

Photo: Alex Gruber,  
Unsplash.com



# Positive Psychology in ELT for...

Photo: Alex Gruber,  
Unsplash.com



# Positive Psychology in ELT for...

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Unsplash.com



**Positive  
Psychology  
in ELT for  
time  
famished  
teachers & students**

Photo: Alex Gruber,  
Unsplash.com



# **Time Famished**

**Happiness  
(Positive psychology)  
for teachers  
& students**

Photo: Alex Gruber,  
Unsplash.com



# Time Famished

**Happiness**  
**(Positive psychology)**  
**for teachers**  
**& students**

The background of the slide features a close-up photograph of several daisy flowers. One daisy in the center is in sharp focus, showing its white petals and yellow center with a small black bee on it. Other daisies are visible in the foreground and background, some slightly out of focus. The overall scene is bright and natural.

# **“Positive Psychology**

**The study of... flourishing  
or optimal  
functioning of  
people, groups,  
& institutions.**

**- Gable & Haidt**



**“Positive Psychology  
The scientific study of...**

**what makes life  
most worth living**

**- Chris Peterson**



“Women have  
30 hours  
of leisure  
every week.”

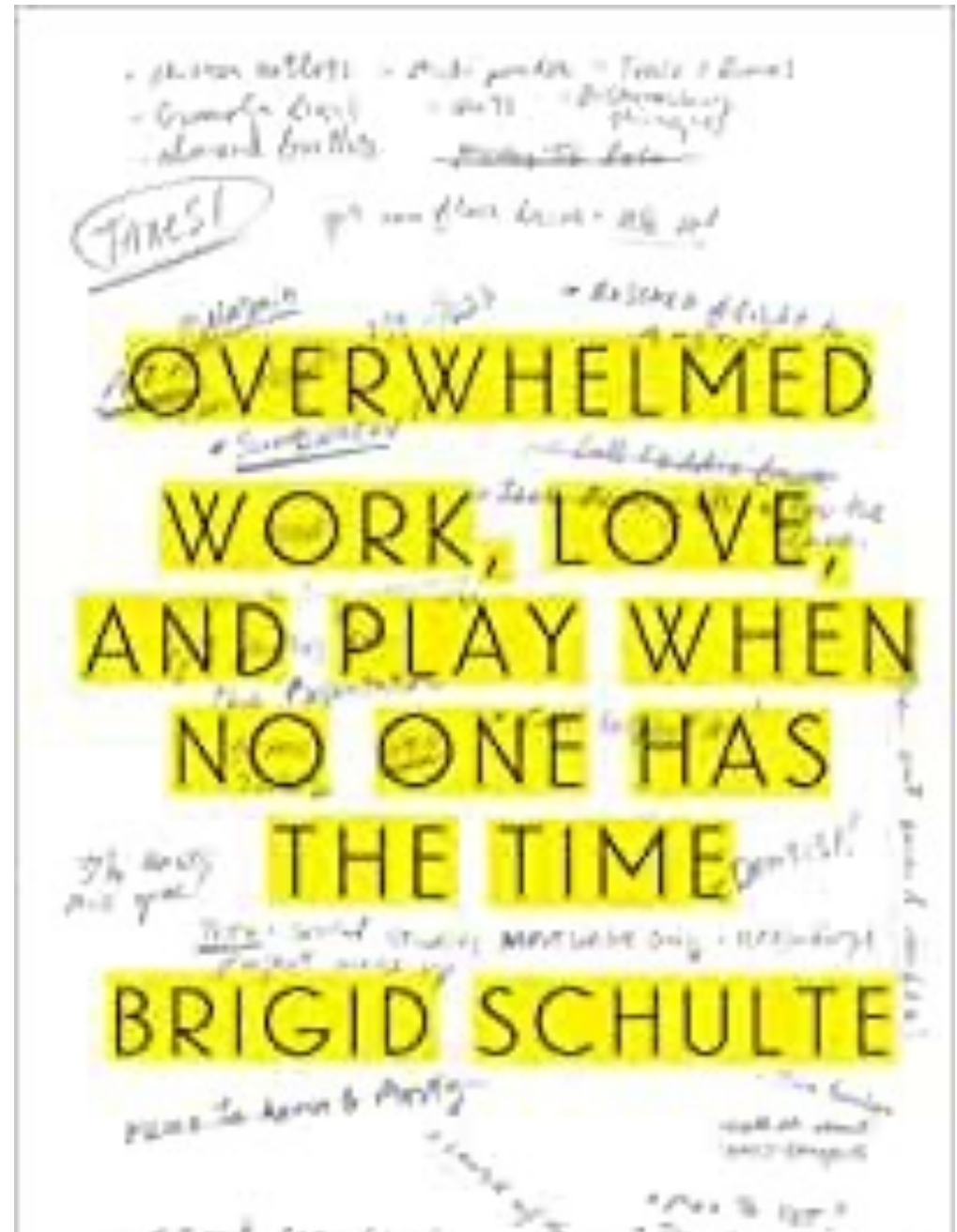
Bureau of Labor Statistics

Brigid Schulte  
Washington Post





Brigid Schulte









crackers





crackers

Thank you Tom Kenny.  
Reminder: Louisiana also gave  
us jazz and delta blues.

