

MENTAL FREEDOM

How to Reduce Stress, Anxiety
and Negative Thinking



WEEK 6

Positive Connections and Your Happiness

Lesson Objective

Understand why a social life is the most important contributor to happiness.

How to overcome obstacles to creating long lasting positive relationships.

You will learn strategies to strengthen your relationships & create more positive connections

Are your relationships your path to happiness?

YES! YES! YES!

Obstacles to Positive Connections

Relationship Obstacles

Focus on individual happiness

Stuck in the past & feeling helpless

Maintaining unhealthy relationships

Isolation activates pain circuits in the brain.

Lack of connections is related to cognitive decline and health challenges.

People are less happy & less satisfied in cultures that promote individual.

Focus on Individual Happiness

Social Happiness vs Individual Happiness

Meeting people

Friendships

Help others in need

Social engagement

Happiness keeps growing!

Individual Goals

Loose weight

Stop negative habits

Earn more & get a better job

*Improves confidence but
not long-term happiness*

Stuck in the Past

Helplessness is Learned

“He/She/They are responsible for my pain and how I’m suffering”

Permanence

“This pain will stay forever”

Mistrust

“I need to be protect myself and be on guard all the time”

When you are around them:

- It feels heavy and tiring
- It lowers your mood
- More agitation, frustration & anger
- You need comfort & recovery after

Unhealthy Relationships

How to build positive connections

Acceptance

Trust

**Common
Humanity**

Strategies

Let go of resentment

Acceptance is one of the best ways
is to move from *judgement & fears*.

Decide to forgive, regardless of whether they deserve your forgiveness.

Choose to release feelings of resentment or vengeance towards that person(s).

Forgiveness

Forgiveness Misconceptions

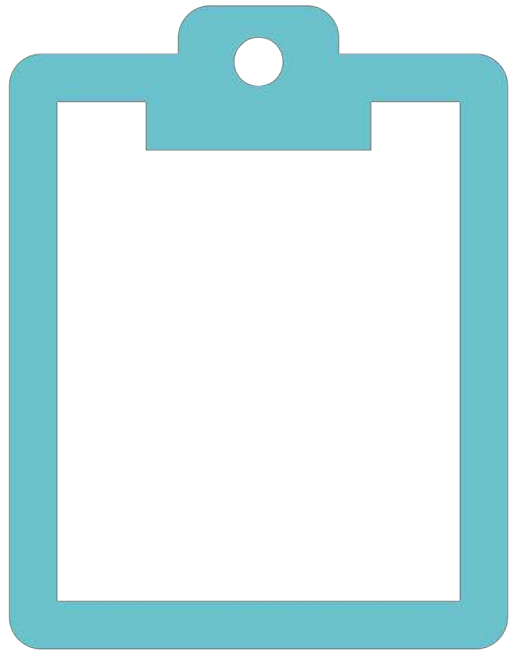
Condoning unkind actions

Reconciling with 'offender'

Giving up on justice

Forgetting what happened.

Forgiveness Readiness



- Are you ready to release and take action?
- Are you tired of thinking of past resentments?
- Have you been able to create trusting relationships after offense?
- Have you created boundaries/limits to stop the offense from recurring?

From Resentment to Forgiveness

Make a list and pick one person

"What was/is the negative impact on my life?"

Observe emotions, suffering & allow

"I'm hurt and it's ok to feel these negative emotions."

Offer kindness to offender

"What was their childhood? What is their pain?"

Offer Mercy

"I'm extending mercy to someone who may not have been kind to me"

Become your hero

"How can I find meaning? How can I grow? What can I learn?"

Building Trust

Trust & Setting Limits

Identify one boundary

Find common ground between your needs & values and the other person

Start the conversation

State your limits and consequences

Negotiation & test period

**Create More Positive
Relationships**

Think about the happiness around you

- **Everyone** wants to be happy
- **Everyone** has to deal with challenges, change & pain
- **Everyone** makes mistakes, has flaws and act irrationally
- **Everyone** has their own suffering



Practice Kindness

Find opportunities to be kind to others:

- Praise
- Help
- Say “Hello!”
- Make a phone call
- Do something for a stranger
- Volunteer
- Smile at everyone you meet

Compassionate Love

Look at your relationships:

- Recognize positive qualities
- Express gratitude frequently
- Embrace faults, weaknesses & limitations
- Lower expectations in challenging times
- Celebrate their joy
- Play, laugh, have fun together
- Be more open to listening



Forgiveness Worksheet

Positive Connections Plan

Loving Kindness Meditation



Homework



Q&A

Mental Freedom Course Recap

1

Our Brain & How It's Wired

Find Stress/Threats & More Happy Chemicals

2

Mindfulness & Building Inner Peace

Mind Wandering, Breath & Gratitude

3

Mind Training & Letting Go

Mind Flexible, Acceptance, Let it go & Compassion

4

Positive Meaning & Your Emotions

Positivity Ratio & Dealing with Negative Emotions

5

Self Confidence & Your Beliefs

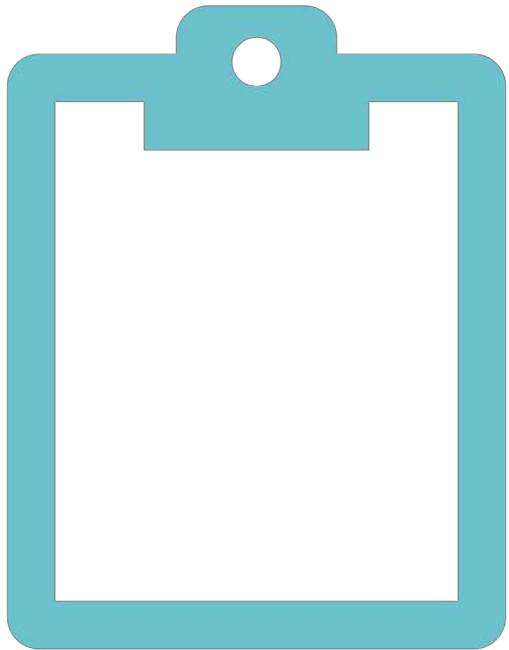
Self- Compassion, Acceptance & Common Humanity

6

Positive Connections & Your Happiness

Forgive, Build Trust, Kindness & Positive Relationships

What's next ?



- Revisit the recordings.
- Review worksheets & what you have done.
- Identify one topic & worksheet/ guided meditation.
- Focus on topic for the next four weeks.
- I would love to hear from you. Contact me for questions or any help you need.

Thank You!