



# **Achieving lasting happiness and joy in today's busy world**

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# The Great Quest or the Great Contradiction



# Happiness macronutrients

- Enjoyment
- Satisfaction
- Meaning



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“Recipe  
book”



An example...

**Dick Van Dyke**

# Happiness equals health

The happiest time of life can be as you get older: and positive thinking can help you age better.

With being positive, comes behaviours that contribute to better physical health

Example: Patsy Mundie, aged 102 from Edinburgh



Image by Peggy\_Marco from Pixabay

# What it isn't

## Junk happiness



## The 'want' brain

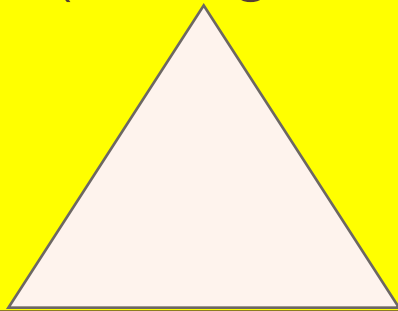


# The Triangle of Happiness

**Alignment** (the person you want to be & the person you are, are the same)

**Be at peace** (you are at peace with yourself & your decisions)

**Control** (nothing overwhelms you)



**Some ideas.....**

- Define yourself.
- Identify your happiness habits.
- Write your own happy story.
- Self-talk
- Seek out opportunities to be with others

# Intentional activities -levers for change

- devoting time to friends and enjoying these relationships
- expressing gratitude for what they have and do
- offering a helping hand to others
- savouring life's pleasures
- practising optimism
- committing to life-long goals and ambitions
- having strategies and strength to cope in adversary



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# Happiness v Joy

## Happiness

- Allows feelings like pleasure, contentment
- Temporary
- Outward elation
- Fosters a positive mindset

## Joy

Extreme happiness and pleasure  
Lasting peace  
Does not need to be about you  
May involve feelings of spirituality

# Why Joyspan is the secret to thriving and ageing well

- **Lifespan** = the years we are alive on the planet.
- **Healthspan** = keeping ourselves healthy during our lifespan.

One thing is missing. In this emphasis on *quantity* of years, we've overlooked *quality*!

- **Joyspan** focuses on the quality of our lives, i.e. the small, everyday habits and mindset that we adopt.



# The 4 components of Joyspan

Grow

Connect

Adapt

Give



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# Growing with joy: curiosity keeps you young

Growth is the desire to explore and learn new things

Stagnation on the other hand leads to boredom and a sense of no purpose.

2 questions  
to consider



# People who connect put time and effort here

Deep social connection  
improves mental and  
physical health outcomes

Who are the people in your life you  
feel most connected to? Why?



# Adapting is learning to be resilient in the face of life's challenges

**Adjusting**

**Adapting**

**Accommodating**

**Coping**

**Managing**

How do you typically respond to unexpected change in your life?

# Giving: the joy of generosity

If you woke up tomorrow and had a magic wand with the power to change two things immediately.

What would you change?



Even small acts like listening or offering encouragement expand Joyspan

**“It was only a sunny smile and it cost little in giving; but it scattered the night like morning light”**

**(F. Scott Fitzgerald)**



Lifespan adds years to your life.

**Joyspan** adds life to your years.

If you want to thrive and be happy for many years to come, you need both.

So the question for today is:

*What are you doing to protect and grow your Joyspan?*

# Take away message

Go on holiday every day. Holidays allow us to zoom out of the day to day. They offer an opportunity to get a perspective on life A mental calmness and reflection. A small protected space for mental stillness. Maybe on your own or with other people, but a space for intentional practice.

Treat yourself to this!

Thank you!



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