1

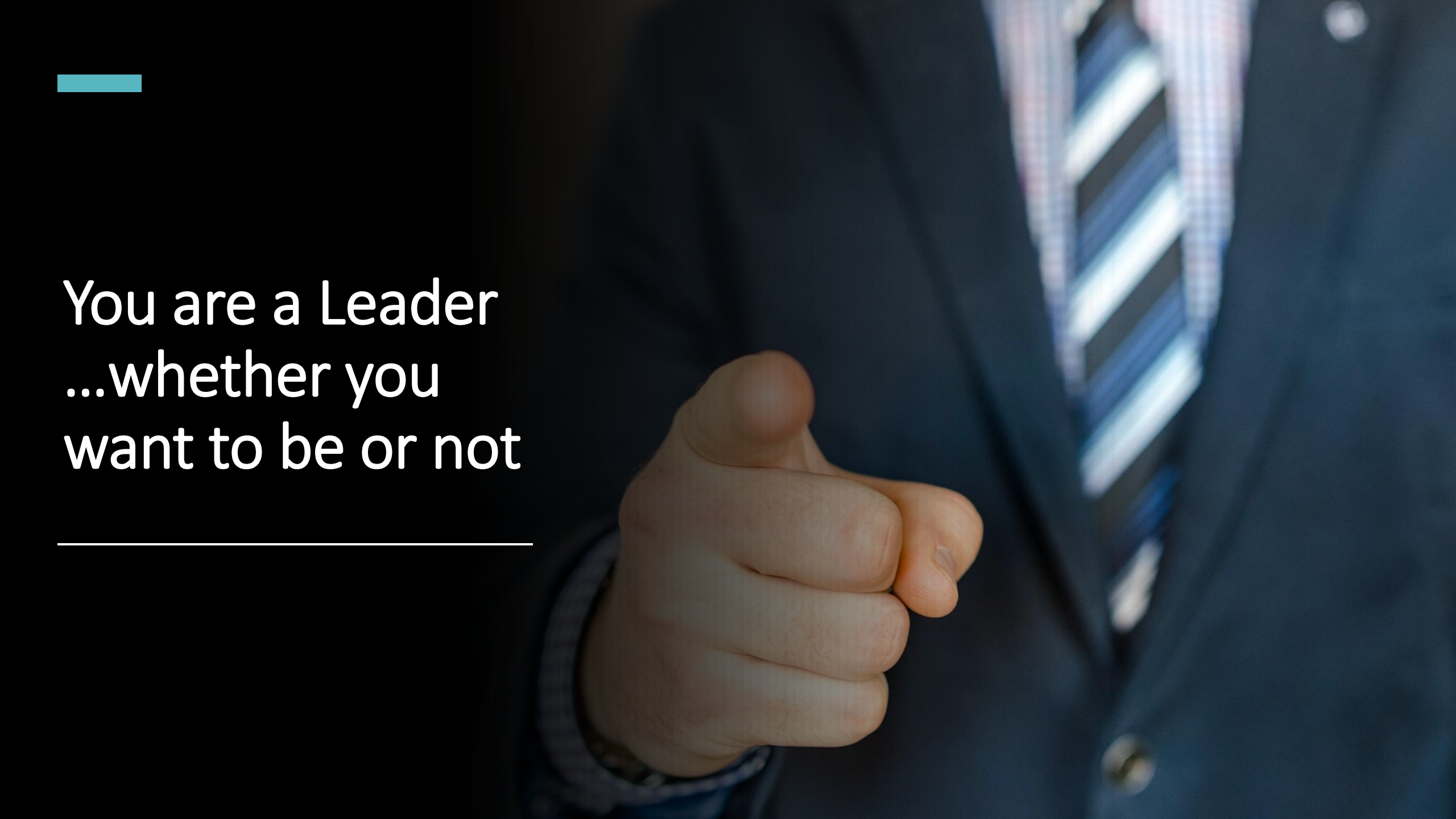
Who is someone who said or did something in your life that maybe you have never properly thanked?

2

What did they do or say that was so meaningful?

3

What would you tell that person about that and how would you thank them?



