

IF YOU'RE HAPPY AND YOU KNOW IT...

Trevor Eddolls looks at how to become happier!

So how do you know if you're happy? It seems like an easy question with an obvious answer.

In Brain Rules

for Babies, John Medina quotes the work of Daniel Gilbert who proposes three definitions of happiness:

Emotional happiness – this type of happiness is an affective (emotional) feeling, an experience, a transient subjective state incited by – though ultimately untethered to – something objective in the real world.

Moral happiness – this is more akin to a philosophical suite of attitudes than to a spontaneous subjective feeling. If you lead a good and proper life, filled with moral meaning, you might feel deeply satisfied and content.

Judgemental happiness – this has the word 'happiness' followed by words like 'about', 'for', or 'that'. It involves making a judgement about the world as a source of potentially pleasurable feelings, past, present, and future. For example you could be happy that I have a new consulting room, or happy about the number of clients I'm seeing.

John Medina also quotes an experiment led by George Vaillant that ran for 75 years. He concluded that the only thing that matters in life are your relationships with other people. Apart from satisfying relationships, other behaviours that predict happiness include:

- ◆ A steady dose of altruistic acts
- ◆ Making lists of things that you feel grateful for – which generate feelings of happiness in the short term.
- ◆ Cultivating a general attitude of gratitude – which generates feelings of happiness in the long term
- ◆ Sharing novel experiences with loved ones
- ◆ Deploying a ready 'forgiveness reflex' when loved ones slight you.

You're probably expecting money to appear in the list. In fact it only affects happiness when people are experiencing poverty. Above that, increases in salary don't make people happier.

Researcher Marty Seligman even came up with a Happiness Equation, a formula to work out how happy you are:

$$H=S+C+V$$

Your happiness is the sum of (S) your set point (that's a sort of happiness level that you're born with) plus (C) certain circumstances in your life plus (V) factors under your voluntary control. (Find out more at <http://www.independent.co.uk/life-style/health-and-families/features/does-the-happiness-formula-really-add-up-2004279.html>.)

But that's not the only formula. Try:

$$\text{Happiness} = P + (5x E) + (3x H)$$

where, **P** stands for Personal Characteristics, including outlook on life, adaptability and resilience.

E stands for Existence and relates to health, financial stability and friendships.

And **H** represents Higher Order needs, and covers self-esteem, expectations, ambitions and sense of humour.

This is taken from a study co-written by life coach Pete Cohen and published on the BBC Web site (<http://news.bbc.co.uk/1/hi/health/2630869.stm>).

Alternatively, Dr Todd Kashdan's formula (published at <http://www.dailymail.co.uk/health/article-2378821/The-formula-happy-life-Stay-curious-live-moment-look-health.html>) is:

$$(Mx16 + Cx1 + Lx2) + (Tx5 + Nx2 + Bx33)$$

Where:

Live in the moment (M) – try to appreciate the sounds, smells and sights around you that you might take for granted in your daily life. It is important to remind yourself every hour that you are awake (average= 16 hours). Put time into your relationship with your significant other.

Be curious (C) – once a day, be spontaneous enough to explore the unknown and uncertain aspects of your life.

Do something you love (L) – an essential part of a happy life is to take part in an activity twice a day that truly gives you pleasure or excites you.

Think of others first (T) – while it is important to care for yourself, there is great value in spreading love to others - which can ultimately make you feel good too. Share your appreciation with people around you five times a day, by offering compliments, listening intently and doing good deeds.

Nurture relationships (N) – research has found that the happiest people in the world have a close relationship with a significant other. Twice a day, make an effort to devote some quality time to a family member, relative, friend or partner.

Take care of your body (B) – this doesn't have to mean extreme dieting or intense exercising.

Embracing your body is about nourishing yourself with healthy food three times a day and incorporating 30 minutes of exercise once a day.

Ed Diener (aka Dr Happy) researched Subjective Well-Being (SWB) – the way people evaluate their lives both at the moment and over longer periods. The evaluations include people's emotional reactions to events, their moods, and the judgments they form about their life satisfaction, fulfillment, and satisfaction with domains such as marriage and work.

Diener found a correlation between SWB and extraversion. He found that the more active reward system in extraverts has a greater influence than the social or non-social aspect of a situation. He found that high SWB causes better health and longevity. However, he also found that too much happiness could be detrimental to one's income, education, and political participation.

Diener showed that rich countries are in general happier than poor countries. He found that income has a stronger influence on people's evaluation of their lives than the positive or negative emotions they experience over time. He also found a cultural congruence effect – people are happier if their characteristics match the cultural norms around them.