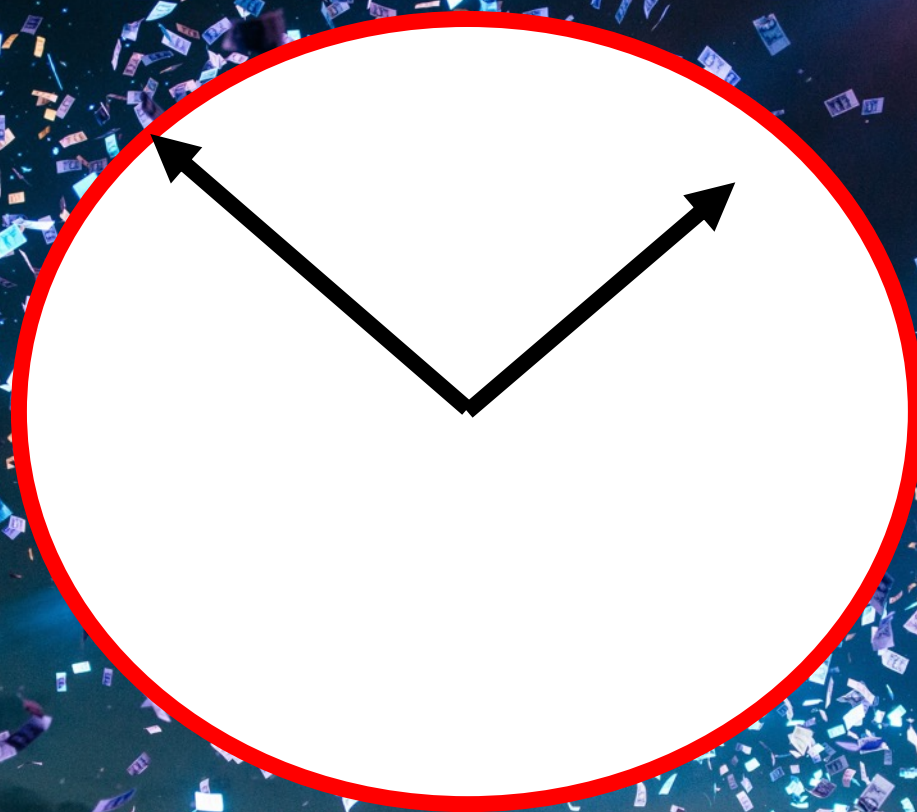


**poppers**



**confetti  
poppers**

Pablo Heimplatz  
@ Unsplash



**Time confetti**



**THE**

**LAB**

**HAPPINESS**

**Dr. Laurie Santos,**

**Yale University**

**Unladylike: Happiness vs. Toxic Positivity**

[ke.co/episodes/116/ask-unladylike-happiness](https://www.youtube.com/watch?v=116ask-unladylike-happiness) 5/18/21



**People feel  
“time famished.”**

**BUT people actually  
“have more free time NOW  
than they did 5 or 10  
years ago.”**

**Dr. Laurie Santos,**

**Yale University**

**Ask Unladylike: Happiness vs. Toxic Positivity**

<https://unladylike.co/episodes/116/ask-unladylike-happiness> 5/18/21



**“The problem is the free time we have is broken up into really stupid chunks.”**

**Dr. Laurie Santos,**

**Yale University**

**Ask Unladylike: Happiness vs. Toxic Positivity**

<https://unladylike.co/episodes/116/ask-unladylike-happiness> 5/18/21



**Pairs: What could you do in those 3-10 minute chunks? Write your ideas?**

Note: you want to be happier, not more productive.



**Pairs: What could you do in those 3-10 minute chunks?**

Go for a walk outside.

Have a cup of soup.

Listen to a song that will make u 😊.

Stretch OR Exercise.



**Pairs: What could you do in those 3-10 minute chunks?**

**Your ideas:**



**Just  
inhale.**



Photo: Mae Mu © Upsplash. Used with permission.



**Just  
inhale.**

Photo: Cindy Hwang © Upsplash. Used with permission.







# Just smile



Enjoy the



Yulia Matvienko  
@ Unsplash



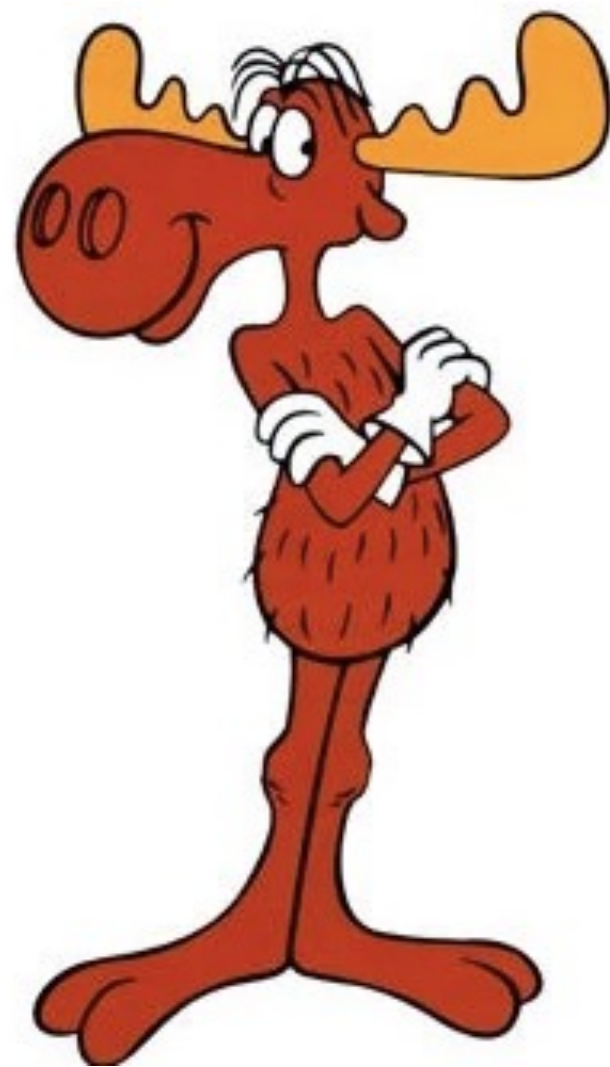
A collection of various foreign coins scattered on a light surface. The coins are of different colors, including silver, gold, and copper, and feature various designs and inscriptions. A semi-transparent white box with rounded corners is overlaid on the center of the image, containing the text "Foreign coins" in a bold, black, sans-serif font.

# Foreign coins



A collection of various foreign coins scattered on a light surface. The coins are of different colors, including silver, gold, and copper, and feature various designs and inscriptions. A semi-transparent white box with rounded corners is overlaid on the center of the image, containing the text "Foreign coins" in a bold, black, sans-serif font.

# Foreign coins





# deep breathing

in through  
the nose

out through the mouth



# deep breathing

**OUT** - 2-3-4-5-6

**Hold** - 2-3-4-5

**IN** - 2-3-4

**Hold** - 2-3-4-5



# Exercise



# Exercise

THIS IS YOUR **LIFE.**  
DO WHAT YOU LOVE.  
AND DO IT OFTEN.  
IF YOU DON'T LIKE SOMETHING, CHANGE IT.  
IF YOU DON'T LIKE YOUR JOB, QUIT.  
IF YOU DON'T HAVE ENOUGH TIME, STOP WATCHING TV.  
IF YOU ARE LOOKING FOR THE LOVE OF YOUR LIFE, STOP.  
THEY WILL BE WAITING FOR YOU WHEN YOU  
START DOING THINGS YOU LOVE.  
STOP OVER ANALYZING. ALL EMOTIONS ARE NECESSARY.  
LIFE IS SIMPLE. EVERY LAST BITE.  
OPEN YOUR MIND, ARMS, AND HEART TO NEW THINGS  
AND PEOPLE. WE ARE UNITED IN OUR DIFFERENCES.  
ASK THE NICEST PERSON YOU SEE WHAT THEIR PASSION IS,  
AND SHARE YOUR INSPIRING DREAM WITH THEM.  
TRAVEL OFTEN. GETTING LOST WILL  
HELP YOU FIND YOURSELF.  
SOME OPPORTUNITIES ONLY COME ONCE. SEIZE THEM.  
LIFE IS ABOUT THE PEOPLE YOU MEET, AND  
THE THINGS YOU CREATE WITH THEM.  
SO GO OUT AND START CREATING.  
LIFE IS **LIVE YOUR DREAM**  
**SHORT. AND SHARE**  
**YOUR PASSION.**



