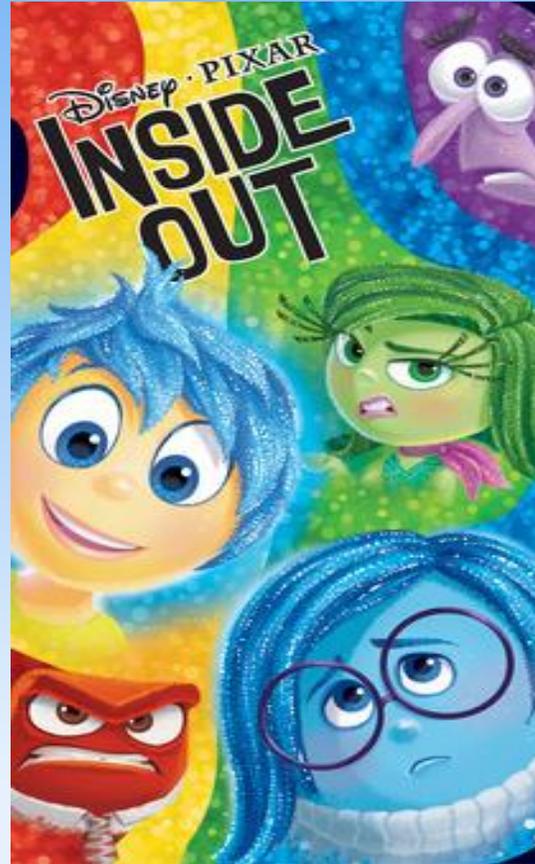


# The Science of Happiness



**Leadership Strategies for Success in Difficult Times**

# PERMISSION TO BE HUMAN

- **The paradox**

**“Those who don’t know how to weep with their whole heart don’t know how to laugh either.”**

**Golda Meir**

- **Not about resignation**
- **Active acceptance**

# Dealing with Stress

It's *time* to de-stress

Stress can cause all sorts of problems as well as having a major impact on health but there are ways to reduce it. *Darren Danks* helps us chill out. . .

## The Alarming, Long-Term Consequences of Workplace Stress

Health problems associated with job-related anxiety account for more deaths each year than Alzheimer's disease or diabetes.

The Job Stress Epidemic Is Making Us Sick

'Stress, fast-paced life can cause thyroid problems'

Is all that stress killing you?

Probably.

By Sam Ward, USA TODAY

The high price of workplace stress

'Creating a culture of health' goes beyond insurance, sick days

The stress 'epidemic' at work

by DARREN BEHAR, Daily Mail

Stress at work is spiralling out of control, with many employees in danger of completely burning out, it was claimed yesterday.

A survey warned that one in four of those in professions such as teaching, social work and the police are suffering from serious stress. In other occupations up to 15 per cent of staff have problems.



# Stress is not the problem...

## ... Lack of recovery is the problem

### Energise with multi-level recovery

**MICRO** (minutes, hours)



**MEZZO** (nights, days)



**MACRO** (weeks, months)



# Relationships

- **#1 predictor of happiness**
- **#1 predictor of health**
- **Deep relationships (vs. superficial)**
- **Listening**

