How to Enhance Your Sense of Well-Being by Nurturing the Quality of Your Relationships

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Goals

**Identify** approaches and techniques to initiate and promote healthy rapport with others.

**Learn** more about the role of social support in relation to happiness and well-being.
Brought to you by...

My interpretation of parts of Shawn Achor’s work in these books.
Activity: Power of Connection

FIND A PARTNER & FACE THEM

BOTH PARTNERS BEGIN BY SHOWING NO EMOTIONAL REACTION (WITHOUT FORCING IT)

ONE PARTNER NOW LOOKS THEIR PARTNER IN THE EYES AND SMILES GENUINELY. SEE WHAT HAPPENS.
Ideas: Social Connection, Health & Well-Being

1. **Emotional Contagion:** Phenomenon of having one person's emotions and related behaviors directly trigger similar emotions and behaviors in other people.

2. **Mirror Neurons:** Is a neuron that fires both when an animal acts and when the animal observes the same action performed by another.

3. **Being connected** increased likelihood of cardiovascular health, happiness, personality traits, creativity, generosity, learning, energy, engagement, leadership, and even sales performance, etc.
Activity: Identifying Powerful Positive Relationship

Who leaves me feeling good?

Who strengthens me?

Who makes me hope for more?
Activity: Analyzing Powerful Positive Relationships

• Identify your:
  • Pillars: Sources of unconditional support and acceptance.
  • Bridges: Connectors to new people or resources.
  • Extenders: Push you out of your comfort zone.
Activity: Valuing Self In Relation to Positive Relationships

- What is an old relationship I am grateful for?
- What qualities do I appreciate in a co-worker?
- What is one quality I admire about someone close to me?
- What positive quality have I picked up from others? Whom?
- What do I admire about the employees at the places I frequent?
- What positive quality do I really admire about myself?
- How can a perceived weakness of mine also be a strength?
Discussion: How can you nurture new relationships?

- Go to campus events
- Connect with classmates
- Join a MeetUp
- Take a class or join a team
- Volunteer
- Reach out to an acquaintance
- How else?
Recap

• What did you learn about the role of social connection in relation to happiness and well-being?

• What approaches and techniques have we identified to initiate and promote healthy rapport with others?

• Questions? Comments?
Thank you!

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