THIS IS YOUR **LIFE.**  
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START DOING THINGS YOU LOVE.  
STOP OVER ANALYZING. ALL EMOTIONS ARE BLAND.  
**LIFE IS SIMPLE.** EVERY LAST BITE.  
WHEN YOU ARE APPRECIATING  
OPEN YOUR MIND, ARMS, AND HEART TO NEW THINGS  
AND PEOPLE. WE ARE UNITED IN OUR DIFFERENCES.  
ASK THE NEXT PERSON YOU SEE WHAT THEIR PASSION IS  
AND SHARE YOUR INSPIRING DREAM WITH THEM.  
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STOP OVER ANALYZING. ALL CHOICES ARE RIGHTFUL,  
WHEN YOU USE APPROPRIATE

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SOME OPPORTUNITIES ONLY COME ONCE. SEIZE THEM.  
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SO GO OUT AND START CREATING.  
**LIFE IS LIVE YOUR DREAM  
AND SHARE  
SHORT. YOUR PASSION.**

THIS IS YOUR **LIFE.**

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THEY WILL BE WAITING FOR YOU WHEN YOU  
START DOING THINGS YOU LOVE.

STOP OVER ANALYZING. ALL CHOICES ARE BEAUTIFUL,  
WHEN YOU LET APPRECIATION

**LIFE IS SIMPLE. EVERY LAST BITE.**

OPEN YOUR MIND, ARMS, AND HEART TO NEW THINGS  
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ASK THE NEXT PERSON YOU SEE WHAT THEIR PASSION IS,  
AND SHARE YOUR INSPIRING DREAM WITH THEM.

**TRAVEL OFTEN;** GETTING LOST WILL  
HELP YOU FIND YOURSELF.

HOME OPPORTUNITIES ONLY COME ONCE. SEIZE THEM.

**LIFE IS ABOUT THE PEOPLE YOU MEET, AND  
THE THINGS YOU CREATE WITH THEM.**

SO GO OUT AND START CREATING.

**LIFE IS LIVE YOUR DREAM  
AND SHARE  
SHORT. YOUR PASSION.**



THIS IS YOUR **LIFE.**  
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START DOING THINGS YOU LOVE.  
STOP OVER ANALYZING. AS THINGS ARE HAPPENING,  
WHEN YOU CAN APPRECIATE  
**LIFE IS SIMPLE. EVERY LAST BITE.**  
OPEN YOUR MIND, ARMS, AND HEART TO NEW THINGS  
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SEE THE BEST PERSON YOU SEE. WHAT THEIR PASSION IS,  
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THEY WILL BE WAITING FOR YOU WHEN YOU  
START DOING THINGS YOU LOVE.

STOP OVER ANALYZING. ALL SMITHSONIAN AIR MUSEUMS  
WHEN YOU EAT, APPRECIATE

**LIFE IS SIMPLE. EVERY LAST BITE.**

OPEN YOUR MIND, ARMS, AND HEART TO NEW THINGS  
AND PEOPLE. WE ARE UNITED IN OUR DIFFERENCES.

ARE THE NEXT PERSON YOU SEE WHAT THEIR PASSION IS,  
AND SHARE YOUR INSPIRING DREAM WITH THEM.

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**LIFE IS LIVE YOUR DREAM  
SHORT. AND SHARE  
YOUR PASSION.**

A person wearing a dark long-sleeved shirt and blue pants stands in a room. To their left are sliding doors with a light-colored, patterned paper covering them. To their right is a wall with a framed poster containing motivational text. In the foreground, the back of a blue chair with a mesh backrest is visible.

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WHEN YOU SAY APPRECIATE  
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YOUR PASSION





**Energy break**



**5**

**right here,  
right now.**

**What are 5  
exercises you  
could do right  
here,  
right now?**



**Your  
ideas:**





**Here are  
some more.**

# jumping



# balancing







**running  
in place**

**touching  
your  
toes**





**doing  
squats**

# jumping jacks



Courtesy pixshark

# stretching



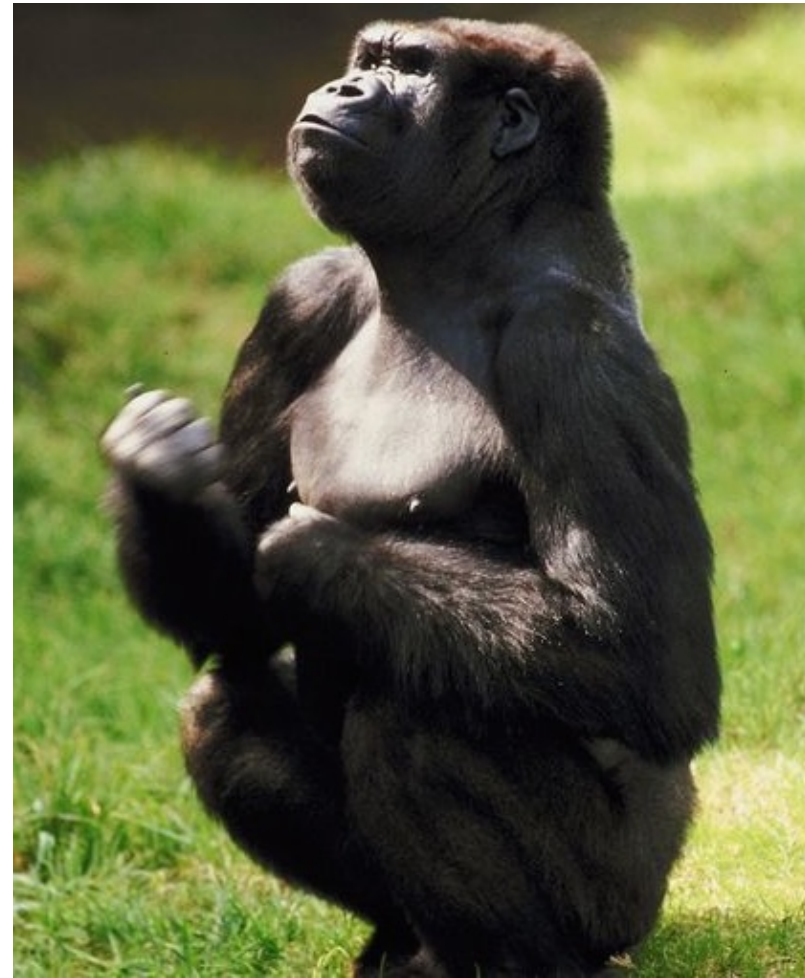
**Work with  
a partner.**

**Do an  
exercise.**

**Partner,  
match it.**



**Partner, when you  
want to change...**



**make an  
“ X “ with  
your arms.  
You start  
the next  
one.**





# Do this for 1 minute.



**00:00:59**  
749

**Pause**

**Clear**





**Why move  
in English  
class?**

**Your  
body  
is  
like a**



**“second brain”**

**Your  
body  
is  
like a**

**“second brain”**





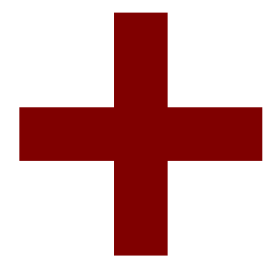
**How long  
20 your  
students  
minutes  
sit in  
class?**