—

You are a Leader
...whether you
want to be or not



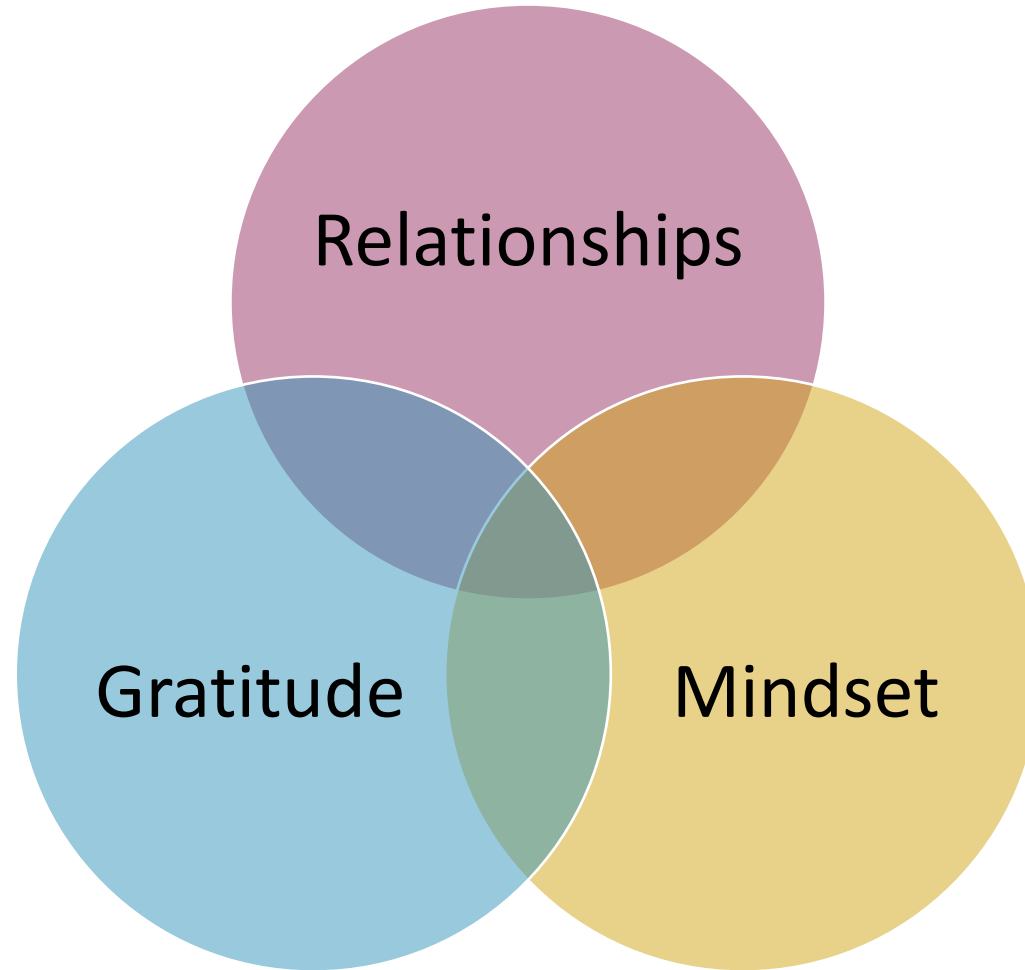
Lollipop Leader

What resonated with you about what Drew Dudley said?

How can you see yourself putting these concepts into practice?

- How many opportunities do we have everyday in to make lollipop moments?
- How can we get better at expressing gratitude to others?
- How can we gracefully accept a compliment?

Happiness...dare I say Joy?



Harvard Study of Adult Development



Good Relationships Keep us Happier and Healthier

Relationships are important!

- Loneliness Kills – 45% increase in early death
 - Air pollution 5%
 - Obesity 20%
 - Alcohol 30%
 - Same as smoking 15 cigarettes a day
- 50% of Americans are lonely
- Talking about loneliness is taboo?
- 4 am Friend Study



