

# BUILDING BLOCKS OF HAPPINESS

## Overview:

Most well-being programs focus on surface-level tips but fail to address the deeper skills people need to navigate life's uncertainty. Happiness isn't about chasing positive emotions — it's about learning to recognize, regulate, and reshape the patterns that drive our thoughts, feelings, and behaviors.

## The numbers:

- Only 1 in 3 adults report being able to effectively manage stress (APA).
- Emotional intelligence accounts for up to 58% of job performance (TalentSmart).
- People with strong social connections are 50% more likely to live longer, healthier lives (Harvard Study of Adult Development).
- Daily meditation practice has been shown to reduce stress by 38% and improve focus by 60% (NIH).

## My approach:

I guide participants through practical, embodied exercises that build emotional literacy, nervous system resilience, and intentional habits. Using metaphors, reflection, and behavioral science, participants get to experience the techniques I use to improve mental well-being within myself.

## Key Highlights:

- **Named Their Feelings:** Using the RAIN technique and emotion wheels, participants practiced identifying and expressing emotions with precision, moving beyond “happy” or “sad” into nuanced self-awareness.
- **Visualized Their Resilience:** Through the “Glass Metaphor,” they mapped their nervous system health, learning how stress, rest, and environment shape their capacity to cope.
- **Reprogrammed Beliefs:** Participants explored how past conditioning shapes present thinking, and practiced introducing new, empowering beliefs.
- **Redesigned Habits:** By breaking down the habit loop (cue, routine, reward), they experimented with replacing unhelpful routines with healthier ones.
- **Directed Their Life:** Using Self-Determination Theory, they reflected on autonomy, competence, and relatedness to design a more purposeful path aligned with their values.

## Outcome

- Participants left with a toolkit of practices to regulate emotions, reshape habits, and strengthen relationships. More importantly, they experienced a shift from seeing happiness as a fleeting feeling to understanding it as a set of skills that can be practiced, designed, and lived every day.

This summary was generated by Copilot based on 1) the worksheets I made in Canva for the people to use at the workshop and 2) executive summaries I made previously by hand. It may contain errors. Signed: **Rob Hutters**