“If you change the way you look at things, the things you look at change.”
— Dr. Wayne Dyer
A partnership of:
Allina Buffalo Hospital, Centracare
Monticello Hospital,
Buffalo Clinic, Monticello Clinic
and Allina Health Clinic

to help individuals in our community
improve their health through happiness.
Resilience (and Happiness) Can Be Learned!

• “Resilience is like weight training ... we found that people can actually build up their compassion ‘muscle’ and respond to others’ suffering with care and a desire to help.”
  Dr. Helen Weng
  Professor UW-Madison

• “Ninety percent of your long-term happiness is predicted not by the external world, but by the way your brain processes the world.”
  Dr. Shawn Achor
  Founder GoodThinkInc
Random Acts of Kindness

- Doing an act of kindness produces the single most reliable momentary increase in well-being of any exercise that has been tested.

- Dr. Martin Seligman
I was pulled over tonight in Buffalo. I had my two children in the vehicle. We had just left my new job (been there 3 weeks) at a group home. We spent my night off hanging out with disabled individuals. My kids wanted to meet everyone - we had dinner with them, visited and did some crafts. We got pulled over less than a mile from their house.

The police officer asked if I had heard of the Bounce Back program and offered me an envelope with $50 in it.

What she didn’t know is that I haven’t received my first paycheck yet. I recently separated from my husband and money is tight for us - I have $20 in my checking account right now. The only Christmas presents I have so far are a pack of Uno cards for my older son and some bath toys for my younger son.

To receive $50 in a random act of kindness means the world to me right now! I am so thankful and I will find a way to pay it forward!

Thank you to the Buffalo Police Department for this amazing program. I truly appreciate it!
Three Good Things
Three good things
Seligman, Steen, Park & Petersen, 2005
Three Good Things Study

Participants

- 2842 Total Participants
- 475 Students

1. Our study population was significantly more burned out and depressed than the general population.

2. Depression, Happiness, Burnout, and Work/Life Balance all showed significant improvement in the initial post study analysis. This was likely even better than all other previous smaller studies done in only healthcare settings.
Pauly S. came to help out today. We're not above freezing outside, but please bring your own refreshments!

Made supper before work so it is already done when I get home!

is the only one at Zumba class but fit goals too.

Move over Lunch! We need more participants on Mondays, 12-2:30.

Love my daycare center. Today when Jason was leaving, he texted to make sure that he was doing okay.

Only 2 more days till the Christmas Party!

It's going to be a blast.

I am alive.

I cleaned out one of my cupboards in the kitchen.
Happiness vs Gratitude

Lottery Winners

Baseline Happiness

Car Crash Paraplegics
Being Grateful Makes us Happy

"It is not happiness that makes us grateful, but gratefulness that makes us happy."
Brother David Steindl-Rast
Gratitude Letters

“Sometimes our light goes out but is blown again into flame by an encounter with another human being.

Each of us owes the deepest thanks to those who have rekindled this inner light”

-Albert Schweitzer

• Soul pancake video
Gratitude

• You now have the opportunity to write that person you thought about a thank you note... *right now!*

• *Commit to a phone call or mailing your thank you note within the next 48 hours*
“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”
~Melody Beattie
Gratitude Letter Effectiveness

Placebo control (n = 70) vs. gratitude visit (n = 80)

- Happiness:
  - Pre-test: \( \chi^2 = .49 \)
  - Post-test: \( \chi^2 = .39 \)
  - One week: \( \chi^2 = .06 \)

- Depressive symptoms:
  - Pre-test: \( \chi^2 = .36 \)
  - Post-test: \( \chi^2 = .29 \)
  - One month: \( \chi^2 = .32 \)

Bounce Back Project

Website: BOUNCETEAMPROJECT.ORG
Gratitude Is A Gift You Give To Yourself

- Decreased depressive symptoms and increased feelings of well being $^{5,1}$
- Improved psychological well-being $^6$
- Improved working memory $^2$
- Improved sleep $^3$
- Improved immune system function $^4$
- Improved relationships $^5$
- Improved coping with emotional upheavals $^6$

The Two Wolves Cherokee Legend

An old Cherokee is teaching his grandson about life. "A fight is going on inside me," he said to the boy. "It is a terrible fight and it is between two wolves. One wolf is evil—he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego." He continued, "The other is good—he is Joy, Gratitude, Serenity, Interest, Hope, Pride, Amusement, Inspiration, Awe, Love, and faith. The same fight is going on inside you, grandson—and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather:

"Which wolf will win?"

The old Cherokee simply replied:

"The one you feed."
Inspire others by doing RAKS, 3 Good Things & Letters of Gratitude

People that love you will model you and you will change the fabric of our community!
Upcoming Bounce Back Events

- April 23\textsuperscript{th} Experience Resilience – Big Lake, MN
- October 8-17 Path of Beauty and Gratitude – Spain
- November 2-9 Servant Leadership – Guatemala

- Check us out on Facebook! Bounce Back Project Buffalo