

# Counselling Connection

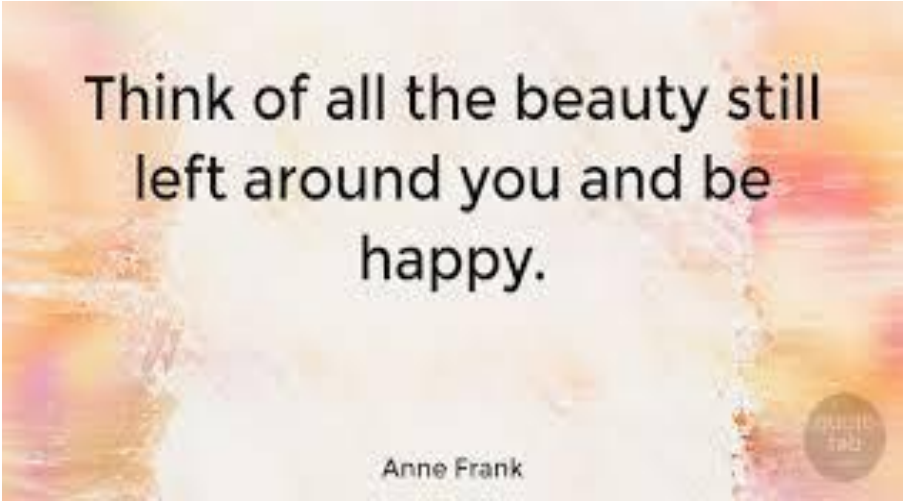
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## THE SCIENCE OF HAPPINESS

*The Ultimate gift we can give ourselves*

During our quarantine time, we are being tested to find ways to experience *true* happiness! We might be disconnected from many of the things that brought us joy. The good news is that there are practices, which have been scientifically proven to contribute to happiness. We can easily engage in these practices while we are living through the ups and downs of COVID 19. Parents can use this time as an opportunity to consistently model practices that children and teens can integrate into their daily living.



Think of all the beauty still  
left around you and be  
happy.

Anne Frank

*Families can think of creative ways that happiness practices can be incorporated into their homes. See some ideas on following page.*



Life  
is a circle of  
happiness, sadness, hard  
times, and good times.  
If you are going through  
hard times have faith  
that good times are  
on the way.

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## Happiness Practices

- Gratitude
- Giving To Others
- Empathy
- Human Connection
- Reconciliation
- Cooperation
- Mindfulness
- Prayer
- Forgiveness
- Compassion
- Kindness
- Physical Activity

# Happiness Alongside Suffering

## *We Can Feel Both*

While we all want to be happy, part of our human experience includes suffering. Exposure to the COVID-19 Pandemic has brought a *grief* experience to many families, as children and adults feel a variety of emotions related to loss. It is important for children/teens to know that the *mix* of feelings they are having is normal. It is okay to feel sadness, anger, shock, denial one minute and feel acceptance and happiness the next. This is how we process such a huge change in our lives. It is healthy to make space for children/teens to sit with uncomfortable feelings, and develop comfort in naming and expressing them.

## Happiness In The Home

- Gratitude notes (make collage or wall)
- Watch movie that teaches resiliency and discuss
- Meditations alone or together
- Random Acts of Kindness for family members
- Help a Senior on your block
- Smile and say “I love you”
- Make a card for a frontline worker
- Virtual meetings: Friends/Family
- Family games: Take turns choosing
- Write letters to people you can't see in person
- Chores: Team Style (Family basement clean)
- Cook/Read together
- Model Self Care/Self Compassion
- Display happiness quotes
- Create treasure hunts
- Engage in activity that family member chooses
- Family journal (keepsake)
- Color to relaxing music
- Engage with Prayer Apps
- View behavior through empathetic lens
- Laugh: Tell Jokes/Get silly
- Walk/Run outside
- Family workouts
- Outdoor Obstacle course
- Open communication about grief feelings

**For more “At Home” ideas, view City of Calgary At Home Activities:**

<https://www.calgary.ca/CSPS/Pages/At-Home-Activities/At-home-activities.aspx?redirect=/athome>