Continued over...

The 2nd World Happiness Report (http://unsdsn.org/files/2013/09/WorldHappinessReport2013_online.pdf) is edited by John Helliwell, Richard Layard, and Jeffrey Sachs, and rates Denmark as the happiest country in the world to live in. The UK is number 22, the USA was 17th.



Back in 2005, the BBC produced a four-part observational documentary series called **Making Slough Happy**. Their experts produced a workable 10-point plan to make people feel more positive about things.

Here's their list:

- ◆ Get physical – take half an hour exercise three times a week.
- ◆ Count your blessings – at the end of each day reflect on one or two things you are grateful for.
- ◆ Take time to talk – have an uninterrupted conversation with your partner or closest friend each week.

- ◆ Plant something – even if it's just a window box or pot. Keep it alive!
- ◆ Cut down your TV viewing.
- ◆ Smile – at and/or say hello to a stranger at least once a day.
- ◆ Phone a friend – make contact with one friend or relative you have not spoken to for a while.
- ◆ Have a good laugh – at least once a day.
- ◆ Give yourself a treat – every day and take the time to enjoy it.
- ◆ Spread some kindness – do a good turn for someone whenever you can.

What else makes people happy?

Lisa Franchi at <http://blog.naturaltherapyforall.com/2013/09/18/22-daily-habits-of-genuinely-happy-people/> listed 22 daily habits of genuinely happy people. Her list contains the following:

- ◆ They appreciate simple pleasures. Being grateful for every little thing you have, and every little blessing you receive can greatly boost your happiness, according to a 2010 study published in the journal *Psychiatry*.
- ◆ They reach out to others. A long-term study entitled *Americans' Changing Lives* suggests that volunteer work is good for both physical and mental health. People who practised altruism were happier and experienced better physical health and less depression.
- ◆ They 'savour' every moment. Being mindful is

one great way to enjoy the moment and cultivate happiness.

- ◆ They love to exercise. Research published in the *Journal of Health Psychology*, showed exercise improved how people felt about their bodies, even if they didn't lose weight or achieve noticeable improvements.
- ◆ They spend money on other people. According to a study published in the journal *Science*, the happiest people aren't always the richest but often, they are the most generous.
- ◆ They value sleep. Lack of sleep could cause low mood and energy, poor concentration, anxiety and fatigue. It is also linked to heart disease, depression and other chronic illnesses. Taking power naps is also beneficial.
- ◆ They look on the bright side. One of the greatest predictors of happiness is optimism. Numerous studies have shown that optimistic people are happier than their pessimistic peers. Being positive does have plenty of benefits. It makes you less stressed, and more resilient to pain (physical or emotional) – all these contribute to happiness. In his book *Learned Optimism*, Martin Seligman, the Father of Positive Psychology, said that optimistic people tend to believe defeat is just a temporary setback, that its causes are confined to this one case.
- ◆ They try to be happy. According to a recent study published in the *Journal of Positive Psychology*, researchers found that participants who actively tried to be happier experienced significant improvement in mood and well-being than those who didn't.
- ◆ They are thankful for even the smallest victories.
- ◆ They're up for serious talks. A study published in the journal *Psychological Science* revealed that people who engage in substantive conversations experienced more satisfaction than those who simply had some trivial chitchats.
- ◆ They pause and listen. Happy people are good listeners. Listening is a skill that helps strengthen relationships between people, which in turn increase satisfaction and happiness.
- ◆ They have faith. Studies have seen a close connection between spirituality and happiness.

Basically, positive traits being taught in churches, such as compassion, gratitude and charity have been proven to raise happiness and well-being..

- ◆ They make time to 'see' their friends. According to Dr John Cacioppo, director of the Centre of Cognitive and Social Neuroscience at the University of Chicago, whilst social media keeps people in touch, it doesn't allow them to physically touch, which promotes health and well-being in plenty of ways, such as lowering blood pressure, relieving pain, increasing immune function, and reducing anxiety.
- ◆ They do 'digital detox'. Happy people take some time off from their work to relax and unwind. According to a study by the University of Gothenburg, Sweden, getting some kind of digital detox can greatly reduce your stress levels and increase your resilience.
- ◆ They go out. According to the study published in the *Journal of Environmental Psychology*, dosing yourself with fresh air for at least 20 minutes can make you feel revitalised.
- ◆ They eat well. Research has shown that what you eat directly impacts your mood.
- ◆ They cultivate resilience. One of the greatest qualities of the happiest people on earth is their ability to bounce back from failure.
- ◆ They get silly. A good laugh stimulates the production of endorphins that boosts moods and sense of well-being, according to University of Oxford researchers.
- ◆ They are music lovers. Music does have a therapeutic effect that is similar to massage therapy, according to the study by the Group Health Research Institute.
- ◆ They let go of grudges. Happy people are forgiving and forgetful (after they forgive, they forget).
- ◆ They hang out with cheery people. The Framingham Heart Study, which involved over 20 years of investigation on the science of happiness, found that individuals who are surrounded by happy people are more likely to be happy in the future.