Chasing Happiness

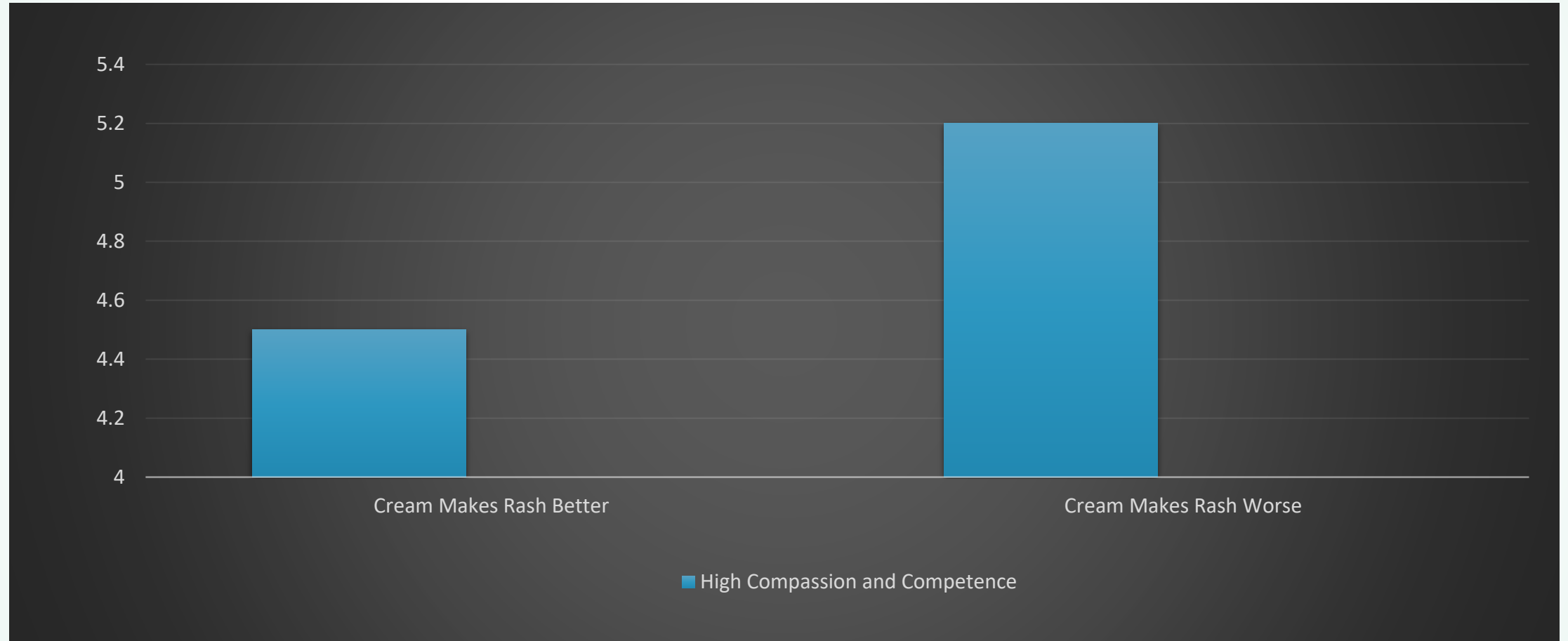
- **We all want it right? How do we get it?**

