

# The Pursuit of Happiness ... Through Libraries

March 19, 2015

Sharon Morris, Colorado State Library

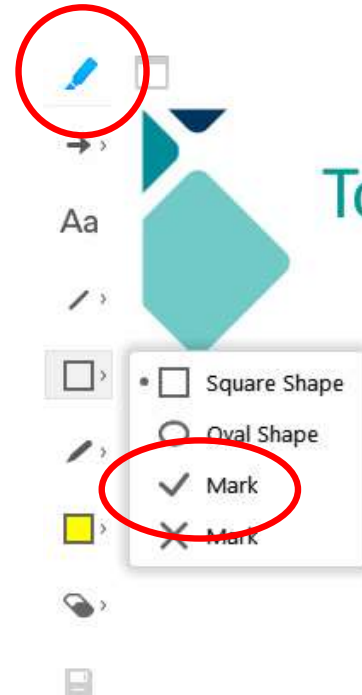


# Annotation Tools

The tool buttons will open in a row on the left side of your screen, once you **click on the blue marker**.

## Check mark

- Click on square, half-way down.
- Use the drop-down menu and choose the check mark.
- Click on slide to indicate choice.



# What Brought You Here Today?

Need to increase my own happiness

Need to increase happiness in my family

Need to increase happiness at work

Need to increase happiness in my community

Other (post in chat)

# Goals

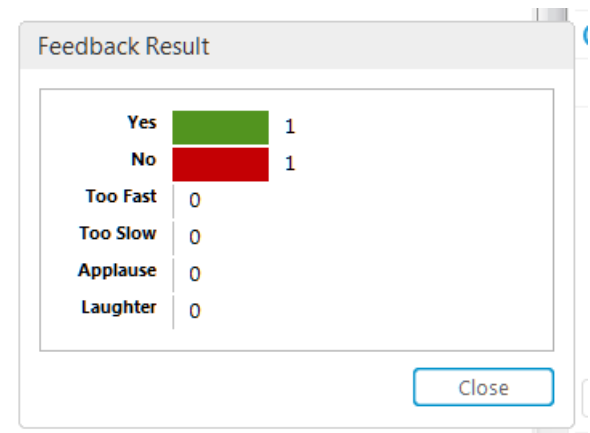
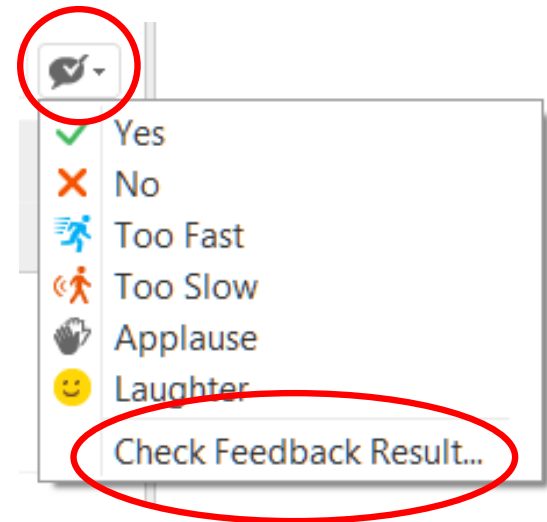
- Understand why happiness matters in our work & in our lives (based on research).
- Know, through experience, five methods for increasing happiness.
- Plan for experimenting, practicing activities that increase happiness.
- Share ideas & gain tips for sharing happiness with others.

# Methods

- Games
- Reflection
- Discussion
- Activities in WJ – chat, white board, yes/no
- Activities at your desk

# Feedback Tools

- Go to tools at bottom right of Participant Panel (small chat bubble with check mark)
- Select 'yes' or 'no'
- Check Feedback Results for summary



# Video?



Shawn Achor:

## The happy secret to better work

TEDsBloomington - 12:20 · Filmed May 2011

Subtitles available in 41 languages

[View interactive transcript](#)



**9,972,398**

Total views



Share this talk and track your influence!

