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# The Science of Health *and Happiness* *for young people*©



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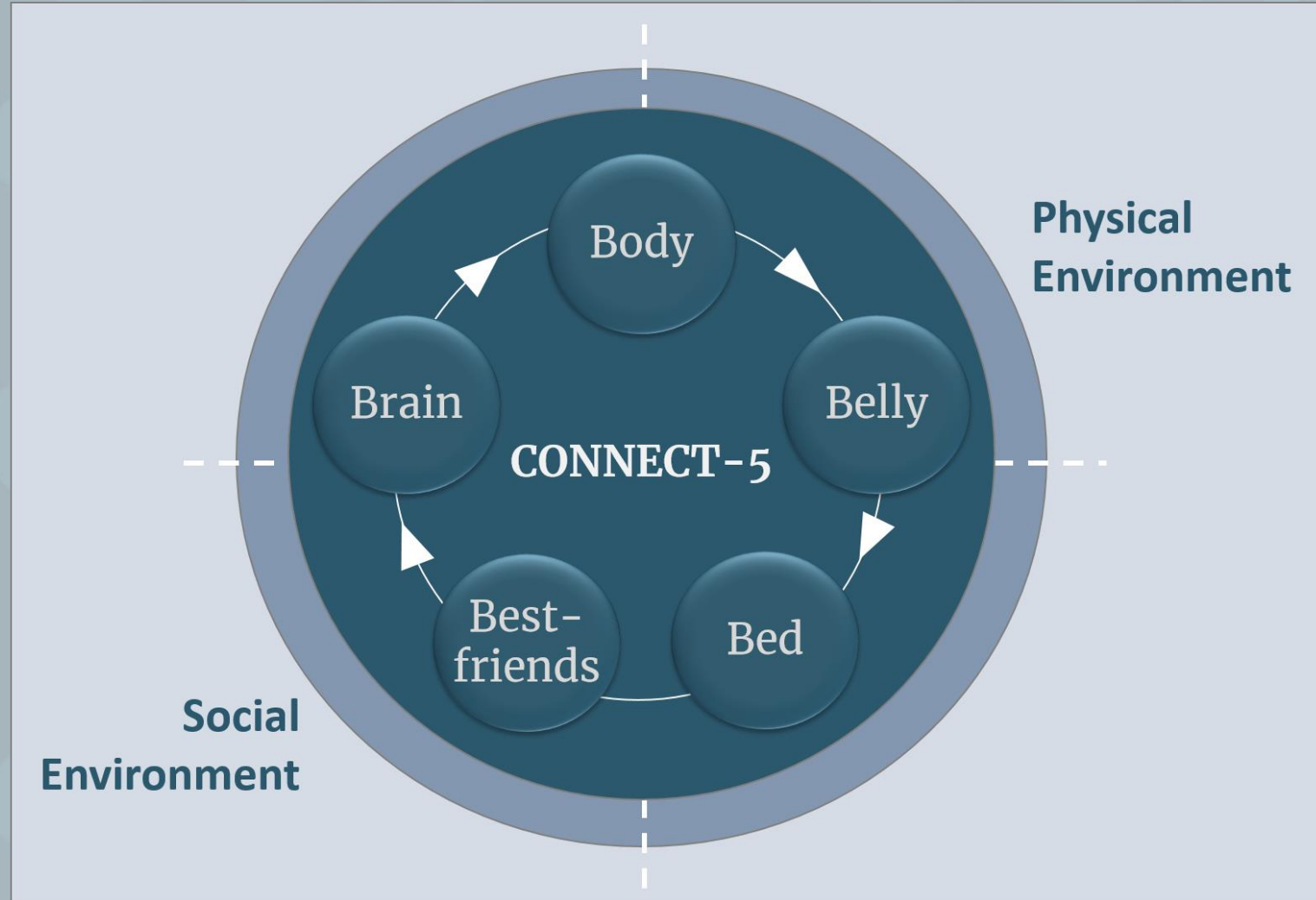
# Week 10 - Whole Person Health

## NOTES



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# Whole person health -what do we mean?

