The Greater Good Science Center

*Research-based resources for a compassionate and resilience society*

**Multimedia:** *Greater Good, Science of Happiness* podcast

**Events & Courses:** Science of Happiness & SoH @ Work!

**Education & Parenting Programs:** Greater Good in Education coming this fall!

**Training:** Greater Good Institute for Health Professionals launches in October. Online training launches 2020.
Our Time Together

**Thursday:** Welcome and Keynote

**Friday:** Inner Strategies for Well-Being

**Saturday:** Interpersonal Strategies for Well-Being
Live Recording of Science of Happiness Podcast!

**Sunday:** Strategies for Well-Being in Our Communities—Taking It Back Home
Happiness is in the little things...

- Please silence your cell phone
- **Breakouts**: Check your nametag (or sign up in the lobby tonight)
- **Event app**: Enter [greatergood.glideapp.io](http://greatergood.glideapp.io) in your mobile browser (instructions in lobby)

Our Gratitude

- The GGSC staff
- Our volunteers
- 1440 Multiversity
- Our speakers and performers
- You!
What Does it Mean to Teach Happiness?

Core Pedagogical Principles

• Grounded in the Wisdom of the Ages
• Rooted in Science
• Actionable Knowledge
• The principle of Wu Wei
• Make sure we have the same hair
Why Are People Interested in the Science of Happiness?

- Fall of *Homo Economicus*: Greed, materialism
- I want to help others (e.g. friends, children, clients) be happy
- I’m struggling
- I am interested in the science
  - Oxytocin? Telomeres? Vagus Nerve? Inflammation?
  - Meditation

Key Challenge #1: Materialism & “Time Famine”
Mindful Awareness of Breath and Body
• Sit in a comfortable place with eyes closed
• Inhale deeply expanding chest
• Exhale more slowly
• Follow attention from feet to crown of head

(Helliwell, Layard, and Sachs, 2019)
How Can We Dial Up Happiness?

Positivity

(Kress, 2017)

How Can We Dial Up Happiness?

Resilience

(Tabibnia, 2018)
How Can We Dial Up Happiness?

Connection

(Feldman, 2016)

Happiness Practice #2

Capitalize on Positive Events: find a partner in the room, and take turns inviting each other to do the following:

“Tell me about something good that happened to you this week.”

..but before you get started, when you are listening to each other...
Happiness Practice #2

Active, empathic listening:

• Refrain from mind wandering.
• Make good eye contact, nod, and express positive emotion.
• Don’t interrupt, but do relay enthusiasm and ask constructive questions to learn more.
• Remark upon the positive implications and potential benefits of this experience.

1 or 2 Reflections?
The Power Paradox: Power Makes Us Impulsive Sociopaths

Elevated power leads to:

- swearing at colleagues,
- inappropriate touch,
- Rudeness
- sexual harassment,
- unethical work-related behavior,
- greed and hording
The Power Paradox: Power Makes Us Into Unethical Drivers

(Perfil, 2012)
Inequality Hurts Happiness

Inequality is associated with

• More frequent, intense, lasting negative affect
• Depression and anxiety disorders
• Poor health outcomes
• Unhappiness in personal life
• Dissatisfaction in romantic partnerships
• Social Ills: Bullying, Aggression, Racism, and Xenophobia,

Antidotes to Inequality and the Abuse of Power

...From the Science of Happiness

• Mindfulness
• Empathic/Active Listening, get to know people
• Trust (appropriate touch, humor, gratitude/appreciation practices, ensure fairness)
Can you produce a vocal burst. Science? Practice? Fun?

- Sympathy
- Interest
- Anger
- Fear
- Triumph
- Awe
- Ecstasy
- Ohm

Universality in Vocal Burst: 10 cultures
Antidotes to Inequality and the Abuse of Power

...From the Science of Happiness
• Authenticity
• Compassion
• Reconciliation, restorative mediation of conflict

Happiness Practice #3

Forgiveness
• Find something to write with and write upon.
• Bring to mind an experience or situation where someone hurt you - something that still upsets you – but not too much.
Happiness Practice #3

In a moment, please take 3 minutes to freely write about two things:

1. How reflecting upon this experience affects you, specifically, what thoughts come to mind and how does your body feel?

