

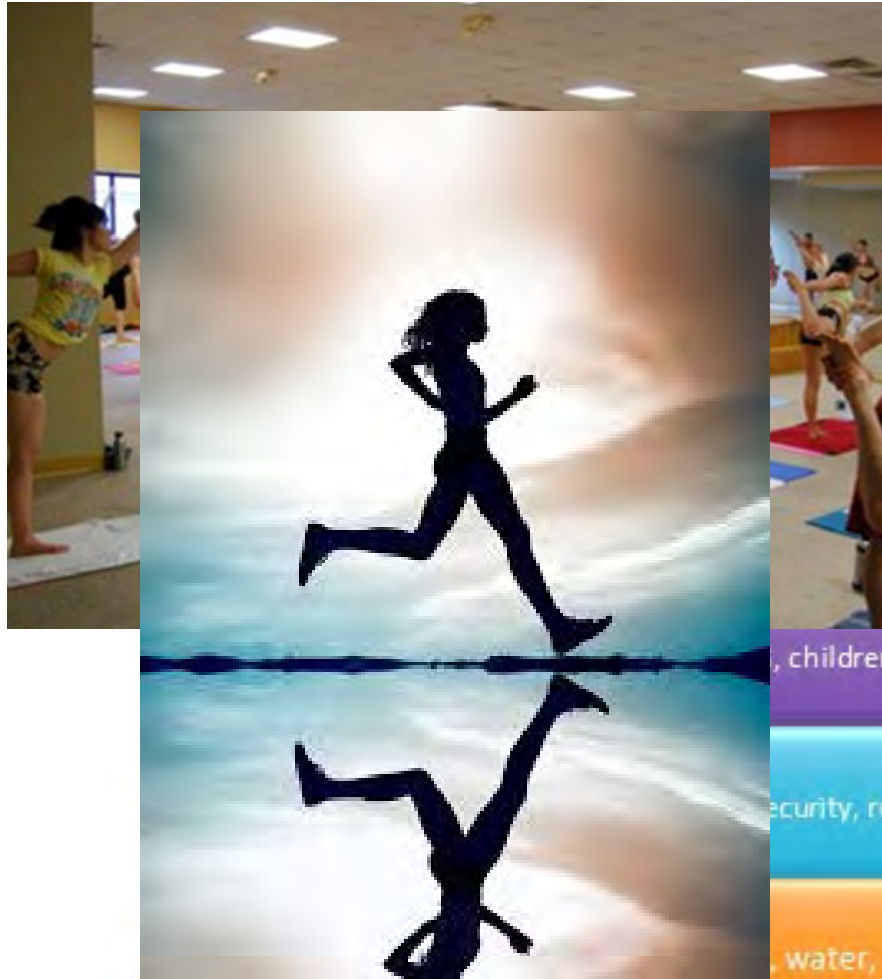
# Authentic Happiness: People, Place & Purpose

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# The Search for Wellness



**NOT FOR SCHOOL BUT  
FOR LIFE**

**we learn**

- Seneca

# What is **Human Ecology**?

**A multidisciplinary applied field that focuses on the interrelationships between humans and their **natural, social** and **built** environments.**

# Ego You v. Eco You



# Ego You v. Eco You

Eco You recognizes that the **self is embedded** in a web of ever-evolving interconnected networks

A background collage of various life forms, including humans, animals, and plants, rendered in a light gray, semi-transparent style. The collage is scattered across the page, with some elements appearing larger than others, creating a sense of a diverse and interconnected ecosystem.