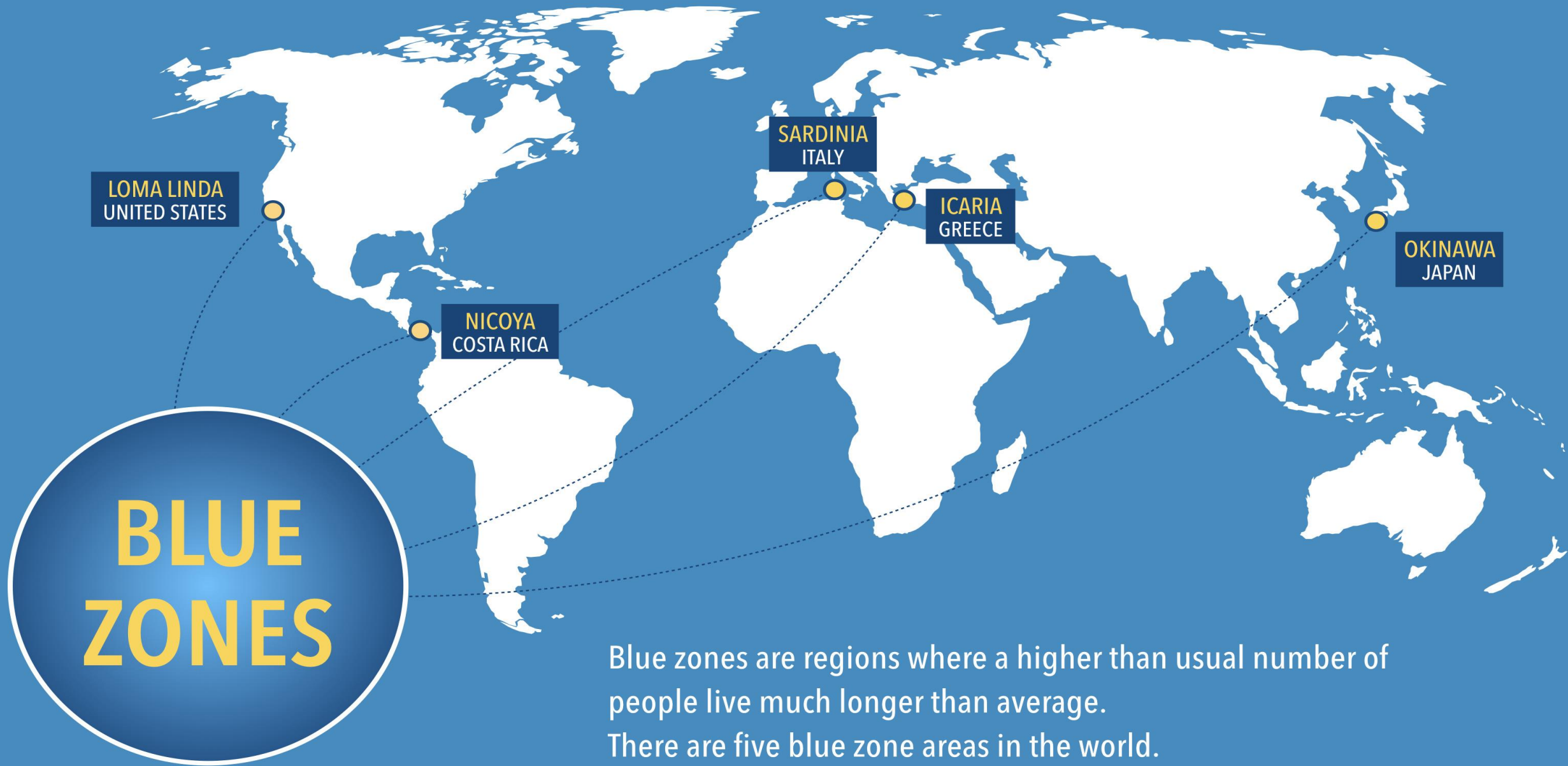


Looking after our:

- Brain
- Body
- Belly
- Bed
- Best-friends

Where can we find people who engage  
in whole person health practices?