2. An intention to forgive – or let go of the unpleasant thoughts and feelings connected to what happened.*

*You do not need to endorse or excuse the harm, or aim to reconcile – just forgive – for yourself and every other person beyond that person who harmed you.
1 or 2 Reflections?

Key Challenge #3: Perceived Cost of Kindness

• Loss aversion and temporal discounting (time and/or resources)
• Perceived cost of empathy
• Empathic distress

“...being kind to others registers in the brain as more like eating chocolate than like fulfilling an obligation to do what’s right.”

(Jamil Zaki)
Kindness Is It’s Own Reward

“I have been able to connect with people in a more profound, compassionate and caring way.”

“... more grateful for my wife, more satisfied at work, more outward facing”

“... my confrontations have been less volatile and distressing - forgiving has made me less intent on swaying others to my viewpoint.”
How *Else* Can We Dial Up Happiness?

Beauty & Awe

Awe, beauty, fear, horror?

https://www.alancowen.com/
(Cowen & Keltner, 2017, 2018)
Awe, by Emerson

In the woods, we return to reason and faith. There I feel that nothing can befall me in life—no disgrace, no calamity (leaving me my eyes), which nature cannot repair. Standing on the bare ground, — my head bathed by the blithe air and uplifted into infinite space, — all mean egotism vanishes. I become a transparent eyeball; I am nothing; I see all; the currents of the Universal Being circulate through me; I am part or parcel of God. The name of the nearest friend sounds then foreign and accidental; to be brothers, to be acquaintances, master or servant, is then a trifle and a disturbance. I am the lover of uncontained and immortal beauty.


Awe and Kindness

(Piff, 2015)
Awe, vastness $\rightarrow$ virtuous behavior

(Piff, 2015)

When feeling awe, people refer to social collectives more when filling in twenty statements test, completing “I Am ___”

(Shiota, 2007)
Awe and Collective Effervescence, i.e. contagious joy, ebullience in collective

Collective Effervescence
- Dance
- Sports
- Politics
- Recreation (even risky)
- Public spaces

Awe Boosts Well-Being in Teens

(Anderson, 2018)
Awe Reduces Stress in Teens and Veteran’s PTSD

(Anderson, 2018)

Awe Walks Increase Well-Being

(Sturm, 2019)
Awe Walks Increase Well-Being

THANK YOU!
Agenda for Friday, May 3

More detailed schedule in your program

9:00-10:30 am: Jack Kornfield, with Dacher Keltner

10:30-11:00: Break

11:00-12:00 pm: Richard Davidson & Lama Tsomo

12:00-2:00: Lunch

2:00-3:15: Breakout sessions exploring intrapersonal skills for well-being (look under your name badge for the session you selected)
Agenda for Friday, May 3 (continued)

3:15-3:45: Break

3:45-5:00: Meet Happiness (*meeting topics and locations posted in Redwood lobby*)

5:15-6:15: Optional yoga and qigong classes

5:30-8:00: Dinner

8:00-9:00: Performance by *Diana Gameros*
OR Enjoy downtime to rest, reflect, and connect
Richard Davidson
Lama Tsomo

The Science of Happiness
A Greater Good Gathering
Agenda for Saturday, May 4

More detailed schedule in your program

9:00-10:15 am: Barbara Fredrickson

10:15-10:45: Break

10:45-12:00 pm: Science-Based Strategies for Connecting Across Our Differences

12:00-2:00: Lunch

2:00-3:15: Breakouts exploring interpersonal skills for well-being (your session is on your name badge)

Agenda for Saturday, May 4 (continued)

3:15-3:45: Break

3:45-5:00: Meet Happiness (meeting topics and locations posted in Redwood lobby)

5:15-6:15: Optional yoga and qigong classes

5:30-8:00: Dinner

8:00-9:00: Live recording of The Science of Happiness, hosted by Dacher Keltner with guest Zahra Noorbakhsh
Happiness Practice: Make “Fast Friends”

- Find a partner.
- Share your response to ONE of the following questions for 2 minutes.
- Switch roles—the other partner shares for 2 minutes.
- You don’t have to respond to the same question.