**Blood  
build-up**



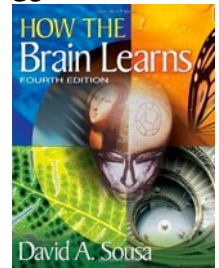
**Brain BYTE**

**1 minute**



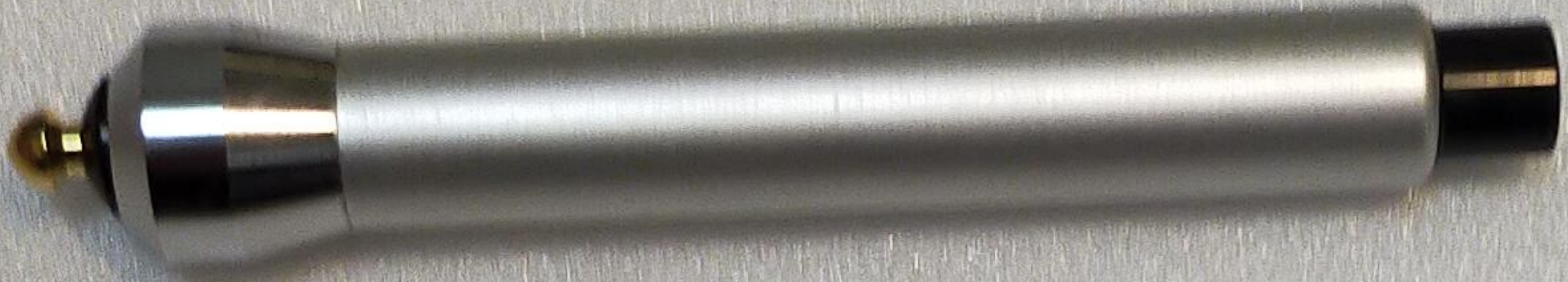
**15%**

David A. Sousa  
*How the  
Brain Learns*





**My fav**



**電気針 (ハリ) accupressure needle**

## Home

NEW- Science of Happiness - class & life

NEW - Time Confetti

NEW- This ain't "happy-ology"...

NEW - Happiness Hacks

NEW - The Power of Fun

Getting started

Introducing happiness

Main Activity Download Centre

10 Minutes for Happiness (quick tasks)

Happiness Haiku (consolidation)

# ELT & the Science of Happiness

This website is about ELT -- English Language Teaching. And about Positive Psychology -- something TIME magazine calls, "[the Science of Happiness](#)."

It is for EFL and ESL teachers who want to use activities that work on specific language points (grammar, functions, topics and vocabulary) while having students do things that positive psychologists find are connected to happiness and well-being



ELT & The  
Science of  
[happiness]



Home

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NEW - Time Confetti

NEW- This ain't "happy-ology"...

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## 10 minutes for happiness



Teachers are busy. Often we have an assigned curriculum or textbook. We just don't have as much freedom to include things like happiness – even if we want to.

A solution? Steal a little time. Maybe we can make positive psychology ELT activities the main focus of a class, but we can usually find 10 minutes for:

- a warm-up
- a fluency builder
- a change of pace

**10 minutes for happiness** is a series of 14 activities that don't take long (although some can become major tasks if more time is available). To create a context so students know why you are asking them to do the tasks, try to find time to introduce "the science of happiness" (the Happiness Dictation on the "introducing happiness"



# Good things, right now

Happy people notice good things as they happen.

① What are three good things in your life right now?

Write them.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

It is sunny today.  
I'm meeting my friend after school.  
I feel good today.

② Work with a partner. Read your sentences.

Listen to your partner. Make comments.

Great.

Wonderful.

Cool.

Yeah?

③ If there is time, change partners. Keep going.

# 3 good things happened today!

This is an activity from positive psychology – the “science of happiness”

**Each day this week**, think of three good things that happened?

They can be big things or little things.

**Write them.** Why did they happen?

**Write a reason.**

**Example:**

Good thing ① *Dinner tasted great tonight.*

Why? *My mom's a good cook.*

**OR** *I was really hungry.*

**OR** *Pizza is my favorite.*

**OR** *I helped make dinner.*

**Day one:** \_\_\_\_\_ *day*

Good thing: ① \_\_\_\_\_

Why? \_\_\_\_\_

② \_\_\_\_\_

Why? \_\_\_\_\_

③ \_\_\_\_\_

Why? \_\_\_\_\_

**Day two:** \_\_\_\_\_ *day*

Good thing: ① \_\_\_\_\_

Why? \_\_\_\_\_

② \_\_\_\_\_

Why? \_\_\_\_\_

③ \_\_\_\_\_

Why? \_\_\_\_\_



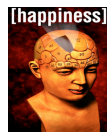
# 1 week + why

## 6 months

## Increase positive emotion

### Ideas:

- good food
- friends and family
- a beautiful day
- something...
  - ... that was fun
  - ... nice someone did
  - ... nice you did
  - ... that made you smile
  - ... that made you laugh
- someone...
  - ...helped you
  - ... said something nice.
  - ... said, “Thank you.”



**Science Fact:** People who do this everyday for a week are usually happier for the **next six months**. They feel better, are less depressed and continue noticing good things.

Sources: Seligman, M. 2011. *Flourish*. New York: Free Press, p. 33-34. and Seligman, M., Steen, T., Park, N. & Peterson, C. “Positive Psychology Progress: Empirical Validation of Interventions,” *American Psychologist* 60 (2005): 410-21.

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Why? \_\_\_\_\_

② \_\_\_\_\_

Why? \_\_\_\_\_

③ \_\_\_\_\_

Why? \_\_\_\_\_

**Day two:** \_\_\_\_\_ *day*

Good thing: ① \_\_\_\_\_

Why? \_\_\_\_\_

② \_\_\_\_\_

Why? \_\_\_\_\_

③ \_\_\_\_\_

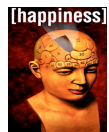
Why? \_\_\_\_\_



# 1 week + why

## Ideas:

- good food
- friends and family
- a beautiful day
- something...
  - ... that was fun
  - ... nice someone did
  - ... nice you did
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**3 good things, today!**

Good thing ①

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Why?