NICK DOWNES

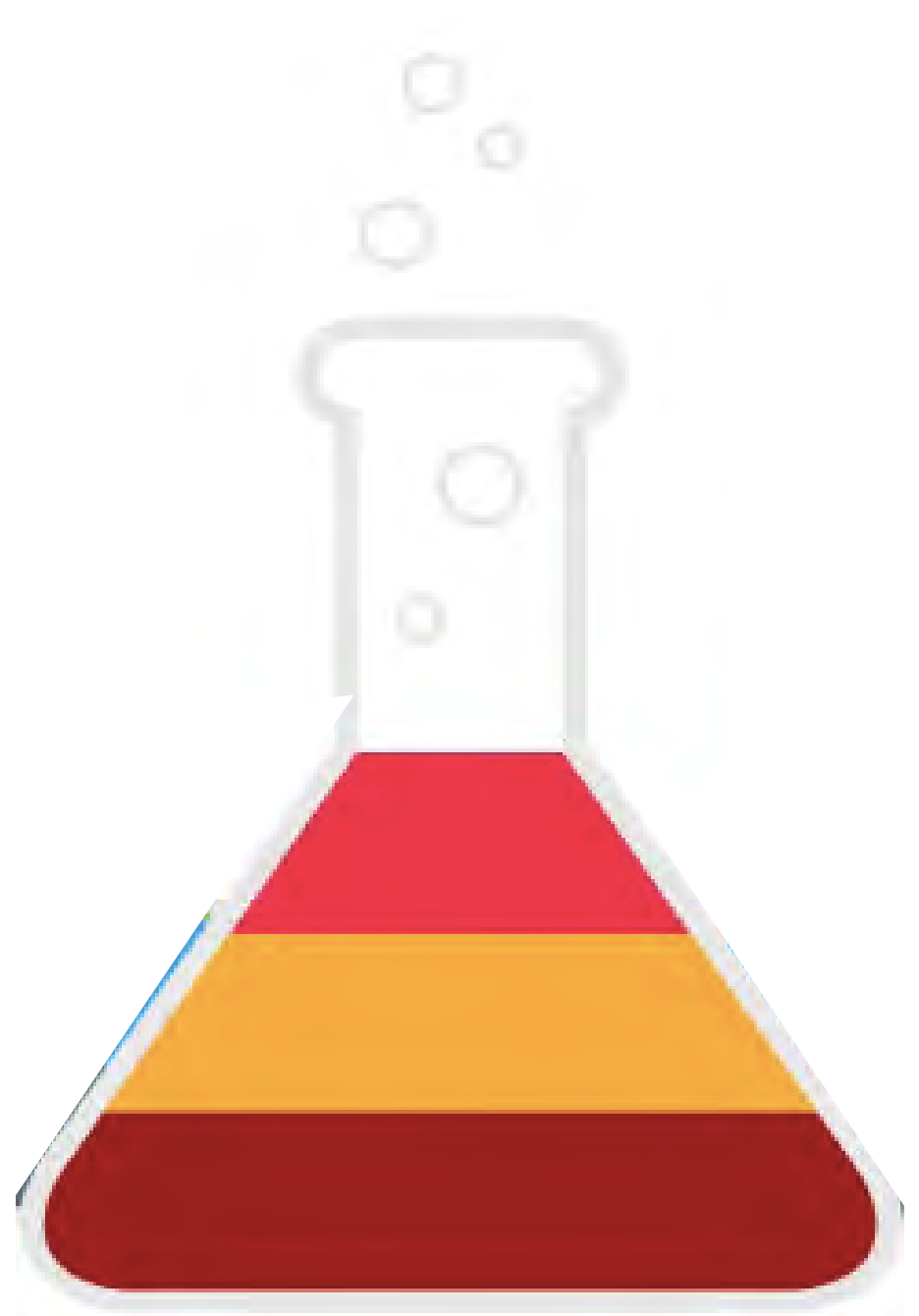
*"The self-help section—could you lead me there?"*