1. When did you last sing to yourself? To someone else?
2. If you could wake up tomorrow having gained any one quality or ability, what would it be?
3. Is there something you’ve dreamed of doing for a long time? Why haven’t you done it?
Other People Matter: The Science of Love, Connection & ‘Positivity Resonance’

Barbara L. Fredrickson, Ph.D.
University of North Carolina at Chapel Hill
blf@unc.edu
www(PositivityResonance.com)
Other people matter.

Positive Psychology is not a spectator sport.
What did it take?
What did it create?

What’s a smile for?
The Broaden-and-Build Theory of Positive Emotions

Positive Emotions
Broaden Awareness


Positive Emotions
Build Resources

Positive Emotions Unlock Other-Focused Thinking

More “We.” Less “Me.”

From Positive Emotions to Positivity Resonance

Moments of Positivity Resonance

Moments of Positivity Resonance

Moments of Positivity Resonance

Intellectual Roots

• Two views from relationship science:
  o “Investment in the well-being of the other for his or her own sake”  (Hegi & Bergner, 2010)
  o Perceived Responsiveness, or “gets me”, i.e., feel understood, validated, and cared for  (Reis, Clark & Holmes, 2004)

• What emotion science can add:
  o A momentary lens
  o Biological and behavioral components
  o A Broaden-and-Build theoretical backdrop

Positivity Resonance Defined...

- an interpersonally situated experience marked by *momentary* increases in:
  - shared positive emotions;
  - mutual care and concern;
  - biological and behavioral synchrony;
- which, over time, *builds*:
  - embodied rapport (*e.g.*, we really “clicked”);
  - social bonds;
  - commitment, loyalty, and trust.


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Two Preconditions for Positivity Resonance

1. Perceived Safety
2. Real-time Sensory Connection
Positivity Resonance: 
 Elemental Building Block of Love


Behavioral Synchrony
Smile Mimicry & Inter-Subjectivity


For what proportion of time (from 0-100%) …

• …did you experience a **mutual sense of warmth and concern** toward one another?
• …were you able to **attune to and connect** with the other(s)?
• …did **thoughts and feelings flow with ease** between you and the other(s)?
• …did you feel a **mutual sense of being energized and uplifted** in each other’s company?
• …were you and the other(s) **mutually responsive** to one another’s needs?
• …did you feel a sense of **mutual trust and respect** with one another?
• …did you **feel ”in sync”** with the other(s)?

Thwarted by Text-based Communication

Correlates of Perceived Positivity Resonance

- Flourishing Mental Health (+)
- Depressive Symptoms (-)
- Loneliness (-)
- Illness Symptoms (-)

3 Studies:
Total N = 468

Study of Long-Term Marriages

150 long-term married couples:
- Married 15+ years (n = 79) or 35+ years (n = 71)
- 15-minute conflict conversation (900 seconds)
Classifying Emotional Moments

Behavioral Indicators of Positivity Resonance

Trained Coders assess:

“Did positivity resonate between the two partners? That is, did they show actions, words, or voice intonation that conveyed mutual warmth, mutual concern, mutual affection and/or a shared tempo (i.e., shared smiles and laughter)?”

Each 30-second bin of video coded as 0, 1, or 2.

More Satisfying Relationships


Physiological Synchrony

Covariation between two individuals’ physiological states

Physiological Synchrony

In-phase Linkage

- Positive Shared
- Negative Shared
- Neutral Shared
- Positive Alone
- Negative Alone
- Neutral Alone
Health Protective over 10 Years

Surprising Power of Weak Ties


Heart Health


Immune Health

Positivity Resonance
...a Health Behavior


Forever Renewable
Micro-Intervention

If-Then Plans:
Ask: *When, Where, & How?*

What’s a Smile For?