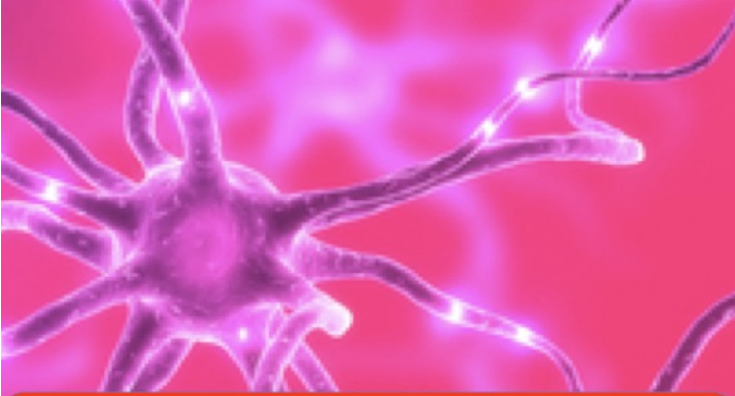


**3 good things, today!**



**Brain BYTE**

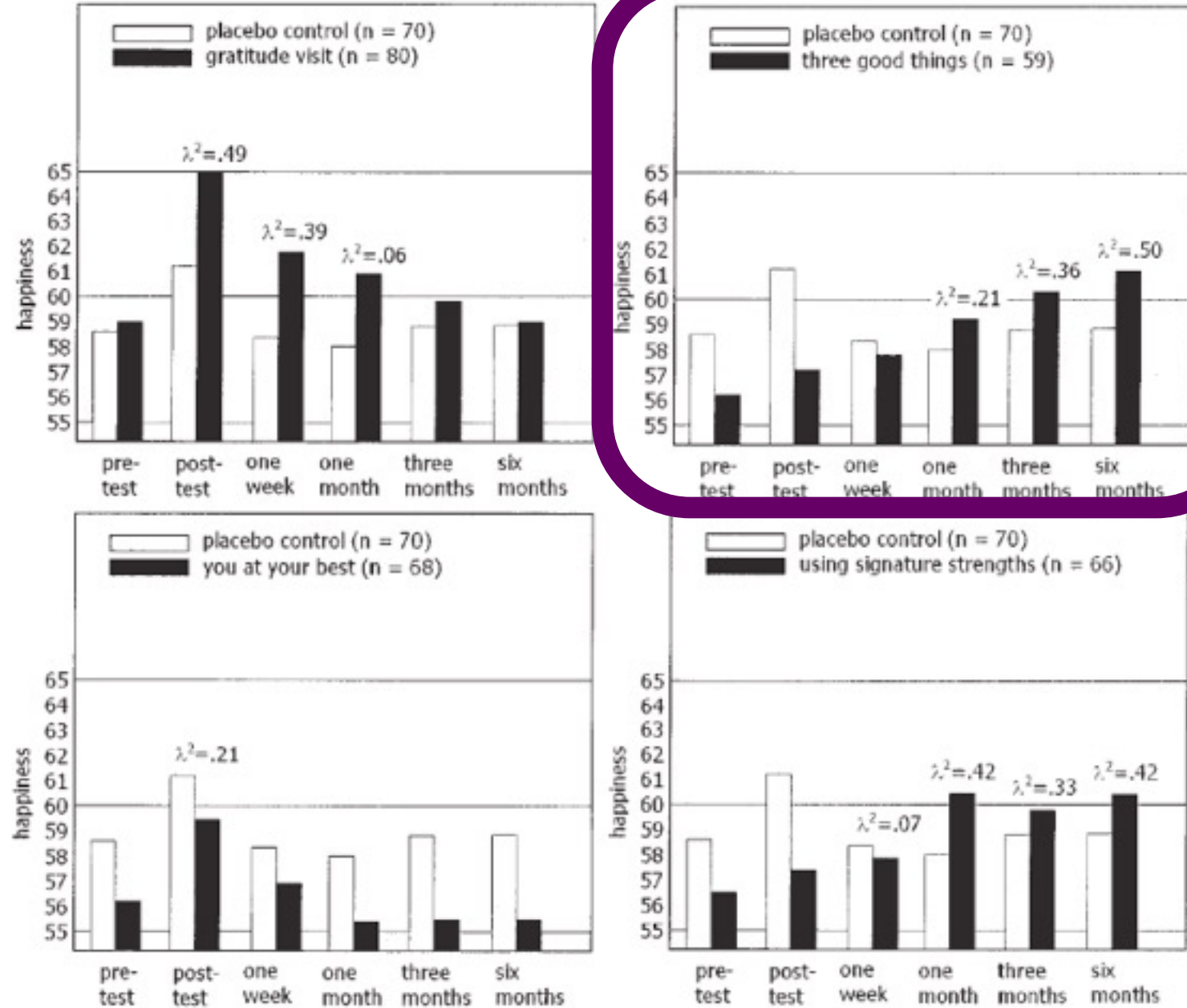




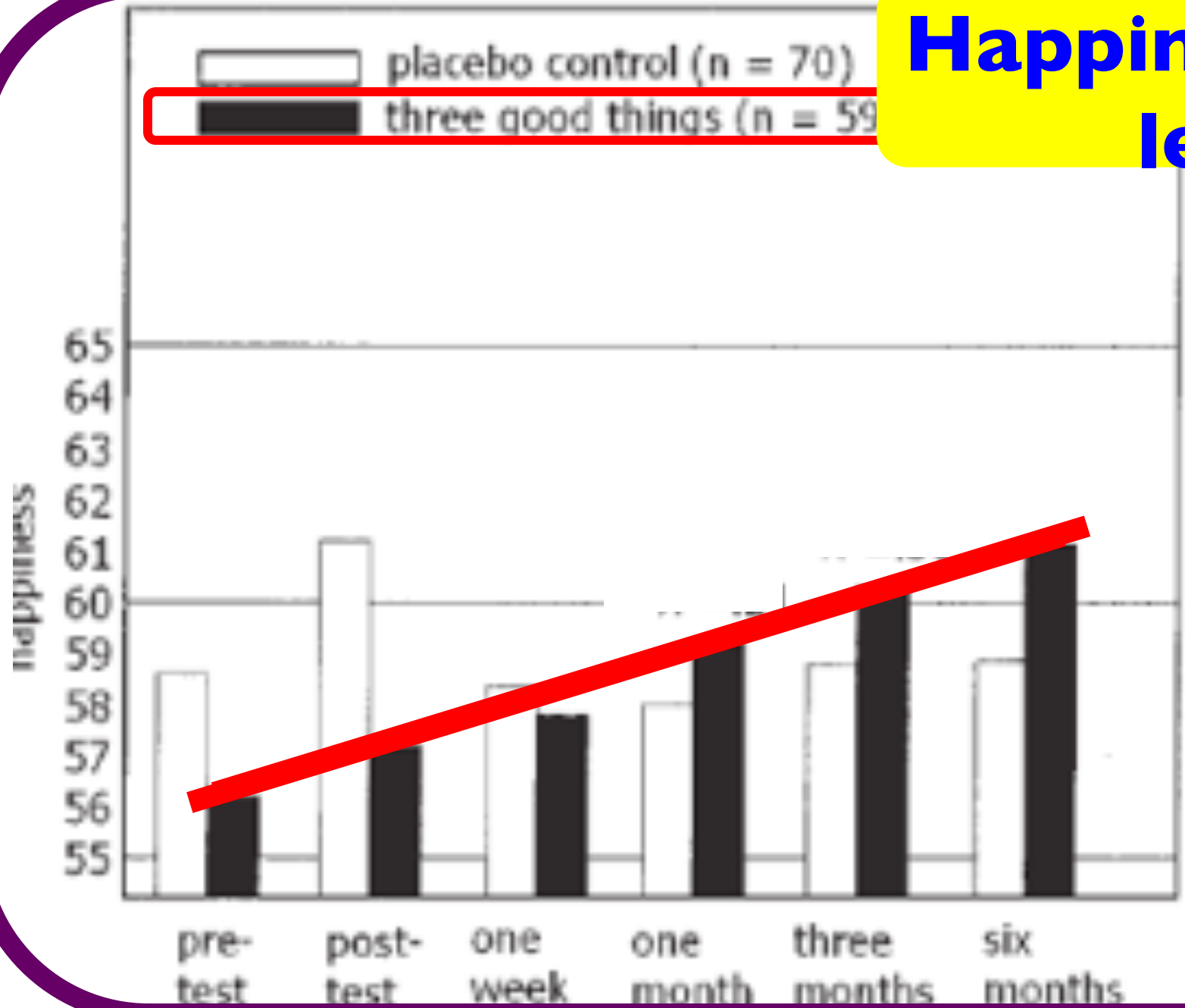
**Brain BYTE**

**What's the  
science?**

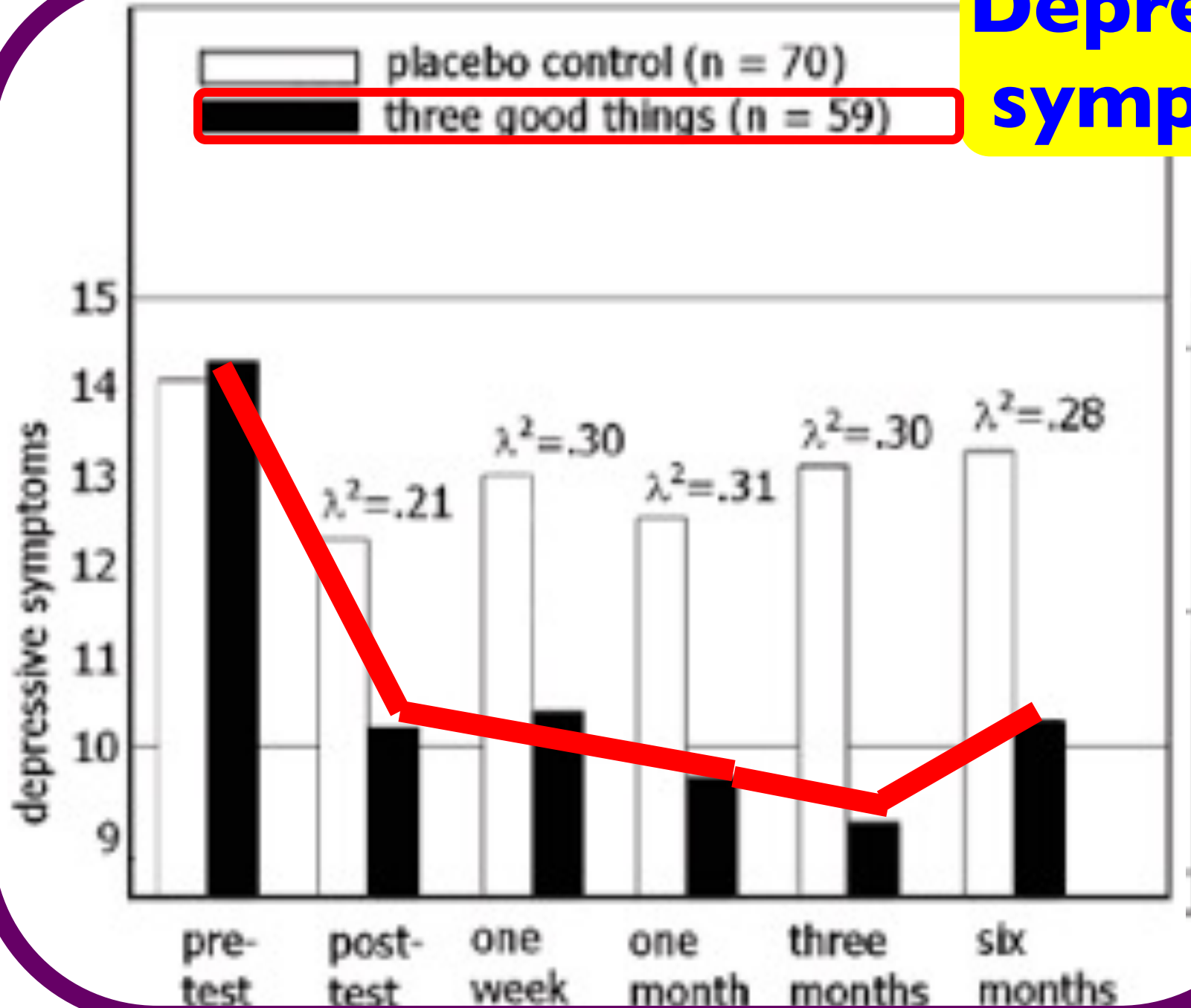
**Figure 1**  
*Steen Happiness Index Scores*



# Happiness level



# Depressive symptoms



# Thank you to the world

① How many languages  
can you say “thank you” in?

② Why do you want to say  
thank you to each country/language?



