Dr. Dave’s
(AKA “Schramm Dawg”)

HAPPY HACKS
FOR BECOMING BETTER AFTER THE BITTER

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Ah yes, a nice cup of 2020

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June 9th, 2020
HACK: A CREATIVE SOLUTION TO A PROBLEM OR CHALLENGE
#1 Use Cardboard To Stop Car Fighting Like This Genius Dad Did
#6 Put A Bean Filled Glove On Your Baby's Back When You Want Your Kids To Feel Loved, But You're Too Tired
#44 Carry an ‘Out of Order’ sign in your wallet at all times in case you encounter an unexpected delay machine.
#3 Hide Your Candies In Frozen Beans Bag
WE’VE HAD SOME BITTER YEARS

SO HOW DO WE BECOME BETTER?
3 Fundamental Needs

**SAFETY**
- Physical: Food, Clothing, Health, Shelter, Finances
- Emotional: Responsive, Openness, Support

**SATISFACTION**
- Pleasures, Fun, Recognition
- Yearning for Learning
- Moving Toward Rewards
- Desire to Acquire

**CONNECTION**
- Compassion
- Empathy
- Kindness
- Gratitude
- Service

**PEACE**

**CONTENTMENT**

**LOVE**
3 Types of Happiness

Pleasant Life
(Positive Emotions, Pleasures)

Good Life
(Using Strengths, Talents, Flow)

Meaningful Life
(Higher Purpose, Volunteer, Serve)

“The joy you feel striving toward your potential”

Source: Martin Seligman, University of Pennsylvania
Happiness is the reward we get for doing our best.

- Work hard at being a parent = Successful = HAPPINESS
- Work hard on my relationship = Successful = HAPPINESS
- Work hard at my job = Successful = HAPPINESS

“New research in psychology and neuroscience shows that it works the other way around: We become more successful when we are happier and more positive.”

- Shawn Achor, Happiness Advantage
Benefits of a Positive Happy Brain

- 3x more creative
- 31% more productive
- Energy increases
- Intelligence rises
- Accuracy improves
- Higher satisfaction
- Less sickness
- Enhanced focus

Happiness Fuels Success
What Contributes to Happiness?

- **Genetic Set Point**: 50%
- **Intentional Activity**: 40%
- **Outside Circumstances (Money, House, Marriage)**: 10%
- **Your Thoughts + Actions**: Source: Sonja Lyubomirsky, Ph.D.

*Source: Sonja Lyubomirsky, Ph.D. University of California, Riverside*
People Like Happy People
4 Principles for Becoming Better

SEARCH INWARD
DISCOVER YOUR STRENGTHS, FIND FLOW, IMPROVE AND GROW

TURN OUTWARD
USE YOUR STRENGTHS TO DO GOOD, SERVE, GIVE GRATITUDE, AND LOVE

LOOK UPWARD
INCREASE POSITIVITY, HOPE, OPTIMISM, AND FIND MEANING AND PURPOSE

PRESS FORWARD
DON’T GIVE UP, BE PERSISTENT & PATIENT THROUGH CHALLENGES
Search Inward

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Increase positivity, hope, optimism, and find meaning and purpose

**Press Forward**
Don’t give up, be persistent & patient through challenges
Discover and Use Your Strengths
Discover and Use Your Strengths

The VIA Survey of Character Strengths is a free self-assessment that takes less than 20 minutes and provides a wealth of information to help you understand your best qualities.

"I do not believe that you should devote overly much effort to correcting your weaknesses. Rather, I believe that the highest success in living and the deepest emotional satisfaction comes from **building and using your signature strengths**."  

- Martin Seligman

[www.viacharacter.org](http://www.viacharacter.org)
Live True to Your Core Four Values

Attributes of the person you want to be (think funeral)

Loyalty  Humility  Tolerance  Positivity
Forgiving  Honesty  Trustworthiness  Empathy
Compassion  Determination  Kindness  Hard worker
Integrity  Generosity  Appreciation  Loving
Selflessness  Courage  Altruism  Attentiveness

Under stress, act on your Four not on your Feelings
BIG 3: Exercise, Diet, Sleep

COMPARISON IS THE THIEF OF JOY.