Other suggestions of good things to do to be happy include:

- ◆ See problems as challenges
- ◆ Have big dreams
- ◆ Don't worry about little things
- ◆ Don't make excuses
- ◆ Eat well
- ◆ Live minimally
- ◆ Tell the truth.

And there's evidence to suggest the following make you happy:

- ◆ Move closer to work – two Swiss economists who studied the effect of commuting on happiness found that such factors as a bigger house or a better job could not make up for the misery created by a long commute.
- ◆ Smile – Johnson et al (2010) found that participants who smiled performed better on attentional tasks that required seeing the whole forest rather than just the trees. Once the smiling muscles in our face contract, there is a positive feedback loop that goes back to the brain and reinforces our feeling of joy. Smiling reduces stress that your body and mind feel, almost similar to getting good sleep, according to some studies.
- ◆ Plan a trip, but don't take one – unbelievably, a study published in the journal of Applied

Continued over...



IF YOU'RE HAPPY AND YOU KNOW IT...

Research in Quality of Life showed that the highest spike in happiness came during the planning stage of a holiday. After the holiday, happiness quickly dropped back to baseline levels for most people.

- ◆ Get older – it seems that as we get older, particularly past middle age, we tend to grow happier naturally.

And similarly there are numerous suggestions of what to avoid doing if you want to be happy, including:

- ◆ Don't compare – University of Michigan researchers found that regular use of social networks such as Facebook results in a decline in happiness. One of the easiest ways to feel unhappy is to compare oneself with others by simply looking at their photos or posts online. Don't expect that new jobs or relationships etc will make you happier.
- ◆ Don't overdo it – researchers at the University of Washington found that working mums who try to be “super mums” are at a greater risk of depression than their more realistic maternal colleagues.
- ◆ Don't resist change – a study on psychology of choices which was published in the journal *Science* suggests that our brain naturally tries to avoid loss. But such resistance can cause a lot of stress. Allow change to come to your life. It may open more opportunities to make your life

Trevor Eddolls is an executive member of the AFSFH committee, a supervisor and solution focused hypnotherapist working in Chippenham.
<http://ihypno.biz>

A study by Cangrade of nearly 600 US employees found that employers can keep their staff happy by:

- ◆ Ensuring that jobs provide intellectual stimulation and task variety.
- ◆ Giving employees some autonomy, influence, and opportunities to acquire prestige and recognition.
- ◆ Giving all employees a break now and again, even if they say they don't want or need it.
- ◆ Offering employees extra money, security, and social opportunities, but only to the extent they say these things matter to them.

better and happier.

- ◆ Don't need to always be right - would you rather be right, or would you rather be kind
- ◆ Don't need to control things – “By letting it go it all gets done. The world is won by those who let it go. But when you try and try. The world is beyond winning.” Lao Tzu
- ◆ Don't talk to yourself negatively – start taking responsibility for your life.
- ◆ Give up limiting beliefs about what you can or cannot do – spread your wings and fly! “A belief is not an idea held by the mind, it is an idea that holds the mind” Elly Roselle
- ◆ Don't try to impress others – just be the real you.
- ◆ Give up your resistance to change – many changes are good.
- ◆ Give up living your life to other people's expectations – keep control of your life.
- ◆ Don't hold grudges – holding a grudge has a detrimental effect on your wellbeing, including increased depression, anxiety, and stress.

So, there are quite a few ideas there to make us all happier! ■

REFERENCES:

- <http://blog.naturaltherapyforall.com/2013/09/18/22-daily-habits-of-genuinely-happy-people/>
<http://www.sparringmind.com/be-happy/>
<http://blog.naturaltherapyforall.com/2013/09/20/what-makes-employees-happy-it-isnt-their-paychecks-study-finds/>
<http://blog.naturaltherapyforall.com/2013/10/16/10-beliefs-and-practices-that-are-making-you-unhappy/>
<http://www.wildmind.org/blogs/on-practice/10-things-science-and-buddhism-says-will-make-you-happy>
<http://www.purposefairy.com/3308/>
<http://successify.net/2012/10/31/22-things-happy-people-do-differently/>
Diener, Ed; Oishi (2003). “Personality, culture and subjective well being: Emotional and cognitive evaluations of life”. *Annual Review of Psychology* 54: 403–425. doi:10.1146/annurev.psych.54.101601.145056
Pavot, W; Diener, E., & Fujita, F. (1990). “Extraversion and happiness”. *Personality and Individual Differences* 11: 1299–1306.
Diener, E., & Chan, M. Y. (2011) Happy people live longer: Subjective well-being contributes to health and longevity. *Applied Psychology: Health and Well-Being*. 3(1), 1-43.
Oishi, S., Diener, E., & Lucas, R.E. (2007). The optimum level of well-being: Can people be too happy?. *Perspectives on Psychological Science*, 2, 346-360.
Diener, E., Tay, L., & Oishi, S. (2013). Rising Income and the Subjective Well-Being of Nations. *Journal Of Personality & Social Psychology*, 104(2), 267-276. doi:10.1037/a0030487
Diener, E., Kahneman, D., Tov, W., & Arora, R. (2010). Income's association with judgments of life versus feelings. In E. Diener, J. Helliwell, & D. Kahneman (Eds.), *International differences in well-being*. New York: Oxford University Press.

MEET THE NEW TEAM...



Sharon Dyke the new CEO for AFSFH

Sharon has a lengthy history as a Manager in Health and Social Care, primarily the not-for-profit sector, both at county and national levels. As an SF Hypnotherapist, Supervisor and Coach Sharon believes that Hypnotherapy is at the heart of a vibrant democracy; it is in such a democracy that she believes that the values and aspirations of SF Hypnotherapists are beginning to be voiced, listened to, and acted upon.

As a Founder member of the AFSFH, Sharon has been involved from the start and says "I have loved every minute" now I am ready to take on the ultimate role and lead us into the future. Sharon can be contacted directly for information and advice at afsfas@gmail.com

Deborah Pearce - Operations director

Following a career in IT and then in Senior Management for national charities, I became a Solution Focused Hypnotherapist in 2008 and have since become a Supervisor. My current role within the Association is to oversee the operational aspects of the organisation and to provide support to the CEO. In practice this means that I do whatever needs doing and often involves me standing in for people when we are between volunteers, eg PR & Comms or Membership Renewals. I have been on the committee since we first started and have been amazed at the huge progress we've made in such a short space of time. Tomorrow the world!



Penny Ling - Journal editor

Another founder member of the AFSFH, supervisor and full time solution focused hypnotherapist. Penny's past incarnation was in publishing - newspapers, magazines and electronic. She first published a newspaper and had her own printing press at age 9, and saw the benefits of the internet back in the early 90's when she became a web designer. She writes, edits, commissions and sources out information she thinks would benefit other members. She loves being creative and says the journal helps her keep her hand in something she's always loved.

Dipti Tait - Marketing and communications

I'm Dipti, and I am so pleased to be heading up the marketing and communications side of the AFSFH. Before I decided to embark on this rewarding career as a full time SF Hypnotherapist, my background was in media and marketing. For most of my career, I worked at the BBC in London and my media position involved communications, publicity and promotions.



Combining my skills in marketing with being a hypnotherapist has increased my own ability to successfully market and promote my own practice easily. I now feel really happy to be able to share my skills to help new and existing practitioners promote themselves, their practices and the Solution Focused model of Hypnotherapy.

Kim Dyke - Head of membership

"I feel honoured to be Head of Membership of our wonderful Association. I'm looking forward to encouraging the growth of our Membership further and to helping improve the services we provide to you, making your experience as a member an even better one!"



David Mclean - Head of research and campaigning.

Really looking forward to getting involved in an interesting but also vital role within our association enabling it to move even further forward and to continue to gain the recognition that it so rightly deserves.

I plan to initially start with increased visibility of the research programme and it's benefits for students and practitioners alike. I then want to move forward by taking the principles of SFH and breaking it down into what makes it so successful and quantify these methods. This will happen by initially, publicising previous correlated research with a view to move onto our own unique contribution to real world research.

The continued analysis of our results both from a qualitative and importantly a quantitative viewpoint and the necessity to publicise it is imperative if we are to continue to gain the recognition that our training school and association so rightly deserve.



Trevor Eddolls - Our web wizard

Trevor is a qualified solution-focused supervisor and works part time as a hypnotherapist. He writes regularly for Hypnotherapy Today and has a book called Hypnofacts. He is also an NLP practitioner coach, and has trained in CBT. Trevor also runs an IT consultancy and develops Web sites for clients.