- To express positivity (Ekman, 1975);
- To evoke positivity (Bachorowski & Owren, 2003);
- To evoke inter-subjectivity (Niedenthal et al., 2010);
- To broaden collective mindsets and build collective resources (Gervais & Sloan Wilson, 2005);
- **ALL OF THE ABOVE:** To create the life-giving nutrient of positivity resonance (Fredrickson, 2013, 2016).

Free Online Course
Search “Coursera Fredrickson”
The Science of Happiness
A Greater Good Gathering

Science-Based Strategies for Connecting Across Our Differences

Rodolfo Mendoza-Denton
Emiliana Simon-Thomas
Reverend Jennifer Bailey
BRIDGING DIFFERENCES

ggsc.berkeley.edu

Emiliana Simon-Thomas
The Biological Basis and Psychology of Empathy

Defining Empathy

I. Affective Empathy: experiencing sensations within oneself in response to other people’s expressions or experiences

II. Cognitive Empathy: recognizing and making sense of other people’s emotional expressions and situations
The Biological Basis of Empathy

Affective: Mirroring, mimicry, emotion contagion, fellow-feeling, experience/affective sharing, simulation, vicarious affect; behavioral, physiological, and neural synchrony, resonance, or coupling...

Cognitive: Emotion recognition, understanding other’s motivation, theory of mind, mentalizing, perspective taking...
The Biological Basis of Empathy

Key Benefits
1. Social competence: successful interaction, cooperation, and long term, supportive bonds
2. Resilience to stress
3. Benefits to others, e.g. relationship satisfaction, academic/professional success, patient health outcomes
4. A force for moral good
The Psychology of Empathy

Key Influences: Context and Motivation
1. Social boundaries, i.e. group and hierarchy/advantage/status factors bias empathy
2. Excessive exposure and expertise, e.g. blunted empathy in care providers
3. Cost-benefit analysis i.e. perceived material costs, vicarious distress, anticipated effort, ineffectiveness, and aversion can reduce empathy

Key Barriers: Things We Do to Avoid Empathy
1. Context: Situational control
2. Social Inference: Downward social comparison, dehumanization
3. Regulation: Suppression, desensitization, reappraisal

“It’s not that you can’t feel it. You just don’t want to.”
Fostering Expansive, Sustained Empathy

1. Adopt an empathy-positive mindset (e.g. affirm values of egalitarianism, shared humanity, and trust)
2. Attune to others (put your device away, look up)
3. Listen (without thinking about what to say or interrupting)
4. Channel your inner hero (you are a valuable resource to others)
5. Savor the enduring benefits of engaging and dismiss the short term appeal of avoiding imagined costs

[Graphs showing the relationship between quantity of active listening practice and self-rated increases in empathy and happiness, as well as improvements in various aspects of well-being.]
Thank you
What is implicit bias?

Props

Activity: Implicit bias
Blue

Red
Green

Orange
Purple
Purple

Blue
Orange
<table>
<thead>
<tr>
<th>Left hand</th>
<th>Right hand</th>
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<tbody>
<tr>
<td>Flowers</td>
<td>Bugs</td>
</tr>
<tr>
<td>Positive things</td>
<td>Negative things</td>
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Sunshine

Disease
War

Carnation
Pain

Lily
Joy

Cockroach
Moth

Puppies
Mosquito

Greater Good Science Center
Death

Love
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Cockroach
Puppies

Sunshine
Love

Death
Carnation

War
Mosquito

Joy
Rose

Pain
Tulip

Lily
Moth
Investors prefer entrepreneurial ventures pitched by attractive men

Allicia Wood Brooks, Laura Huang, Scott Wood Kennedy, and Flane E. Murray

PNAS

Entrepreneurship is a critical part of job creation, economic growth, and innovation. Despite the recent interest in the role of abstract variables such as gender, investments in high-growth potential ventures is widely regarded as a central task for job creation (2). For example, entrepreneurial activity was strongest at the start of the 21st century, and two experiments, one a replication of a prior study, one a comparison with a different gender (2). For instance, entrepreneurial activity was strongest at the start of the 21st century, and two experiments, one a replication of a prior study, one a comparison with a different gender (2).