We believe that we should work to be happy, but could that be backwards? In this fast-moving and entertaining talk, psychologist Shawn Achor argues that actually happiness inspires productivity.

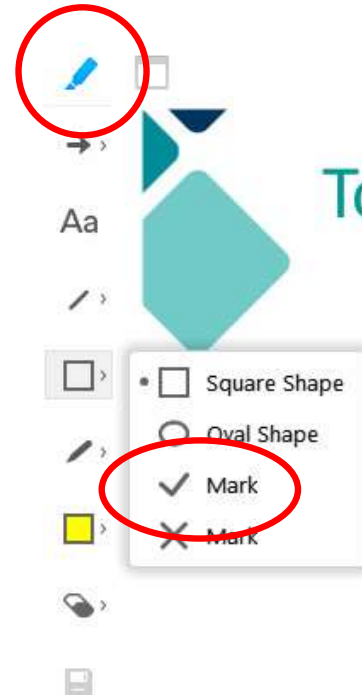


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The human brain has unlimited processing capacity.

Game

**TRUE**

**FALSE**

The human brain has **limited** processing capacity.

Game



# Results of being positive?

More likely to get job

Increased Creativity

Increased Productivity

Healthier

Job Effectiveness

Able to leap tall buildings in a  
single bound

Job success

Resilience

## Game



# Barriers to happiness?

Natural fight or flight instinct

Negative news in media

External expectations of success

Negative reinforcement

Not enough chocolate

Stress

## Game

Success and external  
recognition leads to long-term  
happiness .

**TRUE**

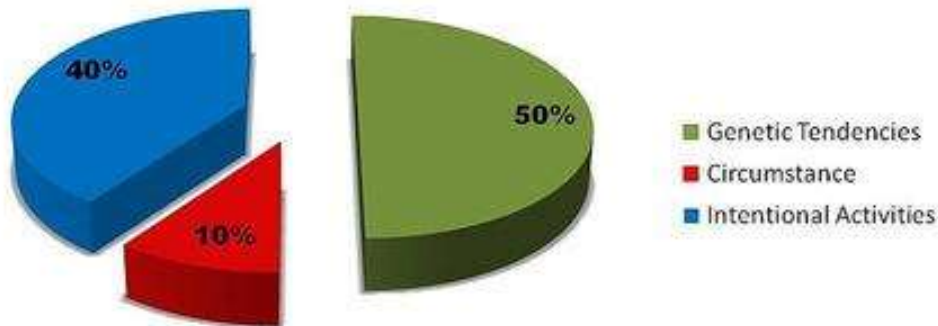
**FALSE**

**Game**

Success and external recognition leads to long-term happiness

Game

### Factors Influencing Chronic Happiness Levels



Adapted from Sonja Lyubomirsky's "Pursuing Happiness: The Architecture of Sustainable Change"

Success and external  
recognition leads to long-term  
happiness

Game

CHOOSE  
HAPPINESS

# Happiness Summary

- We have limited brain capacity and attention at any given moment
- What we focus on matters – (positivity increases creativity, resilience, productivity, health, and other indicators of long-term happiness)
- Our current culture and human wiring is oriented to the negative
- Research points to activities that increase happiness and well-being



# Questions & Comments



# Experiment

Gratitude

Journal +

Exercise

Meditation

Kindness

# Gratitude



# Experiment

## Gratitude

Joy

Frustration

Anxiety

Surprise

More energy

Other (write in chat)