# A Formula for Wellness

Purpose

Place

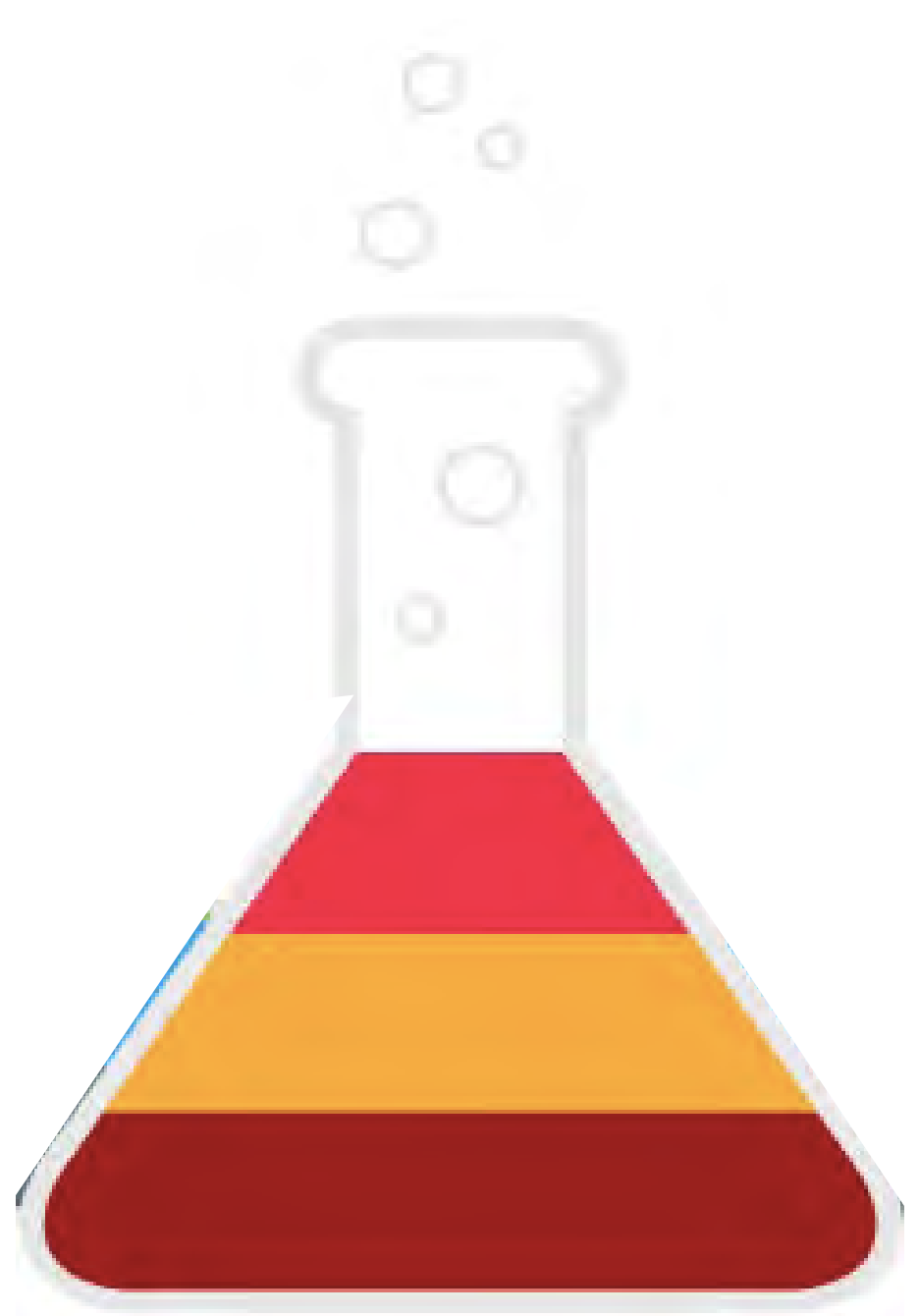
People





A Formula for  
**Wellness**

**People**



# The Secret to Happiness

Harvard's 75-Year Study Reveals The Secret To Living A Happy Life. And Here It Is.

## What Makes Us Happy?

Is there a formula—some mix of love, work, and psychological adaptation—for a good life? For 72 years...

**The 75-Year Study That Found The Secrets To A Fulfilling Life**



Independence is important for  
our nation... but  
**interdependence** is what  
brings us increased happiness.

# The Franklin Effect

He that has once  
done you a kindness  
will be more ready  
to do you another,  
than he whom you  
yourself have obliged.

– Benjamin Franklin



- **Borrow something.**
- **Solicit some advice.**

*But whatever you do, make your requests in person.*

# Do you like having choices?

Of course you do.

Because without choices, we move into **learned helplessness**, which impacts motivation, learning and leads to depression.

# Choice v. Commitments: Find Your Balance

What second-order decisions can you make today to free yourself up for more happiness?