**Building and Maintaining Quality Relationships
...with Gratitude and Mindset Changes**

Relationships and Mindsets Matter



Relationships and Mindsets Matter

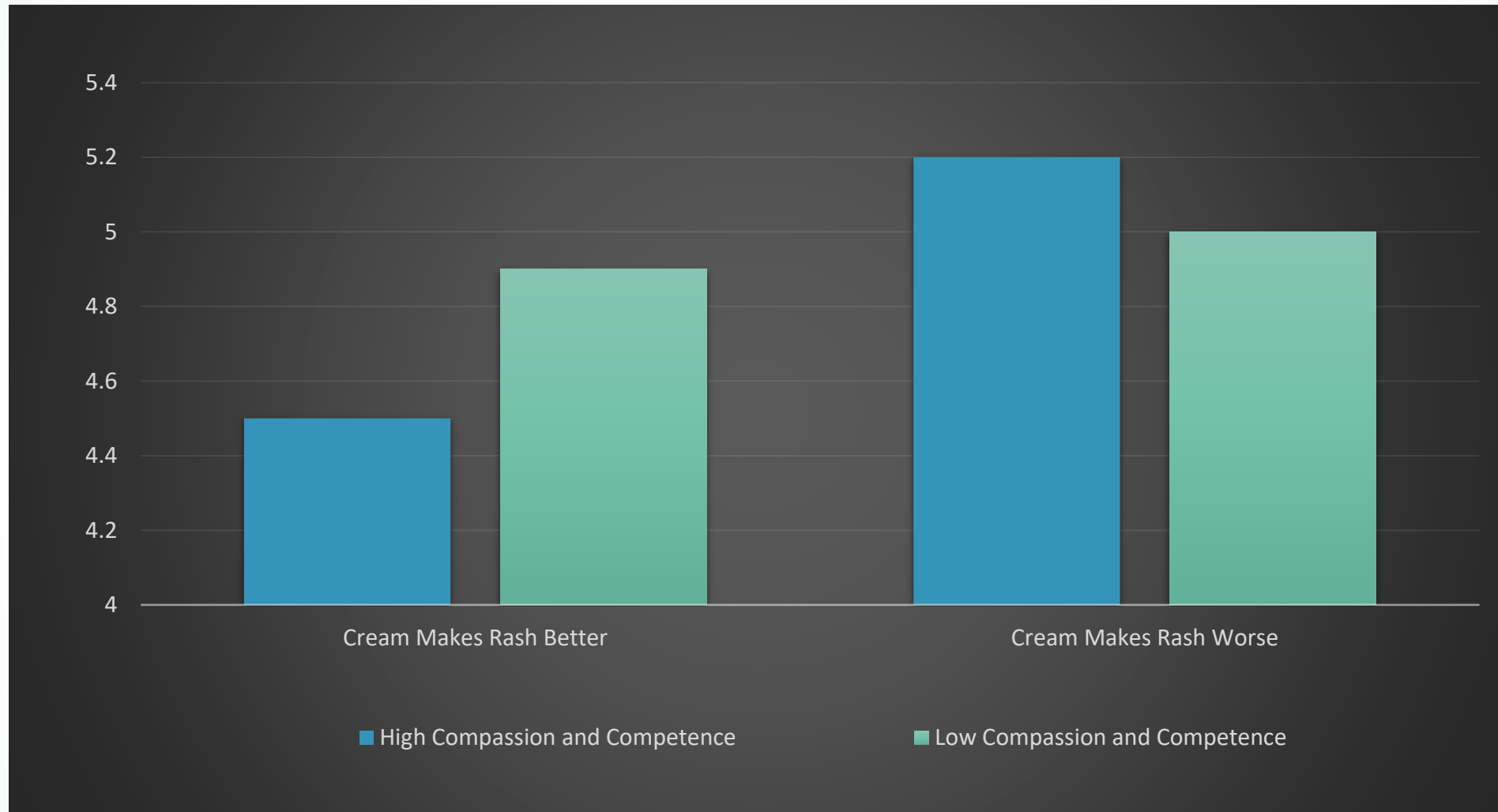


Howe, L.C, Goyer, J.P. & Crum, A.J. (2017, March 9). Harnessing the Placebo Effect: Exploring the Influence of Physician Characteristics on Placebo Response. *Health Psychology*