Experiment

Journal +



## Experiment

Gratitude

Journal +

## Reflection

- Thinking
- Speaking
- Writing

# Experiment

Exercise

# Experiment

Meditation



# Experiment

Kindness



## Experiment

Gratitude

Journal +

Exercise

Meditation

Kindness

# Comments & Questions



Plan for Action

Gratitude

Journal +

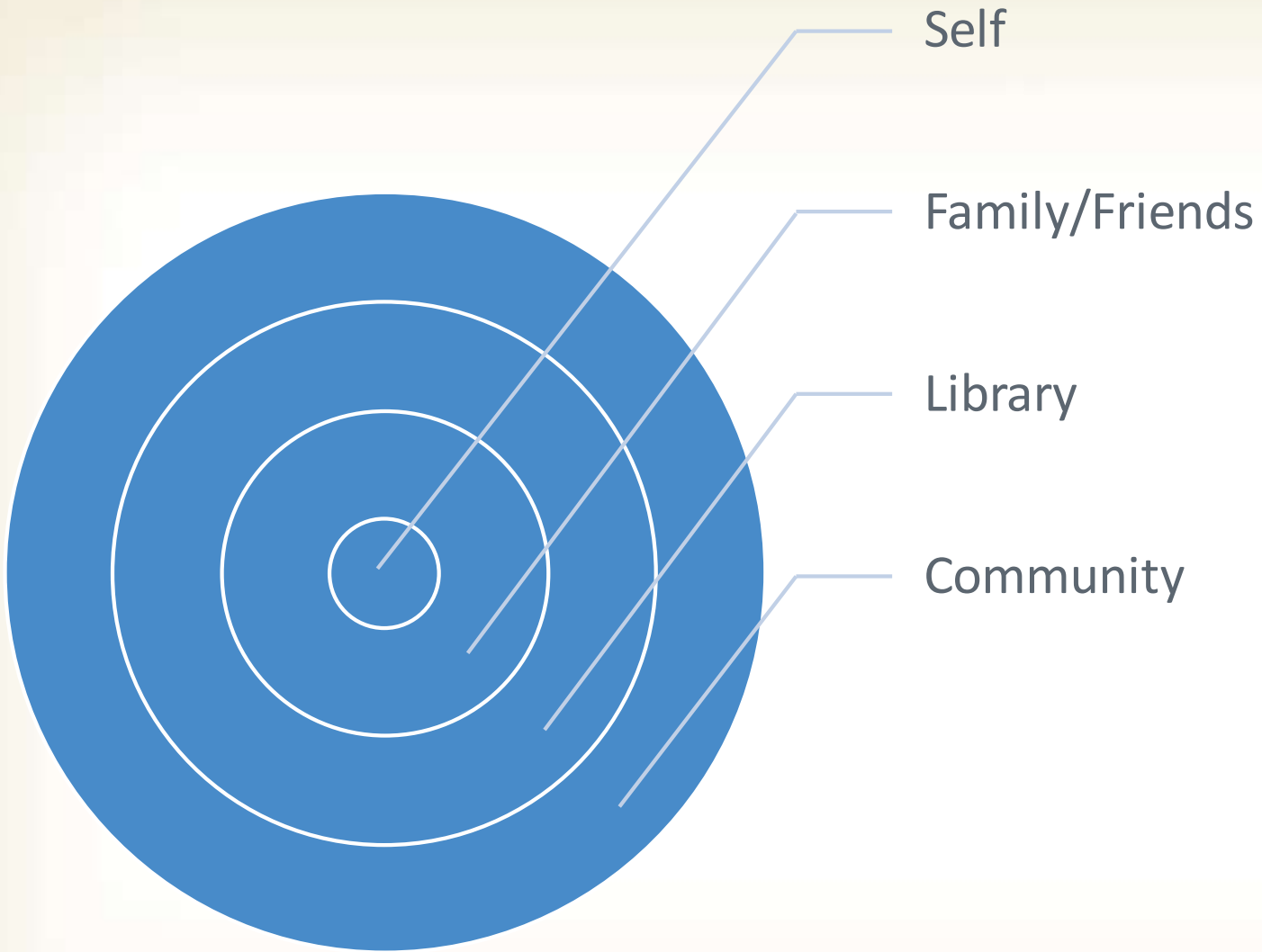
Exercise

Meditation

Kindness

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# Libraries & Happiness



# Thank You!

## Sharon Morris

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*Most recent read –*

*Hardwiring Happiness:  
The New Brain Science  
of Contentment, Calm,  
and Confidence,  
Rick Handsome, Ph.D.*