- Education
- Relationships
- Commuting
- Career



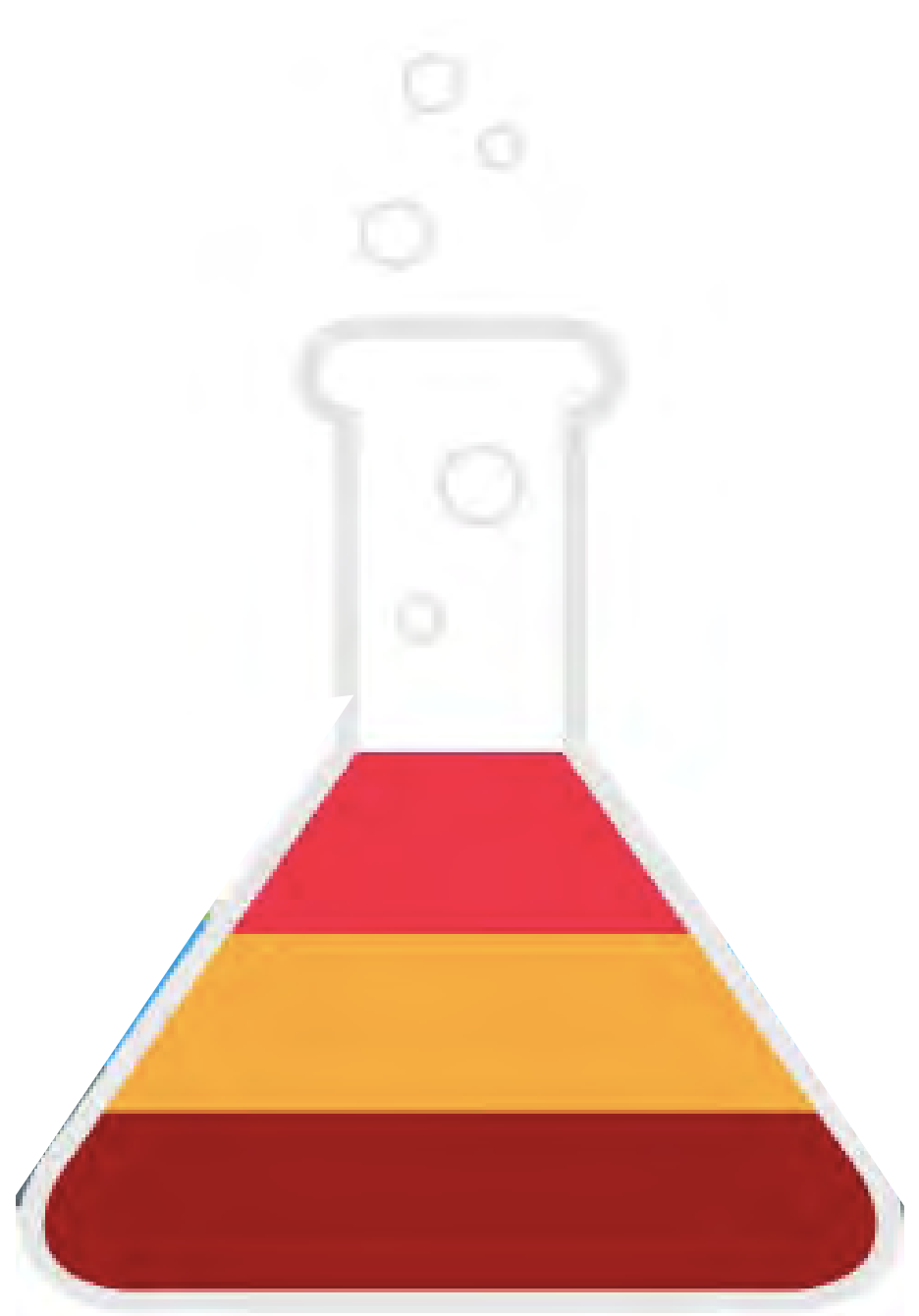
# Everyday Relationships

- Don't send that email: Walk over and talk to someone at work, face to face
- Put the Franklin Effect into action: Small favors build deeper relationships
- What are your second-order decisions – and how can they guide you toward investing your time in the relationships that matter most?



