

CULTIVATING HAPPINESS: SIMPLE WAYS TO ENHANCE JOY
BY,
PAULA PAGAN-ROSAS, LCSW-R
LONG ISLAND ELDER CARE

- I. Introduction: Definition of happiness: Discussion
- II. Strategies for happiness
 - A. Happiness is a choice
 - B. Spontaneity of happiness
 - C. Gratitude
 - D. Congruency
- III. Obstacles to achieving happiness
 - A. Internalizing anger
 - B. Understanding yourself and your limitations
 - C. Take inventory
 - D. Problem solving approach
 - E. Develop internal growth
- IV. How to achieve happiness after a pandemic
 - A. Regrouping
 - B. Finding new purpose
 - C. Gaining insight into how the pandemic impacted you.
- V. Take care of yourself
 - A. Keep it simple
 - B. Habits
 - C. Learn techniques to reduce stress
 - D. Breathing techniques
 - E. Massage therapy
 - F. Meditation
 - G. Acupuncture
 - H. Exercise
- VI. Guided Imagery: Describe guided imagery and do one for the audience.

CULTIVATING HAPPINESS: SIMPLE WAYS TO ENHANCE JOY

This seminar takes you on a journey to explore what is the meaning of happiness and what are the obstacles in achieving it. It gives you insights about your pattern of behavior and how it impacts the choices you make in your life. The course will discuss the ingredients in achieving happiness and the importance of congruency in your life. We will explore the classes thoughts about happiness and how they are achieving their goals and what are some of their obstacles. The course ends with a guided imagery elaborating on the material discussed with music and images.