Relationships and Mindsets Matter

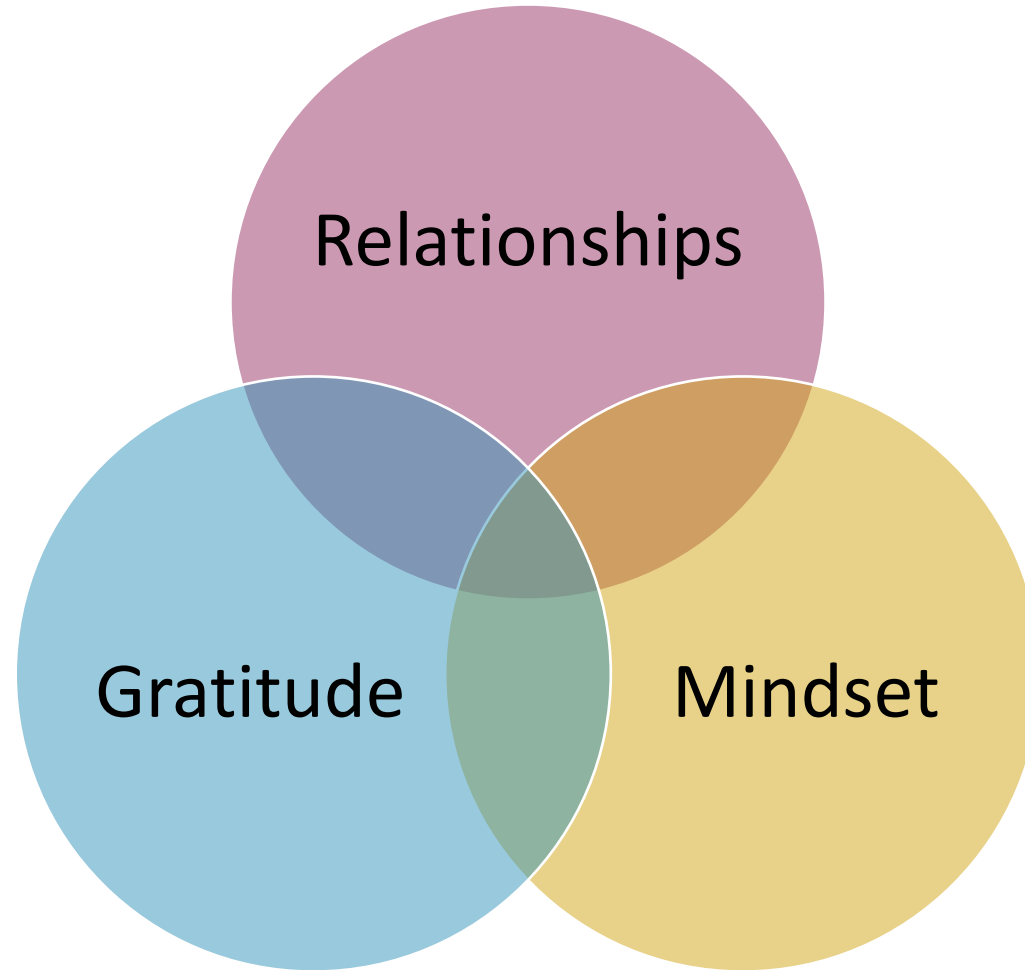


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Happiness...dare I say Joy?

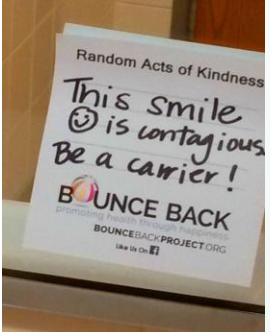
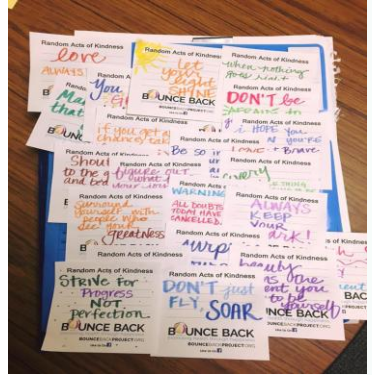


Random Acts of Kindness

“Doing an act of kindness produces the single most reliable momentary increase in well-being of any exercise that has been tested.”