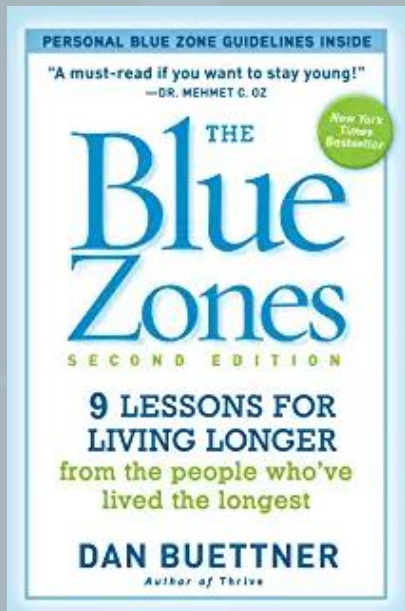
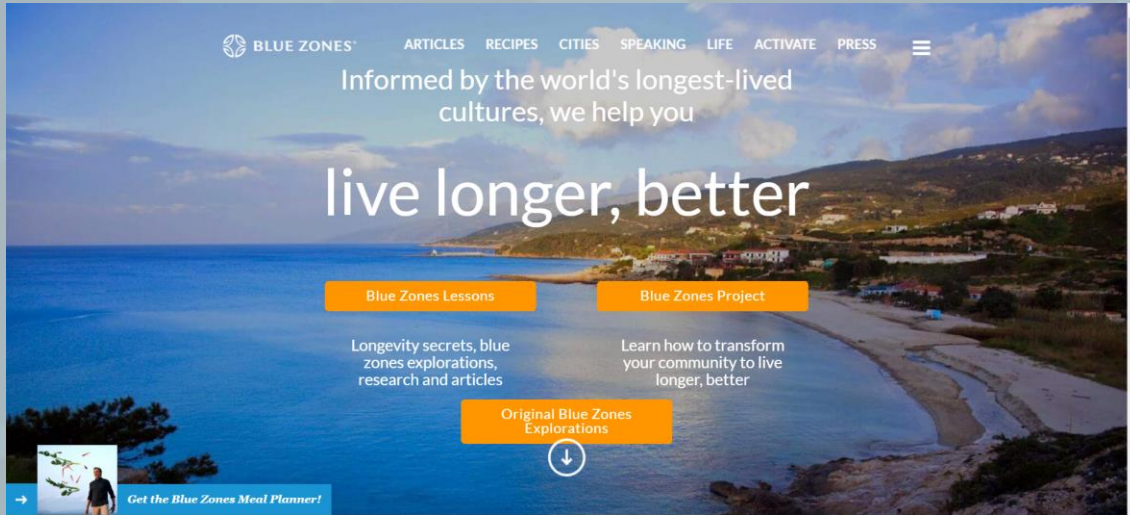


Blue zones are regions where a higher than usual number of people live much longer than average.  
There are five blue zone areas in the world.



# The blue zones

Geographical locations where humans live the longest



[https://www.ted.com/talks/dan\\_buettner\\_how\\_to\\_live\\_to\\_be\\_100](https://www.ted.com/talks/dan_buettner_how_to_live_to_be_100)

# Number of people who live to 100 and older per 100,000 population

9.3\*  
/ 100,000

Ireland

12.6  
/ 100,000

Sweden

14.1  
/ 100,000

Italy

16.6  
/ 100,000

Sardinia

17.9  
/ 100,000

Nuoro province



# Why do these people live longer?



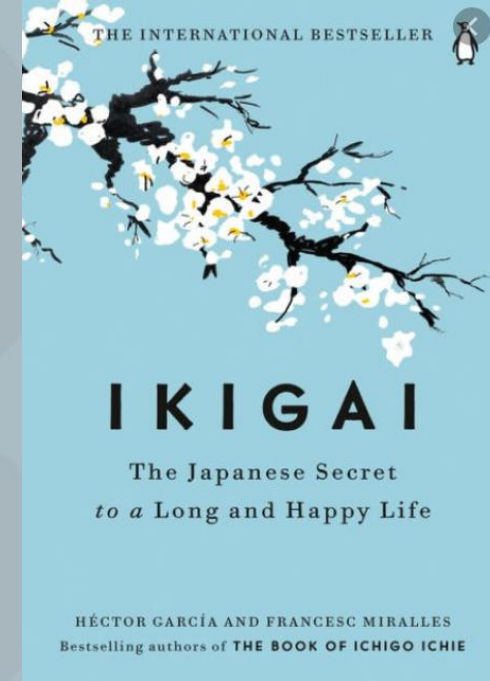
# Take home messages

- Eat mostly plants
- Eat less
- Have a garden and eat fresh food if you can
- Engage in daily exercise – natural movement
- Family & community first
- Engage in activities that cultivate meaning, purpose & creativity

