



CULTIVATING HAPPINESS TOOLKIT

"HAPPINESS IS NOT SOMETHING READY MADE. IT COMES FROM YOUR OWN ACTIONS."
- DALAI LAMA.

WE ALL HAVE OUR OWN RECIPE FOR HAPPINESS! WRITE DOWN WHAT MAKES YOU FEEL...

WHICH STATE ARE YOU IN?

By noticing how we're feeling, we can take steps to look after ourselves, using our personal recipe for happiness

SOOTHE SYSTEM

Manage distress and promote bonding

Emotions: content, safe, connected
Brain: oxytocin and opiates released

PLEASURE/FUN/JOY

MEANING/PURPOSE

DRIVE SYSTEM

Incentive and resource focused
Emotions: wanting, pursuing, achieving, excitement, ambition
Brain: dopamine released

USING YOUR STRENGTHS/VALUES

THREAT SYSTEM

Threat detection and protection
'Better safe than sorry'
Emotions: anger, fear, anxiety, guilt, disgust
Brain: adrenaline and cortisol released

RELAXATION/CALM



Talk & listen, be there, feel connected

Do what you can, enjoy what you do. Move your mood

Remember the simple things that give you joy

Embrace new experiences, see opportunities, surprise yourself

Your time, your words, your presence

<https://neweconomics.org>

The brain's 3 regulation systems – Paul Gilbert