# Positivity and Happiness

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# Questions to answer

* Why is happiness important?
* What determines our happiness?
* Can we be more positive and happy?
* An idea for future positivity and happiness

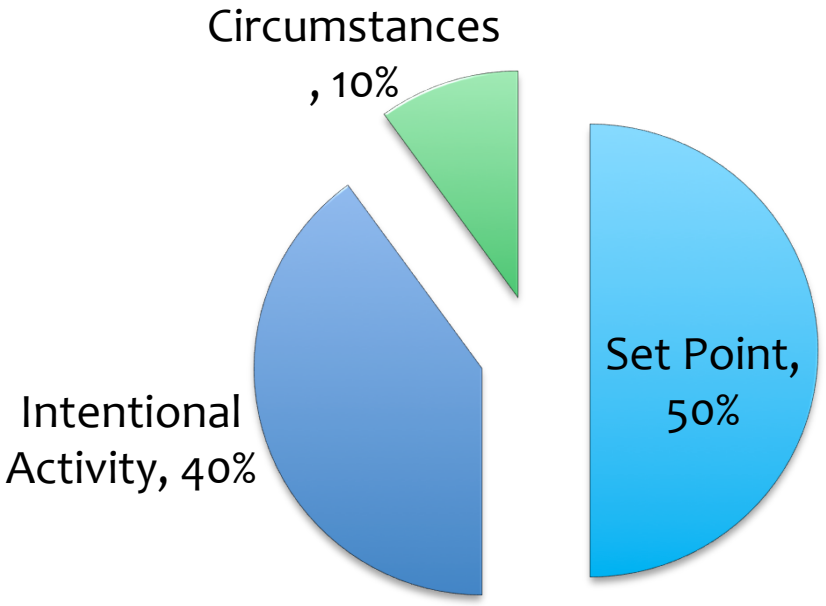
# Why be happy?

* The NHS has lots of doom and gloom at present.
* The evidence suggests that being happy has its benefits.
* It has benefits to us and the people around us including our patients

# Who does not want a happy Doctor?

* More energy
* Superior work
* Better social skills
* Greater self control
* Greater self regulation
* Greater ability to cope

# What determines Happiness?



# Can we change our happiness state?

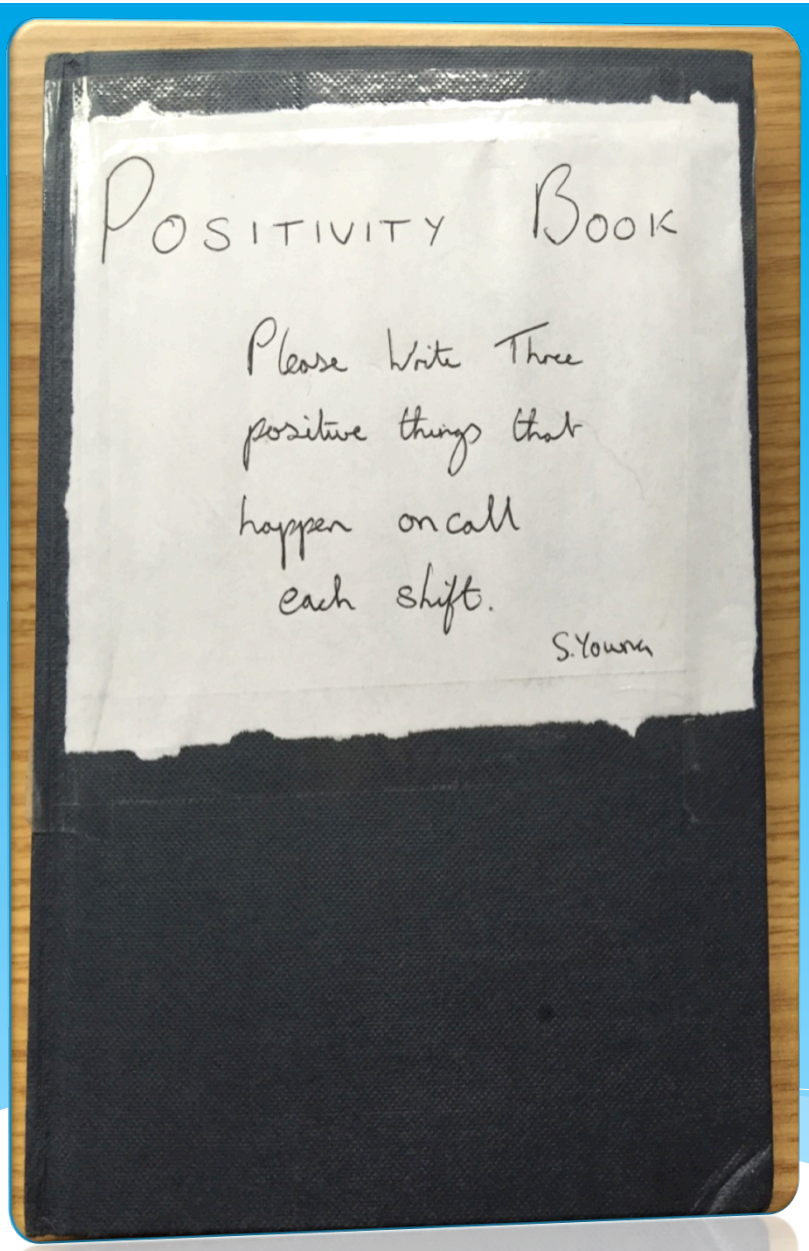
* Yes
* But only by focusing on our intentional activities
* The others are pretty fixed

# We need to focus on Intentional activity.

* Behaviours
  * Exercise
  * Socialising
  * Volunteering
  * Giving to charity
  * Being kind to others
* Cognitive exercises
  * Positive thinking or mindfulness
  * Meditation
* Volitional activity
  * Goal setting and attainment of goals

# With one caveat!
# We need to vary it

* Habitual activity regresses our happiness back to the mean.
* Only by varying our intentional activity can we maintain the benefits.
* Specialism may negate the benefits of helping people in healthcare
* We need to change and try new things, including learn new things.