# GIVING

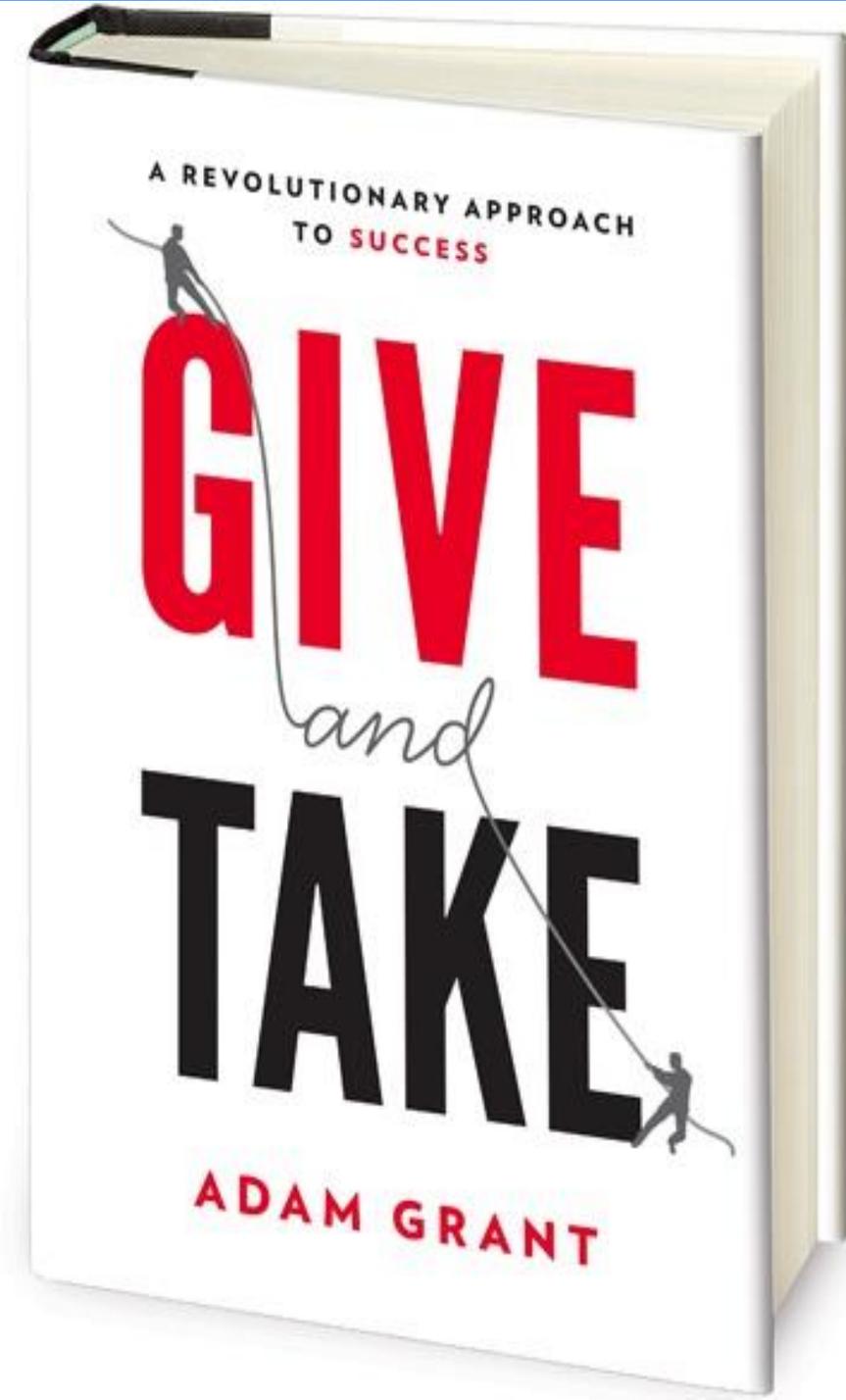
Givers

Takers

Matchers

נ ת נ

NATAN



# Performance

Top

**Givers**

Middle

**Takers**

**Matchers**

Bottom

**Givers**



**“Caring for others based only on your sacrifice doesn’t last. Caring must also feed you.”**

**Dalai Lama**

# Gratitude

- **Daily/weekly journaling**
- **Progress**
- **Writing a letter**
- **Positive future**

**When you appreciate the good,  
the good appreciates.**

**"On Monday, don't tell me how great it was; tell me what you're doing differently."**

PETER F.  
**DRUCKER**

*"His writings are landmarks of the managerial profession."  
—Harvard Business Review*

THE  
**Effective  
Executive**

The Definitive Guide to  
Getting the Right Things Done

*Peter F. Drucker*

**Q&A**