Although gender differences in preferences for attractive men have been documented, these differences may be influenced by other factors such as personality traits, social desirability, and the specific context in which the preference is assessed. For example, in a study by Wood Brooks et al. (3), investors were more likely to invest in ventures pitched by attractive men than by attractive women. However, when the context of the venture was changed to an area perceived as more masculine (e.g., technology), the gender difference in investment preferences was reduced or even reversed.

This suggests that the gender preference for attractive men may be influenced by cultural norms and stereotypes about men and women in different domains. Further research is needed to understand the underlying mechanisms that drive these preferences, as well as the implications for entrepreneurship and innovation.

Female hurricanes are deadlier than male hurricanes

Kib Jorn, Sharon Sherwin, Madhav Vemuri, and Joseph M. Hille

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"I am a Minnesota born, African American Muslim woman serving as an Army physician who is just returning from deployment in Iraq.... I've been asked if I was a terrorist when the cable man in 'liberal' California saw my Quran on the shelf. I have been called a n*gger by my Indian elementary school classmate at a predominantly Indian and Pakistani Muslim school in the suburbs of Chicago. I have now seen the destruction of a country and crumbling palaces with my own eyes from the 'collateral damage' of war. I have listened to the stories of the kindest hearted of men who described losing his innocent son from an IED blast. As a woman in a male dominated field of medicine and Army, I have been the only woman doctor in the room (and unit) more often than I can remember.

Despite the challenges, I love my life and am eternally grateful for the opportunities and experiences I have been afforded. Though a 'triple minority' in this country, I have been privileged. I love all of my identity. I love experiencing the kindness and power of human compassion. I have witnessed great feats and believe 100% in the 'audacity of hope' continuing to change our world as we know it."
"In my 79 years I have seen a lot of changes in the relationships between people of color, LGBTQ people, and the sexes in the workplace. The changes need to continue and I need to grow to enable changes within me...I am a WASP...an old lady...But I have learned from my children as they went into the world. They had multi-cultural friends, openly gay and lesbian friends and were exposed to sexual harassment in the workplace. They caused me to look at my prejudices and adjust them as much as I could. I would like to bridge the huge gap between my parents' generation and my grandchildren's generation. We all need to understand more about each other...."

“I am from a small rural community and most of my family members are republican. Many voted for Trump. I have been working on having these conversations with them but would also like to make an impact on my own community. Unfortunately, my social circle in Chicago is made up of like-minded people and so while I'd love to host a potluck, I don't know who I would invite or where I would start.”
Since January 20, 2017 we’ve hosted:

1400+ suppers
in 138 cities & towns

Albuquerque, NM
Annapolis, MD
Asheville, NC
Austin, TX
Baltimore, MD
Berkeley, CA
Chicago, IL
Columbia, TN
Cullowhee, NC
Dallas, TX
Delaware, OH
Detroit, MI
Dubuque, IA
Duluth, MN
Durham, NC
Fort Worth, TX
Glendale, SC
Grand Rapids, MI
Greenville, SC
Helena, MT
High Falls, NY
Hudsonville, MI
Indianapolis, IN
Inglewood, CA
Littleton, CO
Los Angeles, CA
Lynchburg, VA
Miami, FL
Milton, MA
Minneapolis, MN
Naperville, IL
Nashville, TN
New Haven, CT
New York City, NY
Newport, OR
Oakland, CA
Philadelphia, PA
Portage, MI
Portland, OR
San Francisco, CA
Seattle, WA
Sharon, MA
Somerville, MA
Spokane, WA
Spartanburg, SC
State College, PA
Stanton, VA
Tulsa, OK
Washington, DC
West Hartford, CT
Wilmington, NC
Wrightwood, CA

Creating the Container

WE AGREE

There’s a lot we may not agree on. In sitting down, we choose to agree on this:

- I will grant you welcome, and I thank you for the welcome you grant me.
- I will show up, be present, and be open to creating this experience together.
- I will speak & listen with truth & love, agreeing or disagreeing with respect & kindness.

www.thepeoplesupper.org

An Invitation to Brave Space

Together we will create brave space

Because there is no such thing as a “safe space” —
We exist in the real world.
We all carry scars and we have all caused wounds.

