



Illinois
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March 2013

Employer Worksite Wellness Webinar

2013 Campaign Schedule



| Month | Webinar Topic | Date and Time |
|-------------------|---|-------------------|
| January | 2013 Wellness – An Overview of Well onTarget | 1/29 10-11 AM |
| February | 2013 Wellness – An Overview of Well onTarget | 2/26 10-11 AM |
| March | Thrive to Stay Alive: Happiness in the Workplace | 3/19 10-11 AM |
| April | Wellness Incentives in Workplace Cultures: Best Practices | 4/23 10-11 AM |
| May | BCBS Incentives Program | 5/28 10-11 AM |
| June | 2013 Wellness - Well onTarget Online Challenges | 6/25 10/11 AM |
| July | TBD | 7/23 10-11 AM |
| August | TBD | 8/27 10-11 AM |
| September | TBD | 9/24 10-11 AM |
| October | TBD | 10/22 10-11 AM |
| November/December | TBD | 12/10 10-11 AM |



March 2013 Agenda

❖ **Introduction**

❖ **Thrive to Stay Alive: Happiness in the Workplace**

❖ **Questions**

Our mission is to

promote the health and wellness

of our members and communities through accessible,
cost-effective, quality health care.



Experience. Wellness. Everywhere.SM

Thrive! To Stay Alive.

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University of Oklahoma-Tulsa

School of Community Medicine

Department of Family Medicine

Where will we go today?

- What is thriving?
- Why don't we thrive?
- What positive psychological approaches will help us to become thrivers?

What is Thriving?

- Flourishing.
- Living the good life. (Happiness, resilience, grit)
- Eudaimonic vs. Hedonic Well Being.

Why don't we thrive?

- Rampant Negativity.
- Psychological literature is largely focused on what is wrong (7-1)
- Homeostasis.
- Fault Finding.
- Selfishness.
- Acceptance of surviving.



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Thrivers....

- Focus

Thrivers....

Are Salutogenic rather than Pathogenic

Thrivers

- Are benefit finders rather than fault finders and are careful who they hang out with.

Thrivers....

- Believe the best of intentions.

Thrivers....

- Know the Losada Number.

Thrivers.....



Thrivers....

- Work hard to forgive.
- Awareness of the injustice gap.

Thrivers....

- Savor

Thrivers.....

- Are Grateful

Thrivers Stay in the Here and Now.





CLICK IT OR TICKET.



Safety belt enforcement is being stepped up everywhere. It doesn't matter where you drive, they'll be looking for you. Simply, law enforcement writes tickets to save lives. So buckle up or you will get a ticket. No exceptions.

Thrivers.....

- Don't ruminate on negative events.

Thrivers.....



- Have a pleasant odor.



Thrivers....Know this equation



- What do you expect? $D = E/A$
- Disappointment = Expectations/Activity
- D is less than or equal to 1.
- 100000

10

Thrivers....



- Know how to honor.

Thrivers....Practice the Big Three



- Gratitude
- Forgiveness
- “Am I pleasant to live with?”

Finally

- Flourishing, Thriving, and the art of positive psychology only appear as the result of effortful practice. If today is the only time you think about these issues, you will stay languishing, surviving and merely existing.

Homework

- Three blessings.
- Gratitude Journal.

Questions?