A Formula for  
Wellness

Place







## Biophilia: Green is Good

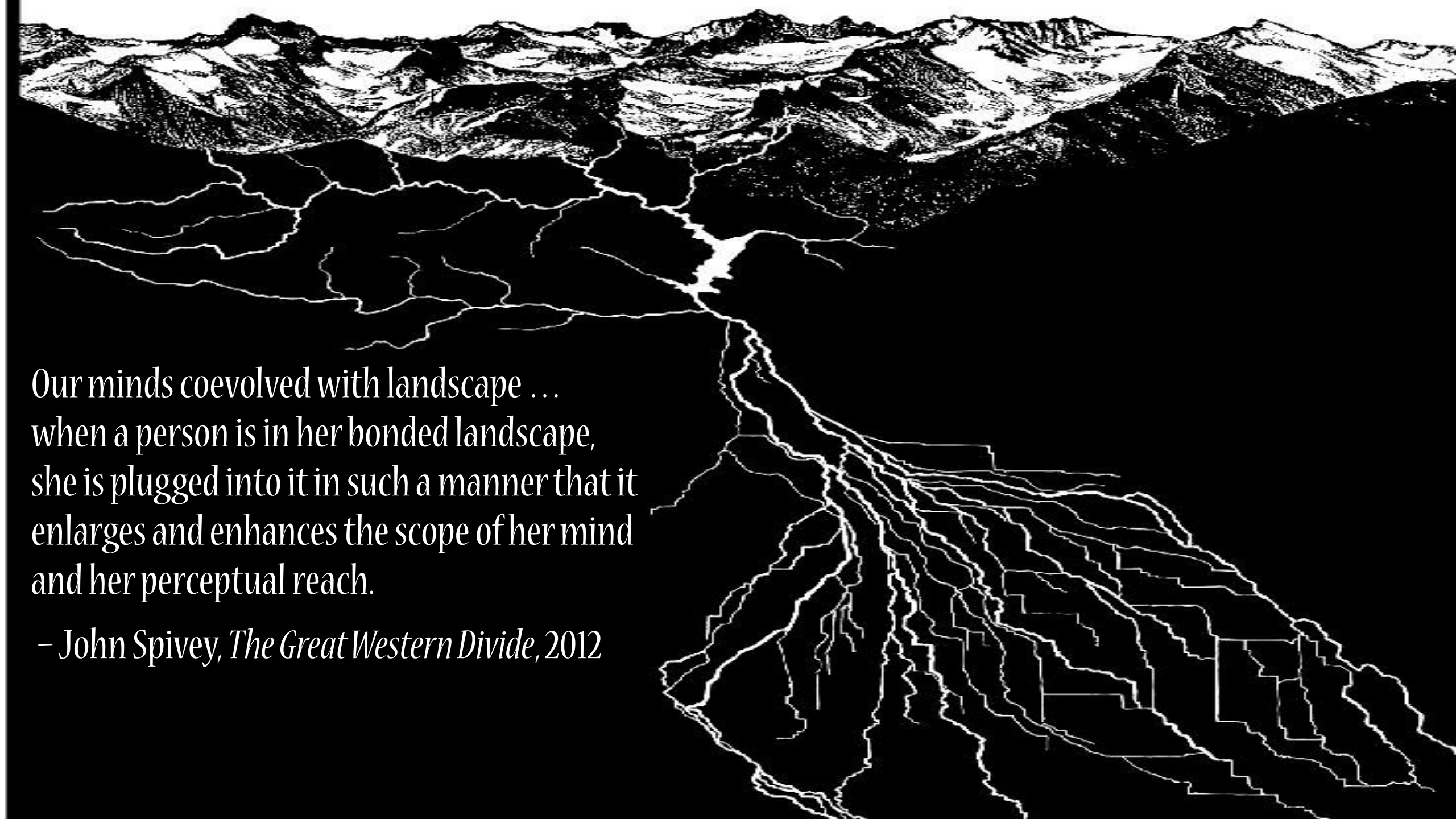
- Faster stress recovery
- Lower blood pressure
- Fewer need for painkillers post-op

# Querencia

The deep sense of **inner well-being** that comes from knowing a particular place on the Earth.

The place from which you **draw strength**.





Our minds coevolved with landscape ...  
when a person is in her bonded landscape,  
she is plugged into it in such a manner that it  
enlarges and enhances the scope of her mind  
and her perceptual reach.

– John Spivey, *The Great Western Divide*, 2012

Where do you find  
querencia?