Denise Barkham - Finance officer

My background in administration and finance began in 1976 when I joined Unilever plc in Blackfriars London, followed by a long stint in the construction industry as a Sales Manager. As well as being a SF hypnotherapist, I work as a Schools Business Manager for a large primary school in Swindon with an annual budget of £1.8m. I am looking forward to using my skills in this area as the Association grows and in ensuring that our plans and hopes for the future can be financially fulfilled. I have held the finance position for a year now and I am really thrilled to be involved in the next steps of our incredible and exciting journey.



Sandra Churchill - Events co-ordinator

Hi, I'm Sandra Churchill and have just taken up the role of Events Co-ordinator for the AFSFH. I work full time as a Clinical Hypnotherapist, operating from three busy areas, and am also a qualified Supervisor. I am looking forward to working with such an amazing team and working on some exciting and informative events for this year.



ALSO... OUR NEW VOLUNTEERS

Mel Cook - Standards officer

Michael Hughes - Research assistant

Nadine Hennessey - HR & policy officer

Elise De Viell - 50/50 club co-ordinator - Hi everyone! I am the new 50/50 club co-ordinator and will be running this new an exciting scheme which great for the association and great for you - like our own little lottery with monthly winners. No doubt you will all be hearing from me soon as I drum up some business.

Current Vacancies: - Online marketing officer / Volunteer coordinators / Regional coordinators

SUPERVISION DIRECTORY



Matthew Cahill

Location: Plympton
& Plymouth
Tel: 01752 342124
hypnotherapysupervision.co.uk



Sandra Churchill

Location: Warminster
Tel: 07515 441 825
sandrachurchill@virginmedia.com
www.churchillhypnotherapy.co.uk



Jessica Driscoll

Location: Cardiff
Tel: 02920 650038
M: 07583 385652
jess.hypnotherapy@gmail.com
www.solutionhypnotherapy.co.uk



Kim Dyke

Location: Trowbridge
Tel: 01225 765411
M: 07825 957013
kimdykehypnotherapy@hotmail.co.uk
www.kimdykehypnotherapy.co.uk



Sharon Dyke

Location: Taunton
M: 07766 250113
sdhypnotherapy@yahoo.co.uk
www.sharondykehypnotherapy.co.uk



Trevor Eddolls

Location: Chippenham
Tel: 01249 443256
http://ihypno.biz/super.htm



Nicola Griffiths

Location: Cirencester
Tel: 0773 866 5172
nicola.griff@btinternet.com
www.nicolagriffiths.co.uk



Michael Hughes

Location: Bristol
Tel: 0117 9076 412
info@michael-hughes.co.uk
www.michael-hughes.co.uk



Alison Jones

Location: Bristol
Tel: 07970 191027
www.solutionshypnotherapy.co.uk



Penny Ling

Location: Abingdon
& Reading
M: 07759 820674
Solutionshypno@yahoo.co.uk
www.PennyLing.co.uk



Nick Mawer

Location: Keynsham
M: 07954 425548
nickmawer@live.com
www.nickmawer.co.uk



Deborah Pearce

Location: Sidmouth
Tel: 07939 840788
dpearcehypno@gmail.com
www.deborahpearce.co.uk/for-therapists



Susan Ritson

Location: Axbridge & Frome
M: 07837 562602
susan@ritsonhypnotherapy.co.uk
www.ritsonhypnotherapy.co.uk



Susan Rodrigues

Location: Bristol
M: 07743 895513
www.susanrodrigueshypnotherapy.co.uk



Paula Rose

Location: Newport
M: 07951 501108
www.hollickhypnotherapy.moonfruit.com



Stuart Taylor

Location: Bristol
M: 07840 269555
www.taylorhypnotherapy.co.uk



Marion Ware

Location: Whitstable
Tel: 07833 473967
info@marionware-hypnotherapy.co.uk
www.marionware-hypnotherapy.co.uk



Alan Wick

Location: Wrexham
& Manchester
Tel: 01978 781606
positivehypnotherapy@yahoo.co.uk
www.positivehypnotherapy.net



Andrew Workman

Location: Bristol
Tel: 07890 027083 or
0117 932 3472
hypno.workman@gmail.com
www.workman-hypnotherapy.co.uk

Don't Forget!

If you are a member of the NCH, then you can register your details of your supervisor (If they have been accredited by the NCH) with them - online. www.hypnotherapists.org

Don't Forget!

Watch out for more information about supervision and CPD as the AfSFH moves forward in establishing itself as a Professional Association.