

Working with MS Support Group

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Rockville Nursing Home, 303 Adclare Road, Rockville, MD 20850

April 14, 2013

Agenda

3:00pm	Welcome!
	Brief Introductions/Member Check-in
3:15pm	Finding Your H Spot
4:00pm	Member Sharings & Support
5:00pm	Adjourn

Handouts & “News You Can Use”:

The Link Between Happiness and Health

http://stress.about.com/od/happinessandpositivity/a/happiness_and_health.htm

The Stress Management and Health Benefits of Laughter

<http://stress.about.com/od/stresshealth/a/laughter.htm>

7 Laughter Exercises

<http://www.care2.com/greenliving/7-laughter-exercises.html>

The health benefits of happiness

http://news.bbc.co.uk/2/hi/programmes/happiness_formula/4924180.stm

Medicinal mirth: The health benefits of laughter

<http://odewire.com/58591/medicinal-mirth-the-health-benefits-of-laughter.html>

Happiness & health

<http://www.hsph.harvard.edu/news/magazine/happiness-stress-heart-disease/>

The Happiness Advantage

<http://www.psychologytoday.com/blog/the-happiness-advantage/201108/5-ways-turn-happiness-advantage>

5 Habits To Improve Happiness:

- **The 3 Gratitudes** – Write down three new things you are grateful for each day for 21 days. Be specific and no repeats (i.e., new things every day).
- **The Doubler** – For two minutes a day (for 21 days again), write down all the details of something positive and meaningful that happened the day before. The theory is that by “reliving” the experience, you get double the pleasure and happiness.
- **The Fun Fifteen** – 15 mindful minutes every day of fun physical activity.
- **The Ripple Effect** – Consciously add three smiles a day, preferably smile at someone else. (When we see someone else smile it makes us smile, so we double the effects of smiling when we smile at someone else.)
- **Charge Your Battery** – Reconnect to your social support network daily, even if only for a few minutes. For the next 21 days, take two minutes every morning to write a positive note (compliment, praise, thanks) to someone living, from your present or past life. Reaching out to people you know, even if they aren't in your close social network, helps to strengthen and expand your social support network. (Social connectedness is the best predictor of happiness and many positive health outcomes.)

Next/Upcoming Meetings:

May 12th – Meeting

June 9th – Meeting