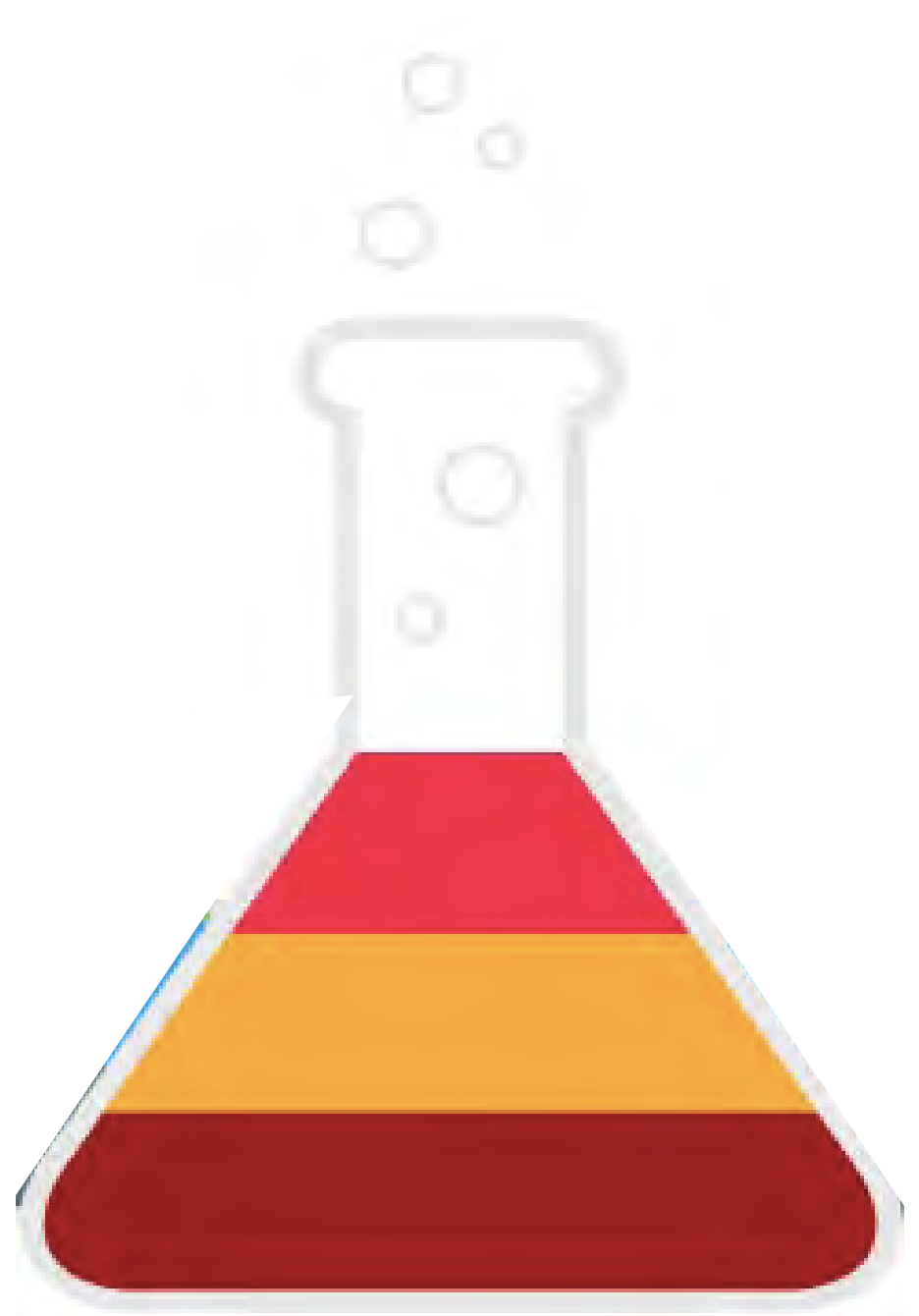
# Everyday *Querencia*

- Find some green each day – and embrace the biophilia research!
- Add a reminder of that special place to your office – a photo on your lock screen, a framed picture, a small ornament
- Make a pilgrimage – on your own, and with the people you love
- Music can be evocative, as can smells – even a candle, or a special soap can take you back



A Formula for  
Wellness

Purpose







Purpose



Agency



Life Satisfaction

**Purpose** is linked to positive health outcomes:

- ✓ Better sleep
- ✓ Fewer strokes & heart attacks
- ✓ Lower risk of dementia
- ✓ Lower risk of premature death



Purpose



Agency



Life Satisfaction

**Purpose** is linked to **preventative health measures**:

- ✓ **More likely to embrace preventative health services (mammograms, flu shots)**
- ✓ **Lower levels of pro-inflammatory gene expression**



**Strengthen your  
sense of purpose**

excellence  
work life balance  
rules honesty trust  
integrity quality service  
ethical teamwork faith growth  
innovation success openness achievement  
quality  
conduct collaborate personal growth  
accountability consistency  
organisation participation commitment correctness



What are your  
gifts and  
strengths?



Because I value \_\_\_\_\_,

\_\_\_\_\_ and \_\_\_\_\_

I will use my gifts for \_\_\_\_\_,

\_\_\_\_\_ and \_\_\_\_\_

to positively impact \_\_\_\_\_,

\_\_\_\_\_ and \_\_\_\_\_

Because I value relationships , perseverance and creativity

I will use my gifts for translating research, making connections and organization

to positively impact the lives of my children, my students and the broader public.