# Activities that cultivate meaning, purpose & creativity - *Ikigai*



← WHAT YOUR  
COMMUNITY NEEDS

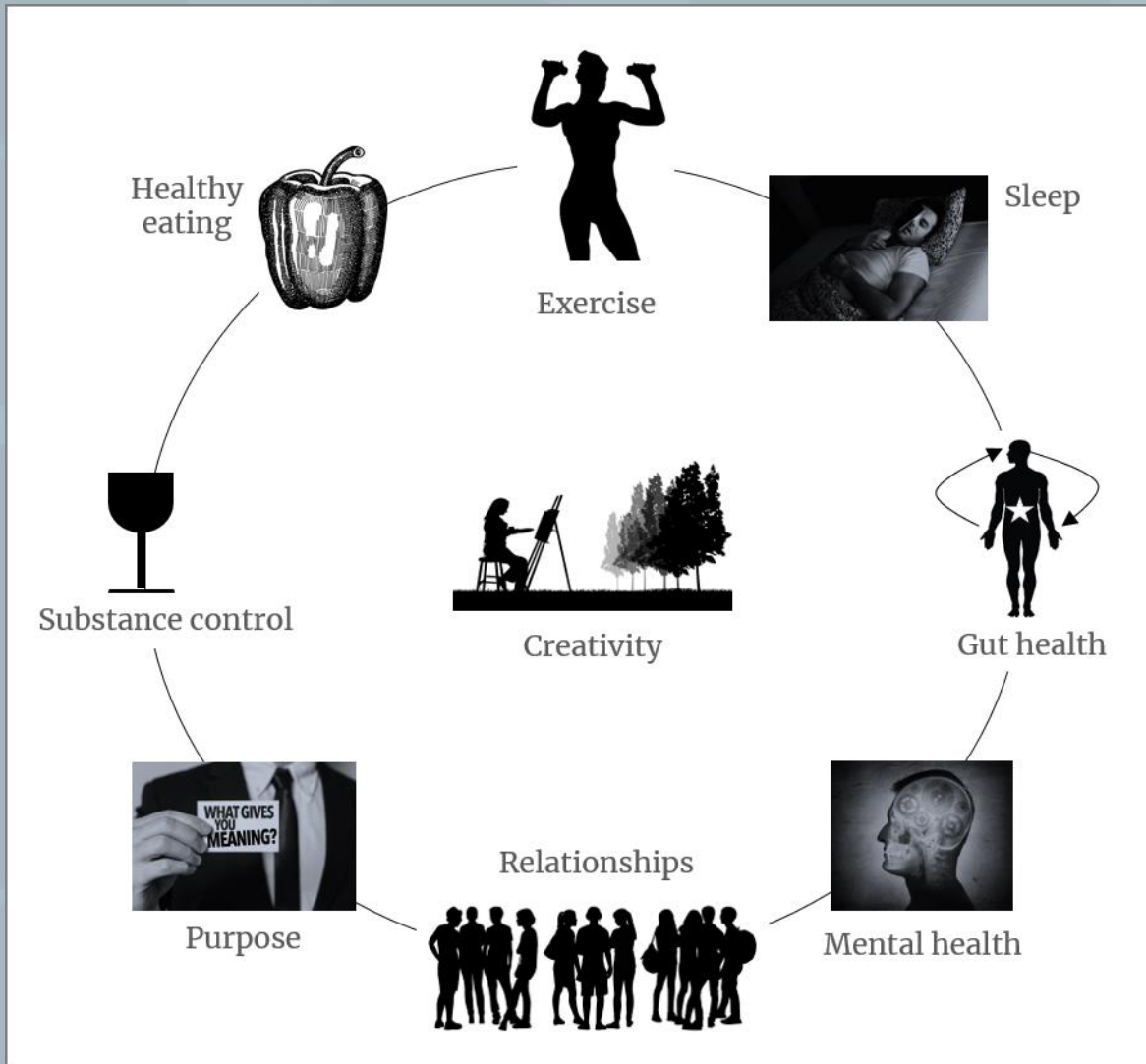


# Homework for the week

Ikigai core concepts	Your answers (1)	Your answers (2)
What do you love? <b>PASSION</b>	Music	Being outside in nature
What are you good at? <b>MISSION</b>	Singing	Sport and biology
Can you get paid for it? <b>PROFESSION</b>	Yes - musician/singer	Yes - work in forestry
Does your community or the world need what you are good at? <b>VOCATION</b>	The world needs music, art and entertainment	Every country in the world needs healthy forests



# Components of whole person health



## Make a table

Score yourself out of 10; if you score lower than 6, you need to make a plan to improve your score.

Activity	1 to 10
Exercise	6
Diet	7
Meaning	3
Relationships	5
Sleep	2
Substance control	7
Gut health	3
Creativity	5

(1 = poor; 10 = good)

If you score below 5 in any section, make a plan to get it up to 6/10 in a few months

# Summary of whole person health

If you want to live to be a healthy and happy 100 year old:

- Follow the *brain-body-belly-bed-best-friend* rule in relation to whole health
- “Eat food. Not too much. Mostly plants.” – Michael Pollen (food author & journalist)
- Move naturally – household chores can be viewed as exercise
- Value your family and your community as equally as food and exercise
- Cultivate meaning and purpose, plus creativity in your life



# Your Happiness toolkit





# Your Happiness toolkit (1)

- Learn to tweak your **motivation** to achieve your goals
- Manage your **time** by focusing on things you have control over and using the importance urgency matrix to prioritise.
- Develop a **growth mindset** by embracing challenges, persisting in the face of setbacks, seeing effort as part of the journey, learning from criticism and finding lessons and inspiration in the resilience of others
- Take the VIA survey, identify your **signature strengths**, use one of them in a new way each day, and learn to recognise strengths in yourself and others



# Your Happiness toolkit (2)

Learn to increase your wellbeing (PERMA) by:

- **Positive Emotions:** Try to notice the positives in your life not just the negatives. Either daily or weekly, start writing down three good things that have happened to you.
- **Engagement:** Learn to use your best strengths especially for things you don't like doing
- **Relationships :** Set out to improve your relationships by taking more time, by showing understanding and compassion for others and by trying to use positive responses to people rather than negative responses.
- **Meaning:** Think about what is important to you; what gives your life meaning?
- **Accomplishment:** Think about your achievements and what you hope to achieve. Celebrate your achievements

# Your Happiness toolkit (3)

- Your brain is still under construction – be vigilant about the experiences and substances you give your brain while it is still growing
- In your emotional life remember: *name it to tame it* – identify the feelings in your body and name them.
- Every day for the next week, take a photo of one thing that boosts your positive emotions, such as joy, happiness, awe, amusement, excitement, enthusiasm, gratitude, hope, love, pride, etc. To move it up a level, do this activity with your friends and every day send each other a photo you took with a short description of the emotion it evoked.
- Set up your alarm clock for an emotional check. When it buzzes, reflect on what emotion you were feeling shortly before the buzzer went off and what caused it.



# Your Happiness toolkit (4)

- Know how to make habits stick; generate a study template and plan your rewards
- Your attention can be trained through practices like meditation; good diet and exercise will help with your attention
- Know the symptoms of stress and remember the ABCs of stress first-aid:  
Awareness-Breathing-Compassion (self-kindness)
- Remember to breathe – 5 in/5 out through the nose; 5 in/5 out/hold for 5 – if you are anxious
- Regular exercise, especially in a community or group where you feel safe can help to manage stress; regular creative exercises can help you manage stress



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Thank you & good luck!



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