In this space
We seek to turn down the volume of the outside world,
We amplify voices that fight to be heard elsewhere,
We call each other to more truth and love
We have the right to start somewhere and continue to grow.
We have the responsibility to examine what we think we know.
We will not be perfect.
This space will not be perfect.
It will not always be what we wish it to be
But
It will be our brave space together,
and
We will work on it side by side.

- By Micky ScottBey Jones
See you at supper.

thecpeoplessupper.org

@peoplessupper | facebook.com/people supper
The Science of Happiness
A Greater Good Gathering
Science of Happiness Podcast

Zahra Noorbakhsh, “Happiness Guinea Pig”
Dacher Keltner, Host

WELCOME TO
The Science of Happiness
A Greater Good Gathering

MAY 2–5, 2019
1440 Multiversity
Scotts Valley, CA
Lasting Happiness

- Please sign out for CEs
- Videos will be posted to Greater Good
- We will be sending:
  - Slides
  - Playlist
  - Evaluation

Agenda for Sunday, May 5

More detailed schedule in your program

9:00-10:30 am: Performance by Diana Gameros
Talk by Stephen Leeper
Conversation with Cindy Fox

10:30-10:50: Break

10:50-12:00 pm: Closing session & practice

12:00-2:00: Lunch
A Lesson on Critical Gratitude
The Science of Happiness

I am generally most thankful for...

- 1. Little things
- 2. Big favors
The Boy with a Hole in His Leg
The School with a Hole in its Heart

Year of Sorrow

- Loss
- Rejection & ridicule
- Insecurity
An Invitation

Original Journal Process

- Pick from a select number of the same prompts
- Respond with a specific number of sentences per prompt
- No option to share
Revisions to Process

- Respond to novel prompts provided or make up your own
- Choose any number of prompts and respond in writing or illustrations
- Share if you’d like!

Sample Prompts

- How do you like to show gratitude to others?
- What things do you use daily that you could be more grateful for?
- Describe a time you were told to be grateful to silence a grievance
Excerpts ofEntries

Anonimo manter 93:

Five small ways. I am sure I am grateful is easy. I can always say thanks for everybody. Everything, no matter how big or small it is. Also, if someone gets me something I can always use what they get me and treat the things well. Also I can do favors for me, for people. Not I'm grateful for. On top of all this, I can realize that what I have is enough and not ask for too much.

Tati

@ 1 week

@ 12 weeks
1st Period

Writing about gratitude on Fridays in class makes me feel happier

I like to journal in class about the things I’m grateful for

Mr. Leeper, can you journal with us?
2nd Period

I like that my teacher journals about gratitude and shares what he has written.

[Pie chart showing percentages: 47.4%, 36.8%, 10.5%]

Missing detail
Uncritical Gratitude

“Something I received that I don't think I deserved is **stuff I take for granted**. For example an education, a roof over my head, and just getting to live without financial issues or something like that in my mind. When I reflect I really **see how lucky I am** to have the smallest things like a conversation with my mom or dad. It's crazy to think some kids don't even get clean water or see their parents and here we are complaining about everything which I am **guilty** of. The gratitude journal has really showed me I have way more than I actually need and am REALLY grateful for everything my family provides me with. Overall I think **I get a lot of things I don't deserve** because I see it as an everyday thing, but others don't have it.”

Critical Gratitude

الشكر النقدي

- A philosophy & practice of teaching & learning grounded in an understanding that gratitude...
  - Comes through contextual remembrance
  - Is not acceptance of the status quo
  - Requires collective action aimed at liberation
Take Home the Science of Happiness

• What is one key insight or lesson that you would like to apply to your personal or professional life?

• What is a concrete way you could see applying it? When, where, with whom—please be specific.

1) Reflect on your response, or write it down (3 mins)

2) Share with a partner (5 mins each, 10 mins total)

3) Time to share publicly