*I want to say “grazie” to Italy.*

*They gave the world some great art.  
And pizza.*

**Thank you to the world**

*I want to say*  
“**ありがとう**”  
*to Japan for...*



**Thank you to the world**

*I want to say*  
“ 谢谢 ”  
*to China for...*



**Thank you to the world**

*I want to say*

“

\_\_\_\_\_

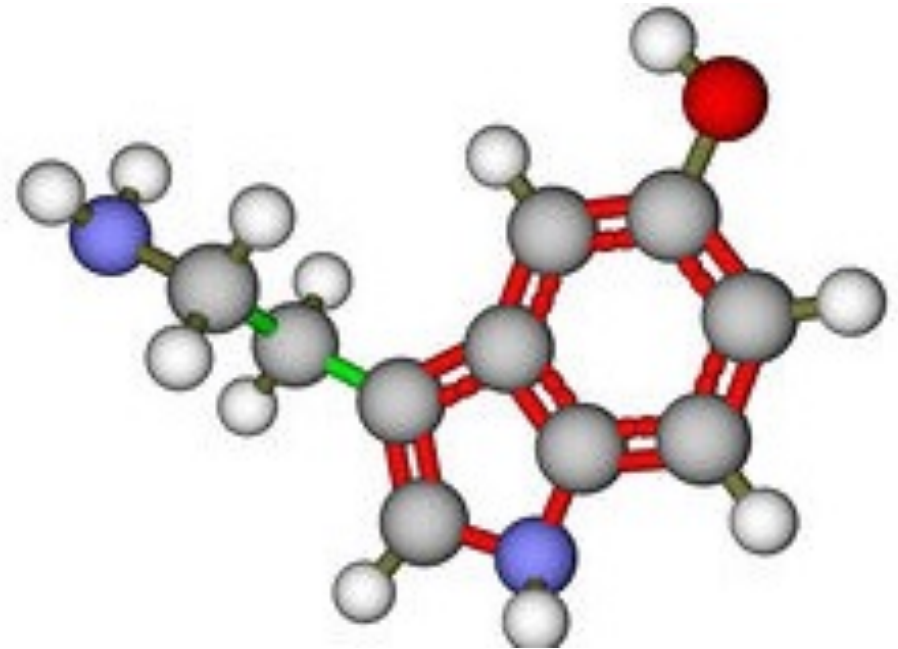
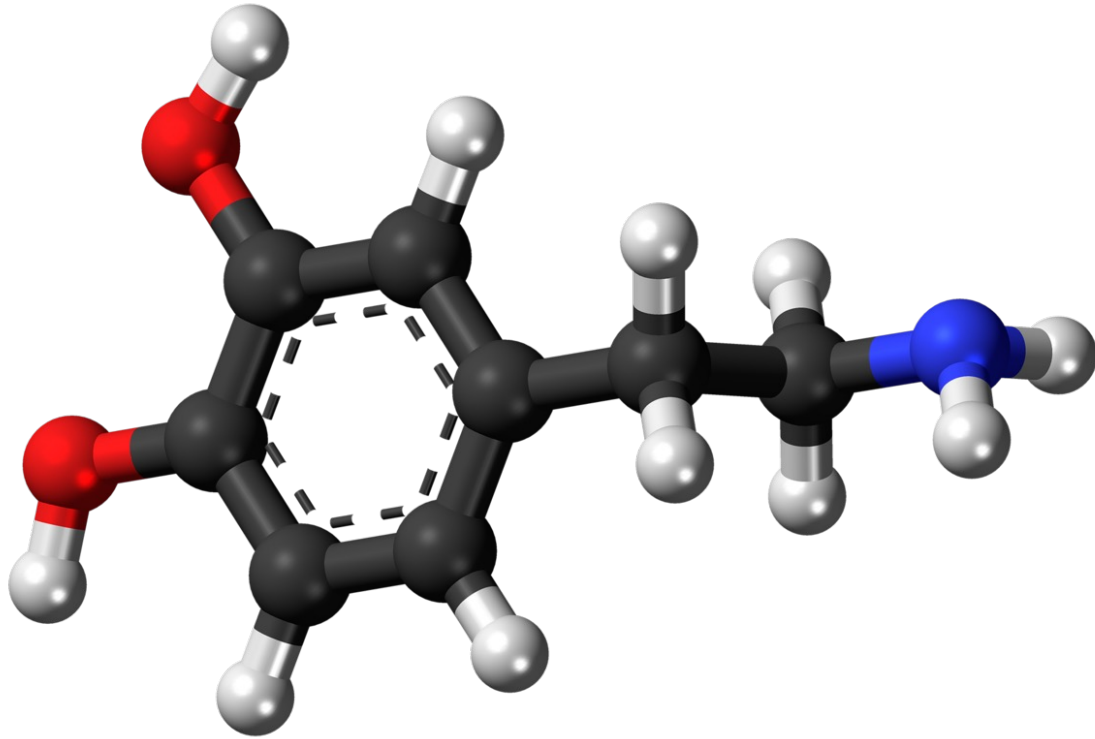
”

*to \_\_\_\_\_ for...*



# Gratitude

## triggers dopamine & serotonin



<https://positivepsychology.com/neuroscience-of-gratitude/#:~:text=Gratitude%20and%20neurotransmitters&text=When%20we%20express%20gratitude%20and,feel%20happy%20from%20the%20inside.>

## 3 minutes for positivity



e

/ - Science of  
happiness - class & life

/ - Time Confetti

/ - This ain't "happy-  
f..."

/ - Happiness Hacks

/ - The Power of Fun

ing started

ducing happiness

Activity Download  
er

minutes for Happiness  
(tasks)

Happiness Haiku  
(solidation)

# 3 minutes for positivity



11/2021

**Note to teachers:** These are short positive psychology fluency exercises. They are designed to build gratitude (**g**), positive emotion (**pe**) and mindfulness (**m**). They are very short and, if you use them as a warm-up, get the lesson off to a good start. Also see the “**Take it deeper**” idea below for the gratitude and positive emotion topics.

• **Who loves you? (g•pe)** Work in pairs. Who loves you? It doesn’t have to be romantic love. It could be your best friend. Your parents. Your pet. Anyone. When do you feel loved? Take 1 minute *Thinking Time*. Then tell your partner about it. Partner, ask questions. 1 minute each.

• **Who do you love? (g•pe)** Work in pairs. Who do you love? It doesn’t have to be romantic love. It could be your best friend. Your parents. Your pet. Anyone. How do you show your love? Take 1 minute *Thinking Time*. Then tell your partner. Partner, ask questions. 1 minute each.

• **Something good this week. (pe)** Work in pairs. What is something good that happened or will happen this week? Take 1 minute *Thinking Time* – What will you say? How will you say it? Then tell your partner. Partner, ask questions. 1 minute each.

• **Deep breathing#1. (m)** Students, close your your breath. Then breath in through your nose. T counting slowly. Out 2-3-4-5-6. Hold 2-3-4-5. In minutes.

• **Favorite food. (pe)** Work in pairs. What is a *Thinking Time* – What makes it so good? What is will you explain it? Then tell your partner. Partn

• **Sounds around us/Sound surrounds us.** ( up straight. Listen. What sounds do you hear? I heard. Teacher, announce the time after 1 minute

• **Relax. (pe)** Work in pairs. How do you relax? this? Where? How often? Then tell your partner.