*Dr. Martin Seligman
University of Pennsylvania*

Random Acts of Kindness



Witnessing Random Acts of Kindness



Increases kindness in others



Increases generosity of others



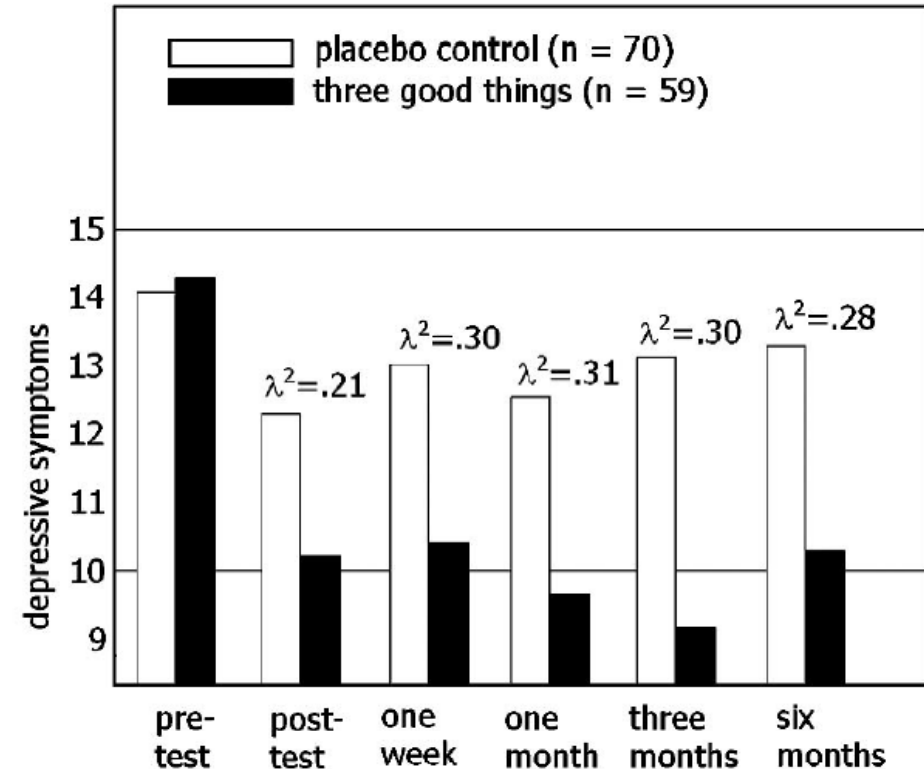
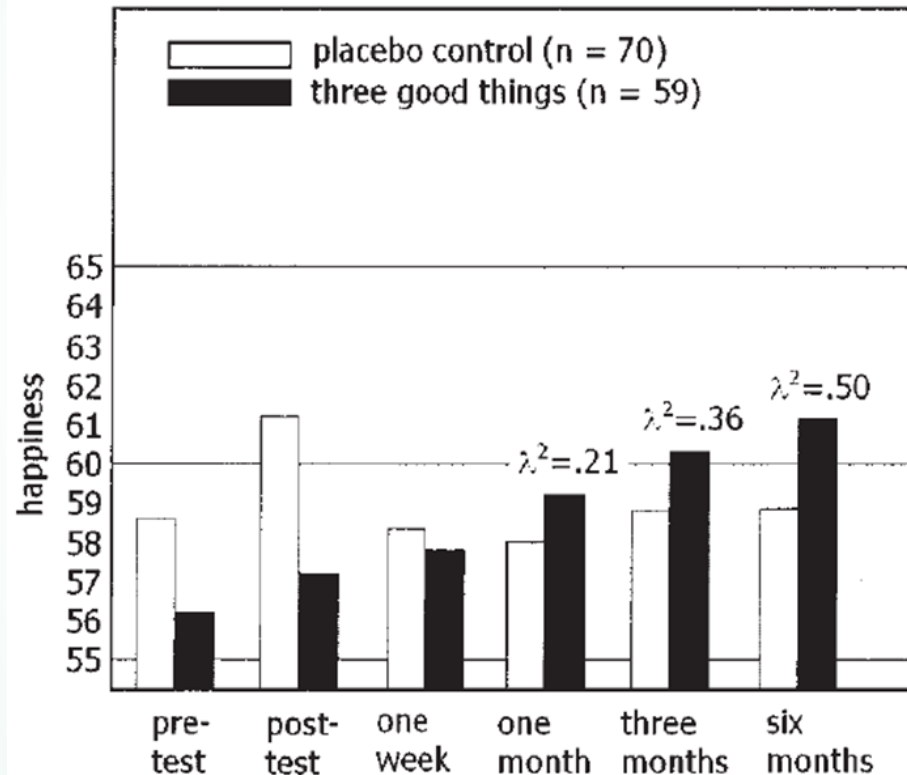
Creates a “peak experience” to be grateful to be alive

Three Good Things



Three Good Things

Seligman, Steen, Park & Petersen, 2005



Gratitude Letters



THE SCIENCE OF
HAPPINESS

Gratitude

- **You now have the opportunity to write a thank-you note to that person you thought about ... right now!**
- **Commit to a phone call or mailing your thank-you note within the next 48 hours**

Gratitude Letters



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. "It is a terrible fight and it will be between two wolves."

"Which wolf will win?"

The old Cherokee simply replied,
One wolf is evil - he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego."

He continued, "The other is good - he is Joy, Gratitude, Serenity, Interest, Hope, Pride, Amusement, Inspiration, Awe, Love, and faith.

The same fight is going on inside you **"The one you feed."** and inside every other person, too."

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

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For more information on
Wellbeing Resources:



“When you are on your path the world conspires to help you.”
-Paulo Coelho