Theodore Roosevelt
Meditation / Mindfulness

NAMAST

STAY DOG
Overall Mind-Wandering Rate: 47%

Matt Killingsworth, Harvard
Study of 15,000 individuals
Enjoy and Give Attention to the Present Moment
<table>
<thead>
<tr>
<th>PAST</th>
<th>PRESENT</th>
<th>FUTURE</th>
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<tbody>
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<td>Grief</td>
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<tr>
<td>Fury</td>
<td>Pleasure</td>
<td>Dread</td>
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<tr>
<td>Appreciation, Satisfaction, Fulfillment, Serenity</td>
<td>Flow</td>
<td>Optimism, Hope, Anticipation, Faith, Courage, Trust</td>
</tr>
</tbody>
</table>
Thich Nhat Hanh teaches,

“Your mind is like a piece of land planted with many different kinds of seeds: seeds of joy, peace, mindfulness, understanding, and love; seeds of craving, anger, fear, hate, and forgetfulness. These [many different kinds of] seeds are always there, sleeping in the soil of your mind. The quality of your life depends on the seeds you water. If you plant tomato seeds in your gardens, tomatoes will grow. Just so, if you water a seed of peace in your mind, peace will grow. When the seeds of happiness in you are watered, you will become happy. When the seed of anger in you is watered, you will become angry.”

He concludes, “The seeds that are watered frequently are those that will grow strong.”
Turn Outward

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Don’t give up, be persistent & patient through challenges
“Gratitude is not only the greatest of virtues, but the parent of all others.”
~ Marcus Tullius Cicero

“We know from studies that gratitude helps us recover from loss and trauma. It helps us to deal with the slow drip of everyday stress, as well as the massive personal upheavals in the face of suffering and pain and loss and trials and tribulations. Gratitude is absolutely essential. It’s part of our psychological immune system.”
~ Dr. Robert Emmons
Go-To Gratitude Hacks

+ Three good things
+ Top 10 people, places, experiences & things
+ Gratitude letter/visit
+ Happy thoughts/bests
+ Mental subtraction
+ Text 2 before 10
Greg

Who is this????

Wrong number lady

Having a great time at my conference. It makes me realize what a special family we have. Love you both.

Hi Sweetie, just thinking about how sweet and kind you are!

Who is this?

Your husband!

Is this meeting that dull and uninteresting?
Random Acts of Kindness (RAKs)

“Doing a kind act produces the single most reliable momentary increase in well-being of any exercise we have tested”  
(Dr. Martin Seligman)
“A state in which people are so involved in an activity that nothing else seems to matter; the experience is so enjoyable that people will continue to do it even at great cost, for the sheer sake of doing it.”

– Csikszentmihalyi, 1990

“The best moments in our lives are not the passive, receptive, relaxing times... The best moments usually occur if a person’s body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile.”

– Mihaly Csikszentmihalyi
Social Integration
Close Relationships
Quit Smoking
Quit Drinking
Flu Vaccine
Cardiac Rehab
Exercise
Lean vs. Overweight
Hypertension Rx
Clean Air
Online Shopping

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Stress Narrows our Perspective

Stanley’s a pretty smart guy so this surprised me. He suddenly didn’t know how to get around the pickle-ball net when I called him. It’s been there for a few years. He even gave a half/lazy effort to try to jump over it. He sat there looking at me like c’mon man open the gate. Haha
Eyes Up for the Good Stuff

We tend to notice and find what we’re looking for!

Repetitive complaining will attract things for you to complain about.

Repeated gratitude will attract things for you to be thankful for.
We are 5 times as likely to notice the negative and see mistakes.

We are drawn more to imperfections than we are to positive qualities.
Smiling (10:5 rule)
Start Your Day in a Positive Way

Exercise/Yoga/Stretch
Prayer
Meditation
Reading
Text 2 before 10
Drink a full glass of water
Scroll for 45 minutes on your phone
Press Forward

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Where’s Your Focus in Tough Times?

Our time and attention is best given to those things in life that BOTH really matter and things we can control.

“Triangle of Tough Times”

Our Choices

More Control

Less Control

Other’s Choices

Our Circumstances

THINGS THAT MATTER

THINGS I CAN CONTROL

WHAT I TRY TO FOCUS ON!
Resources/Relationships

Resources: Where can you turn?

+ Personal strengths ([www.viacharacter.org](http://www.viacharacter.org))
+ Helpful friends/neighbors/partner
+ Hobbies
+ Creativity
+ Religious faith/spirituality
+ Personal journal
+ A family pet
+ Savings
+ Mentors/counselors
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Free Resources!

YouTube – Over 200 Videos!

- Parenting Tug-of-War
- Parenting Children Ages 2-6...
  - Dave Schramm
- When Babies Cry! Tips for Parenting Infants and Toddler
  - Dave Schramm
- Enjoying Life with Your Little Ones! - Dr. Dave "Thrive in Fiv."
  - Dave Schramm
- What To Do When Your Child Hits - Dr. Dave Schramm
  - Dave Schramm

Free resources at www.DrDaveSchramm.com
Motivating words from our 8-year old daughter

Thanks 96+!
I know it can be hard being a Mom or Dad, but you still rock on track!
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