
WEEK 6

HAPPINESS & CONTENTMENT

The way to happiness is not to worry about anything beyond our control. -
Epictetus

True happiness is: to do good. - Socrates

Remember that human conditions are altogether inconstant, then you will
not be too happy in happiness and too sad in unhappiness. - Socrates

True happiness is to develop one's mind freely. - Aristotle

The meaning of human existence is happiness. - Aristotle

The happiness of your life depends on the nature of your thoughts. -
Marcus Aurelius

Our life is the product of our thoughts. - Marcus Aurelius

HAPPINESS IN THE BRAIN

How happy we feel is widely controlled by our hormones, especially the so-called happiness hormones. Our body produces various happiness hormones: serotonin, dopamine, phenethylamine and oxytocin.

I. SEROTONIN

Serotonin participates in processes in the central nervous system and affects our pain perception, sleep and sexual behavior, and emotional state. Especially when the days become longer and brighter again, serotonin takes over the regimen and provides more verve.

2. DOPAMIN

The experience of happiness is very closely related to the concepts of motivation and reward. There is a special center in the brain, the "reward and motivation system", which ensures that we feel happiness in certain situations. When we experience something beautiful or have mastered a task, it signals us: well done! The happiness hormone dopamine is activated.

„VOLLER ELAN“

REWARD AND
MOTIVATION

"HIGH" THROUGH SPORT
OR BEING IN LOVE

RELATIONSHIPS,
CLOSENESS,
BELONGING AND
EMPATHY

3. PHENETHYLAMINE

The hormone phenethylamine is responsible for our feelings of pleasure and happiness. Its release can have both physical and psychological causes. Long endurance training, for example, releases phenethylamine and leaves the athlete with an intoxicating feeling of happiness. But phenethylamine is also at work in the emotional roller coaster of "falling in love." It promotes typical symptoms such as tingling in the stomach, palpitations and concentration problems.

4. OXYTOCIN

Oxytocin is primarily known for its effects on the mother-child relationship. It promotes the induction of labor during childbirth and the release of milk during breastfeeding. Other effects seen in both women and men include reducing anxiety and stress, promoting general well-being, and increasing cognitive empathy or social competence.

WHAT DO YOU **NEED** TO BE HAPPY??

(Be specific)

WHEN DO YOU WANT TO BE HAPPY?

(Answer spontaneously)

ELEMENTS OF HAPPINESS

50% genetic

10% external circumstances

40% conscious actions that we can control ourselves:

The interpretation of experiences

The neurobiological filter

Source: Sonja Lyubomirsky and Jane Gilgu

EMPATHY

Empathy is the ability to recognize, appropriately interpret, and deal with one's own emotions and the emotions of others.

Cognitive empathy: The understanding

Emotional empathy: Feeling

Self-empathy - inward perception

HOMEWORK WEEK 6

HOME PROGRAM

Choose 2-3 office yoga exercises and perform them. Then sit down and practice a breathing exercise for 2-3 minutes followed by 3 rounds of coffee breathing (20 dynamic breaths each).

Finally, enjoy this week's meditation; **the kindness meditation.**

TWO MANDATORY TASKS:

RANDOM ACT OF KINDNESS

An important task for this week is that you do a „random act of kindness“. This means that you do something kind, which is *unexpected*, to someone for no reason and without expecting anything in return. Examples: Write a real letter to someone, be generous with compliments throughout a whole day, bake a cake for colleagues, send flowers to someone. (Be creative!). Afterwards, think about what this exercise is good for.

GRATITUDE DIARY

Fill out a gratitude diary every day (template next page). You can use the template, an app, a booklet or whatever you like. In the evening, think about what was nice about the day. It doesn't have to be anything big and it can be the same thing every day (a conversation, an appointment, the weather, a smile of a stranger, the coffee, little traffic jam or or or ...). The important thing is that you had a FEELING of satisfaction or gratitude when it happened or have that feeling, when you write it down in the evening.

my Gratitude JOURNAL

WEEK OF _____

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I am grateful for

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Wednesday

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Friday

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Weekend

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i'm looking forward to...

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