



UPLIFTING NEWS

July 2018 TMR Digital Support Group

7/2/18 - Google Hangouts

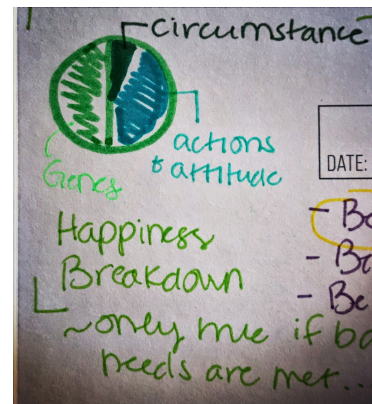
by [The MindReset](#) on 7/5/18

The MindReset (TMR) Community is pleased to offer digital support groups as a medium for bringing individuals together in a safe space for discussion and social bonding. By conducting these groups through a digital platform, potential barriers created by geography and inability to access social resources is reduced. These groups are facilitated to ensure participants feel comfortable sharing their thoughts in a growth-oriented environment. Attendees are able to engage actively or passively with no requirement for attendees to reveal their faces or to speak. The goals of these discussions are for participants to leave with useful suggestions or actions they can take to improve their lives!

The June support group focused on the theme of happiness. Group facilitator, Dr. Jing Wu, summarized an article she read about this topic on The Cut website: [How to Be Happy: A Cheat Sheet](#).

This article served as a “cheat sheet” overview of a popular course, with over 1,200 students enrolled, taught at Yale University named “Psychology and the Good Life.” Dr. Wu highlighted some of the key points of this written piece:

1. If all basic needs are met (food, shelter, etc.), happiness is dictated 50% by genes, 10% by circumstance, and 40% by attitude and actions.
2. Individuals who value time more than money tend to be happier. This concept boils down to:
 - a. Money being elastic, meaning it can accumulate and fluctuate.
 - b. Time being inelastic, meaning there is a fixed amount and once time has passed, it cannot return. In other words, there is the same amount of time every day and you can never have any less it.
3. Happiness can be made! Humans have the ability of prospection, or thinking about the future. Humans can build a state of mind.
4. Often individuals believe that being happy means constantly chasing that “high” or a certain level of ecstasy, but in reality, achieving equanimity, or a state of mental composure or calmness, especially during difficult situations, is more sustainable.





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Dr. Wu then shared strategies used for making future decisions and the benefits and harms of some of these techniques. She highlighted the need for building routines that yielded healthy rewards, using scrolling through phones when bored as an example.

“Let’s pretend a person named Alex is bored; boredom is his cue. He takes out his phone as a response to his boredom; this is his routine. He is no longer bored, aka. his reward, but after he puts his phone away, he soon resumes feeling bored. This is an example of an empty reward where a cycle of non-productivity is built.”

Dr. Wu encouraged finding more positive and fulfilling inputs like reaching out to family or friends, thinking of something that provided happiness in the past, or reflecting on a goal for the future. Overall, the group had a very stimulating conversation about what they found rewarding.

REFLECTION:

- What would you do if you had \$100 extra?
- What would you do if you had one hour more?
- Would you prefer to have: \$100 or one hour more?

The MindReset Community encourages others to join in on these digital support groups every first Monday of the month. Topics vary, but participants are able to suggest themes prior to each of these monthly meetings when they RSVP through the link on the [Events page](#). We hope to see you then!

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