# An idea for a cognitive exercise

The Positivity book

Write down three positive things each day

The aim is to highlight the good and reframe the negative everyday

# Some examples

* Slim team but managed well
* Poorly patient responded to management
* Outstanding oncall team- coping amazingly well without twilight SHO
* Walked quite fast down the corridor
* Everyone is smiling
* Nurse on ward round today
* Going home on time
* Last compulsory medical registrar on call
* Well supported
* Not 1 over 60min ambulance offload
* Friendly approachable consultants
* Everyone helped me on my first day
* Did some discharged summaries
* I finished on time!
* Very hard working team
* Free chips from the café!
* I got to do a chest drain!
* Good staff levels on the ward at last
* SHO made me coffee and tea
* The ward round ended
* I got to go to clinic
* Heard lots of gossip
* Went to EBUS
* Had teaching on the ward round
* Had a lovely Costa muffin
* Went home on time for the first time in 6 weeks
* AMAU has good team work
* PTWR finished before 9
* Residential home accepted a patient home at 1am
* Jon Snow is alive

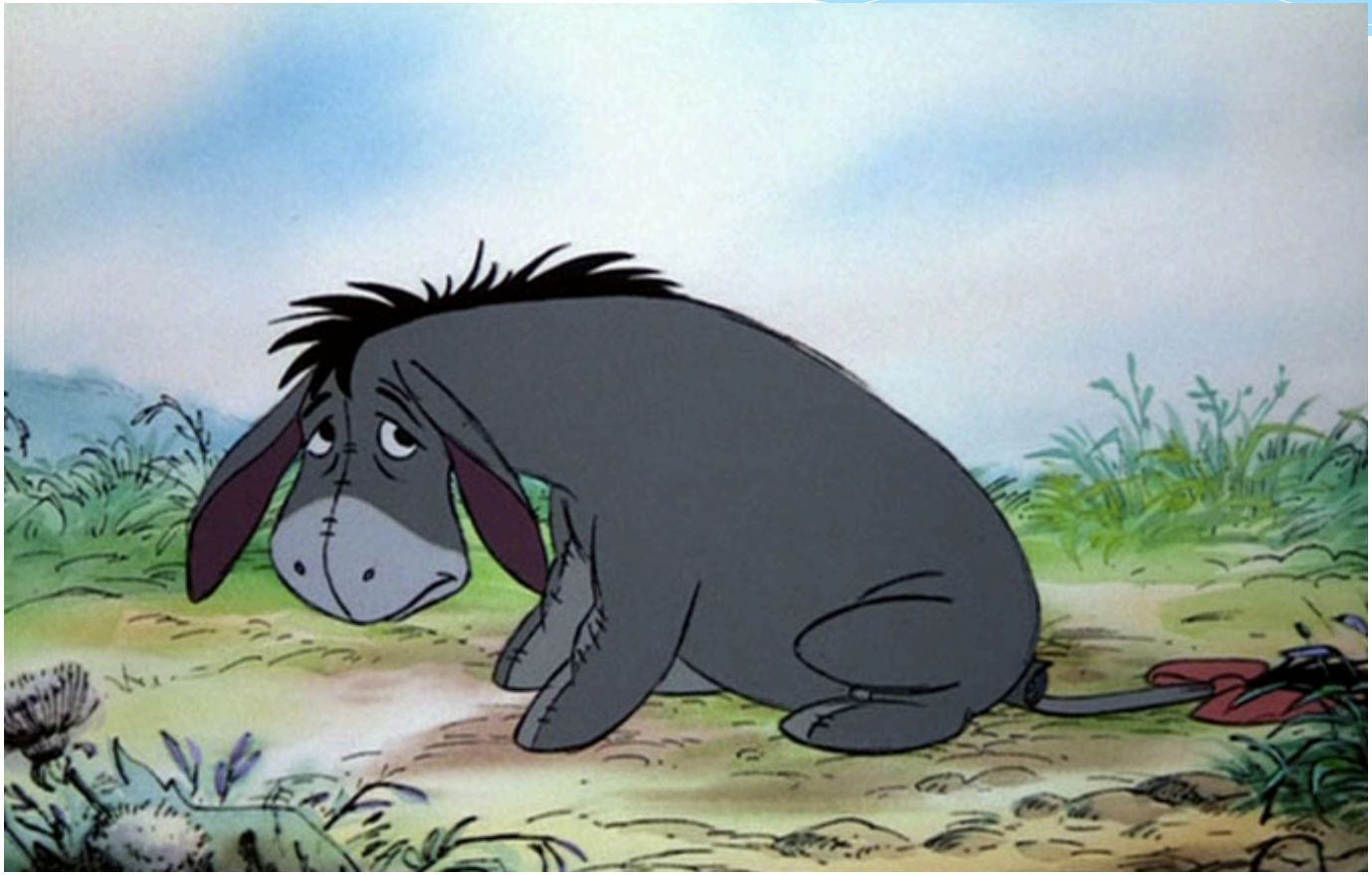
# So what do we do with all this?

* The evidence is weak
* We know that not everyone can suddenly be happy people.
* However maybe we can give people who are unhappy strategies to return to their baseline quicker

# A Challenge

* Try writing three positive things each day for the next month and then review them at the end of each week.
* Try to reframe the negatives
* Work out which are circumstances and which are actions and focus on repeating the actions.
* If your not happy take action and come and find me.

# Don’t be an Eeyore





# Act like a Tigger!

Any Questions?