## **Purpose-Based Commitments:**

Stepping Stones to  
Purposeful Living





**This is gonna be you.  
Smiling at the gym.  
Looking strong AND  
sexy AND effortless ...**

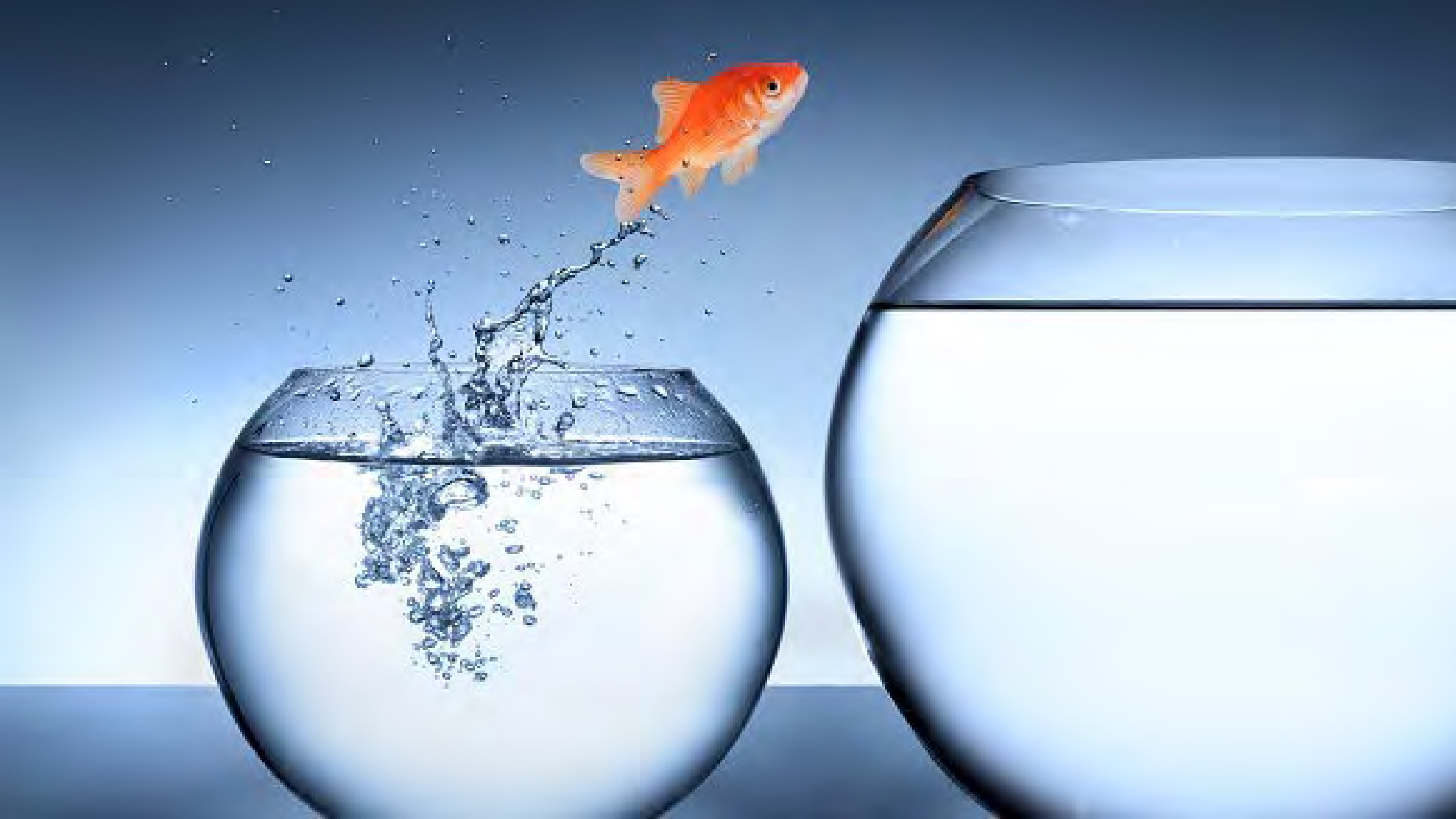
Travel time to get there  
Hour-long class x 3 days/week  
Travel time to get home  
Shower and get ready

**Total Time:  
6 hours**

What are three purpose based commitments you can make right now to live your purpose statement?

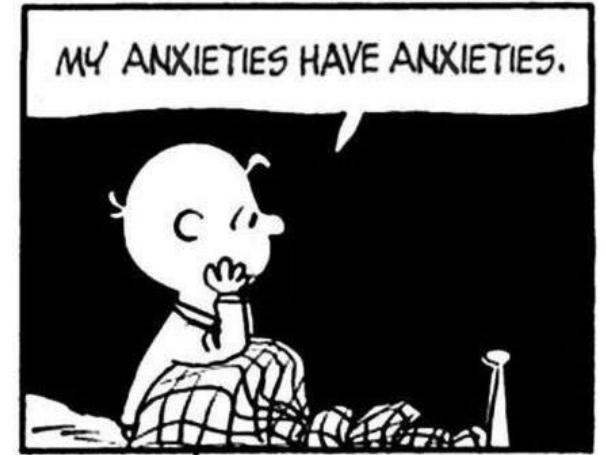
“PURPOSE  
IS THE PLACE  
WHERE YOUR DEEP  
GLADNESS  
MEETS THE  
WORLD’S NEEDS.”

