



KARUNA
HEALING

Compassion • Empowerment • Balance

A Rising Tide Lifts All Ships:
Building Resiliency and Creativity

For generations, we have been told:

Hard Work => Success => Happiness

Over the past decade, new research has proven that:

Happiness => Creativity => Success

"Your brain at positive is 31% more productive than your brain at negative, neutral, or stressed." (Shawn Achor)

When we are anxious, worried, or stressed, our brain shifts to a **reactive** state (fight/flight/freeze) which causes a surge of adrenaline or cortisol to prepare us to cope with whatever danger or *perceived danger* we are facing.

When these hormones are surging consistently due to chronic stress, we are left feeling wired and anxious because we are not using up the chemicals flushing through our body. This buildup of adrenaline and/or cortisol leaves us on the lookout for potential threats, keeping us in a state of hypervigilance.

This can cause our mind to be on alert, constantly scanning our world for negative situations and circumstances.

You have to TRAIN YOUR BRAIN to be positive!!!

90% of our happiness depends on how we react to the external world

- (1) Spend two minutes at the end of your day recalling **three NEW things that you are grateful for** – *This trains your brain to scan the world in a new pattern, scanning for positives instead of threats.*
- (2) **Journal** about one positive experience from your day – *The act of writing and reflecting reinforces the positive effects of that experience.*
- (3) **Exercise** for 15 minutes a day – *Just move, whether walking, biking, dancing, or more formal activity. Because just 15 minutes a day teaches your brain that **what you do matters.***
- (4) **Meditate** for at least 3 minutes a day – *Meditation requires zero training or experience. It is simply sitting in a quiet place without distraction, closing your eyes, and focusing on your breath.*
- (5) Every day, complete **random acts of kindness** – *This increases our connection with others. When we are stressed or overwhelmed, our tendency is to isolate and our connections with others are often the first thing to go.*

(Achor, Shawn. The Happiness Advantage: The Seven Principles of Positive Psychology That Fuel Success and Performance At Work. First edition. Broadway Books, 2010.)

Perfectionism VS. Optimalism

"We can only learn to deal with failure by actually experiencing failure, by living through it. The earlier we face difficulties and drawbacks, the better prepared we are to deal with the inevitable obstacles along our path." (Tal Ben-Shahar)

Perfectionist	Optimalist
Journey as a Straight Line	Journey as an Irregular Spiral
Fear of Failure	Failure as Feedback
Focus on Destination	Focus on Journey AND Destination
All-or-Nothing Thinking	Nuanced, Complex Thinking
Defensive	Open to Suggestions
Fault Finder	Benefit Finder
Harsh	Forgiving
Rigid, Static	Adaptable, Dynamic

(Ben-Shahar, Tal. [2009] *The Pursuit of Perfect – How to Stop Chasing Perfection and Start Living a Richer, Happier Life.* USA: McGraw Hill)



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