

# BODYMINDMOVEMENT

## INTEGRAL BODYWORK & LIFE COACHING



BodyMindMovement integration supports resilience, awareness, and creative well-being

## HOW TO STAY HAPPY WHEN THE WORLD HAS Gone Wild -----Again!

by Kate Jones

Life has, according to recent research in psychology\*, gone out of balance. And the rising levels of stress and anxiety in many cultures across the globe are a testament to the increasing imbalances in our lives.

Positive Psychology emerged as a discipline and area of academic research in the late 90's. Psychologists realized that for the past 100 years Psychology has had it's focus on the ailments of the human psyche, i.e., depression, anxiety and suicide and very little attention to the behaviors and conditions underscoring human happiness. Positive Psychology was born, as the host of that research.

Six practices have been synthesized from the research as keys to human happiness, (see list on second page).

Three practices I emphasize as a starting point are:

- 1. Taking an intentional daily break from the rat-race & focusing on our state of being mindfully.**
- 2. Engaging at least 3x a week in vigorous, robust exercise or physical activity.**
- 3. Reviewing our day at bedtime and reflecting on the elements of the day for which we are grateful and appreciative.**

Daily entrees in a gratitude journal develops an ability to live each day with greater awareness of what we value and appreciate.

We now understand that not only does the immune system increase its resilience the more

we practice ---the brain neurology turns on such that more positive mood states result. and we reset negativity to be more resilient as a persistent way of being and perceiving our daily experience..



\*Main resource for facts in this document: Harvard lecture on Positive Psychology & Human Happiness. Find it at: <http://forum-network.org/lecture/positive-psychology-science-happiness>

Kate Jones is a dynamic and compassionate integral life coach & certified bodywork practitioner. **Please contact Kate Jones about her work with Transformative Integral Embodiment.**

**Offices in San Francisco, San Mateo & Fresno, CA**  
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## 6 PRACTICES TO LIVE IN THE SWEET SPOT OF GROWTH & HAPPINESS

As researched by Harvard Psychologist, Tal Ben-Shahar, Positive Psychology



1. *Permission to be human and imperfect.*
2. *Simplify by choosing to do less.*
3. *Engage activities and relationships that are both meaningful and pleasurable.*
4. *Investing in relationships in which you are “known”; not simply “validated”.*

5. *MindBody Harmony whereby you are in an intentional relationship with quality sleep, energizing exercise, a rich sensory engagement both with touch and mindfulness practice.*

6. *Focussing on the positive by cultivating an heightened awareness of what is good, true and beautiful in your day, week and larger life.*

*Come see us or call to BodyMindMovement to learn more about Happiness Coaching!*

**415.613.6507**





1. Engaging in activities that are both meaningful and pleasurable.



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