

Psychology Month February 2017

Week 3

Change how you *interact*, **change** how you *feel*



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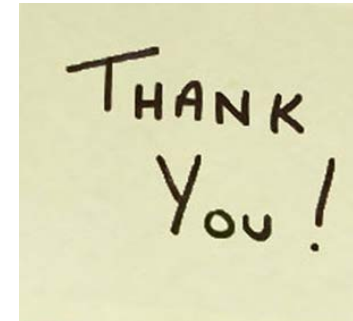


@psychDPCDSB

DPCDSB Psychology Department, February 2017



Change how you act - Change how you feel



The power of a smile

Change how you act - change how you feel

- Did you know that the simple act of smiling can help to...
 - Lift your mood
 - Lengthen your life
 - Improve your health and happiness
 - Fight off stress
 - Relax your body
 - Relieve pain
 - Improve the mood of those around you



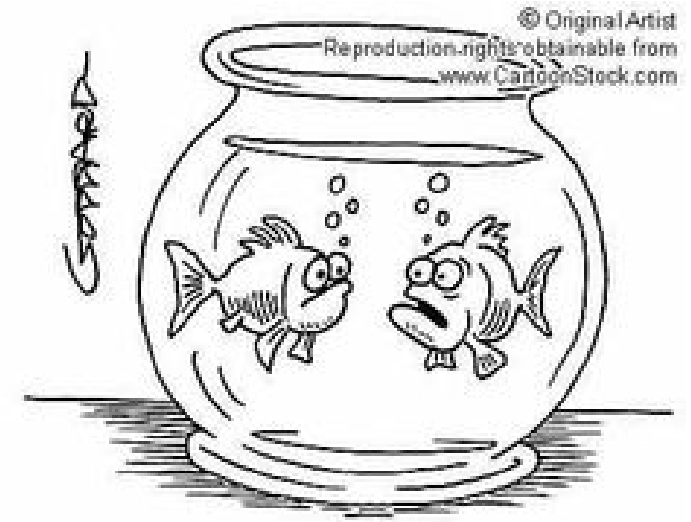
Challenge yourself to smile more often!



Active listening

Change how you act - change how you feel

- During conversation do you....
 - Maintain frequent eye contact and limit fidgeting?
 - Allow short periods of active, attentive silence?
 - Take cues from the speaker (e.g., their energy, facial expressions)?
 - Communicate the message “I am attending”?
 - Use reflections (e.g., “You sound...”)?
- Becoming a more active listener can help you...
 - ✓ More clearly understand what a speaker is saying
 - ✓ Clarify what you are expected to do
 - ✓ Avoid feeling ‘lost’ during conversation



“Pardon? Oh, sorry, I thought you were talking to someone else...”

Pay it forward

Change how you act - change how you feel

- Acts of kindness can elicit positive feelings for the receiver *and* giver
- **When we do good we feel good** – plain and simple!
- If you receive an act of help, you are more inclined to help others
- *Challenge yourself* to add random acts of kindness into your weekly routine. For example, let in a car during traffic, buy coffee for someone in line, compliment a stranger, pass on a parking voucher

It starts with **you!** Yes, YOU!



Focus on gratitude

Change how you act - change how you feel



- Gratitude is a thankful appreciation for what an individual receives
- Practicing gratitude is associated with positive emotions and better health (e.g., sleep better, stronger immune system)
- Studies show that ...
 - Those who write about gratitude are more optimistic and feel better about their lives (e.g., writing list of things one is grateful for)
 - Those who write and personally deliver letters of gratitude experience an increase in happiness
 - Keeping a gratitude journal (e.g., regularly writing brief reflections on moments for which one is thankful) can increase well-being and life satisfaction
- Try making a habit of writing one gratitude letter per month!

