



# TIPS FOR BRIDGING HAPPINESS AND SUCCESS

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## DEVELOP HEALTHY RELATIONSHIPS

1. Tend your relationship garden
2. Consider peoples iceberg
3. Actively constructively respond
4. Listen
5. Enlarge your support network
6. Have a positive influence on the people in your life

## RECOGNISE YOUR ACCOMPLISHMENTS

1. Use systems and foster healthy habits
2. Set and work towards goals
3. Be self-compassionate
4. Create step-wise, incremental change

## UNDERSTAND RESILIENCE AND NEGATIVE EMOTIONS

1. Appreciate that your inner critic is trying to keep you safe
2. Grow your self-awareness – hear your physical and mental cues
3. Be mindful and present
4. Accept what can't change
5. Develop sustainable coping strategies
6. Choose not to tell stories which add to your pain

## NURTURE POSITIVE EMOTIONS

1. Keep fuel in your tank – nutrition, exercise, sleep
2. Actively counteract your negativity bias
3. CLING on to your positive emotions
  - learn, have fun, give, be grateful and grow your resources
4. Enjoy the little things in life
5. Celebrate successes big and small
6. Cultivate a growth mindset – compare yourself to yourself in the past, not to others

## PRACTICE ENGAGING AND DISENGAGING

1. Use and build on your strengths
2. Enjoy an absorbing hobby and the flow it provides
3. Foster engagement by managing demands the ones others put on you and the ones you put on yourself
4. Build your personal resources eg. optimism or resilience
5. Actively grow your job resources

## CREATE MEANING

1. Use your finite time and energy to do what matters
2. Consider your values when decision making
3. Find meaning in more than one place
4. Craft your job/life to live in an authentic, personally congruent manner



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