~ FREDERICK BUECHNER



# Anxieties and fears that hold us back

- Public speaking
- Making a mistake
- Never being content
- Failure
- Not being successful
- Being ridiculed
- Meeting new people
- Looking dumb
- Being trapped
- Being invisible
- Not finding a job
- Disappointing people
- Illness/pain
- Being alone
- Not belonging anywhere
- Not being loved
- Making the wrong decision
- Poverty
- Authority
- Death



# Yeah-Buts that stop us in our tracks

- I'm too young, too old, too smart or not smart enough.
- I'm not a risk-taker.
- I'm not persuasive enough.
- My ideas aren't captivating enough.
- I'm not committed enough.
- It's just so difficult to decide what to do.
- I'm really trying. It's not my fault. Really!
- I don't have enough talent.
- It takes too much work, and that's not my style.
- I should have been born earlier.
- I'm afraid, and that must be telling me something.
- I don't have enough money.

**I accept my fears and  
anxieties about....**

Because I value relationships, perseverance and creativity, I will use my gifts for translating research, making connections and organization to positively impact the lives of my children, my students and the broader public. I accept my fears and anxieties about not being perfect enough, maybe being a fraud and letting my loved ones down and still today make conscious, purpose-based commitments to synthesize academic research into real-life applications, care for myself as well as my loved ones and bring transformational ideas to as many people as possible.

**Here's to life on purpose!**



# Everyday Purpose

- Purpose statement
- Time-diary
- Cognitively-Based Compassion Training (CBCT)

Because I value \_\_\_\_\_, I will  
use my gifts for \_\_\_\_\_ and \_\_\_\_\_,  
to positively impact \_\_\_\_\_ and \_\_\_\_\_,  
I accept my anxieties about \_\_\_\_\_ and \_\_\_\_\_,  
and still today make conscious, purpose-based  
commitments to \_\_\_\_\_ and \_\_\_\_\_.

Here's to life *on purpose!*

Continue your journey  
[@christinewhelan.com](https://www.christinewhelan.com)

**Now, every time I witness  
a strong person,  
I want to know:**

**What dark did you  
in your story ?**

embrace

**Mountains do not rise  
without earthquakes.**

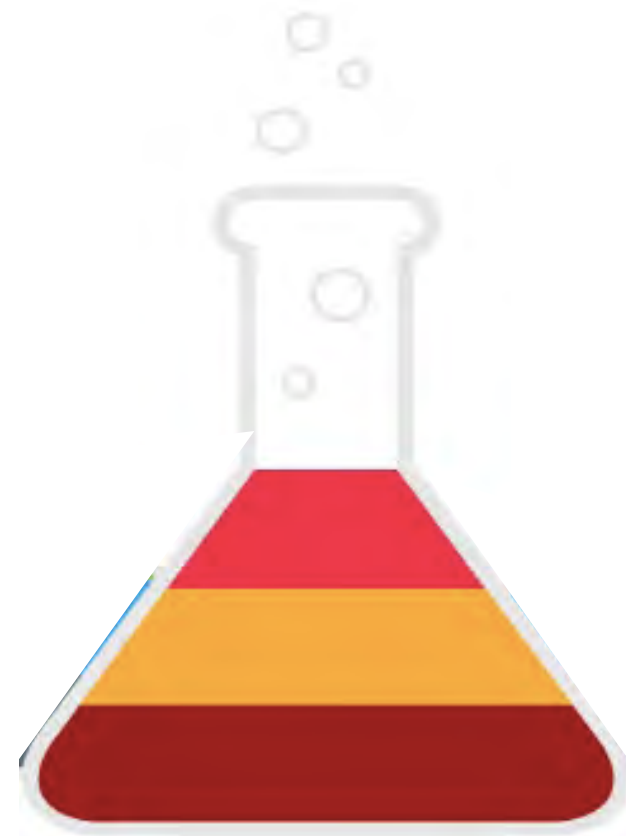
**- Katherine MacKennett**



# Pushed by **pain** ... or pulled by **possibilities**?

*A real-life formula for next steps*

- People
- Place
- Purpose



Thank you.

For more information, visit <http://christinewhelan.com>

**ON PURPOSE** *with Christine*