• **A really big smile. (m•pe)** Work in pairs. C smile on your face. Keep doing that for 1 minute. partner. What did you feel?

## Take it deeper



Before the activity, have students write as many “question words” as they can. Of course, the “WH-words” (*who, what, were, etc.*) are good. They can also write other words like *is/are, do/did, can/could*, etc. When they are speaking, their partner asks as many questions as possible. They check (✓) the words they use. They are practicing “keeping the conversation going.” The questions help the first speaker remember the positive experience more deeply. These become “active constructive” questions.

See *Flourish* by Seligman (2011, p. 49) for more.

# 16 topics

- positive emotion
- gratitude
- mindfulness

1 minute “think time”  
A & B: 1 minute each

Photo: Alex Gruber,  
Unsplash.com



**Hope  
you feel  
more  
Time  
Affluent**

Thank you.

Photo: Alex Gruber,  
Unsplash.com



**Hope  
you feel  
more  
Time  
Affluent**

Thank you.



**Let's sing!**

**Music makes us happier.**

Ferguson and Sheldon (2013)

**Singing together increases cooperation.**

(Wiltermuth & Heath, 2009)

**Is music with gestures good for us?  
I don't know. But dance is. And that's close.**

**Let's sing!**

**Sing together,  
Gesture with the song.**





I can see clearly now  
Look all around, there's  
nothing but blue skies.  
Now, the rain is gone  
Look straight ahead,  
All of the bad feelings  
there's nothing  
have disappeared  
but blue skies  
Here's a rainbow  
Gone are the dark clouds  
I've been praying for  
that had me blind  
It's gonna be a bright  
It's gonna be a bright  
(Bright) Bright (Bright)  
(Bright) Bright (Bright)  
sunny day  
(Bright) sunny day

Photo: Alex Gruber,  
Unsplash.com



**Hope  
you feel  
more  
Time  
Affluent**

Thank you.

**Your smile**



**is beautiful**



**Let's smile  
together**

**& learn each  
other's names.**

**When someone says...**

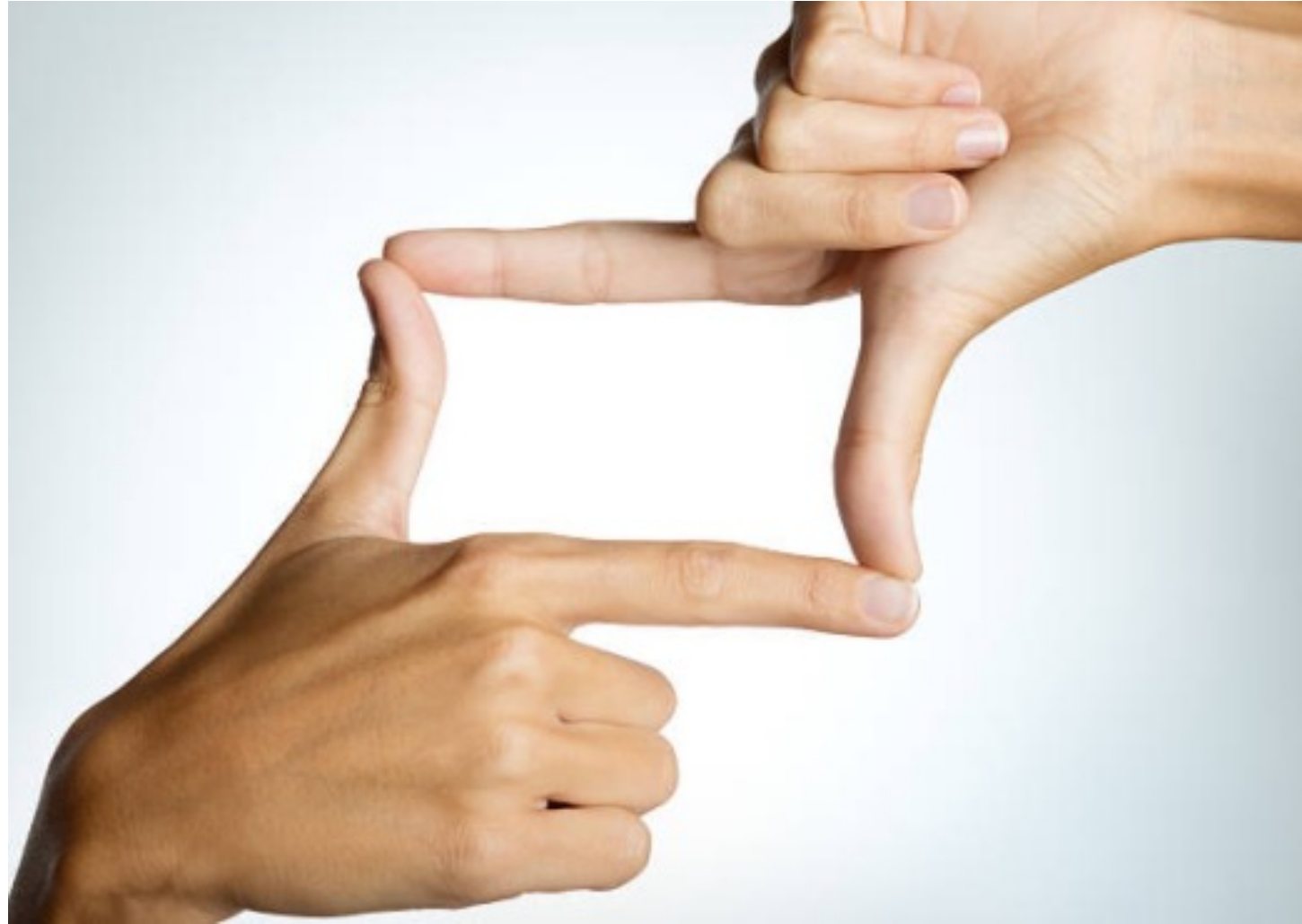
***“You’re beautiful.”***

Photos courtesy:



**boredpanda**

**Hold your hands  
like a camera lens.**



**For each person, say,**  
**“You’re beautiful, (name).”**

**See what  
they do.**





**“You’re  
Beautiful,  
Mai.”**





**If you are  
wearing a  
mask.**

**“ we got  
beautiful eyes,  
Mai.”**



**“You’re  
beautiful,  
Nina.”**



**“You’re  
beautiful,  
Emi.”**



**“You’re  
beautiful,  
Jojo.”**



**“You’re  
beautiful,  
Kate.”**



**“You’re  
beautiful,  
Nick.”**

**Stand up.  
Walk around.  
Greet people.**

**“Take a picture.”**  
**Say, “You’re beautiful, (name).”**

**See what  
they do.**

**Partner, say  
“Thank you,  
(name).”**





**Meet many people.**

**Can you**

**remember the names?**

# Finished?

Go to



# Search for

“

**“People react to  
being called beautiful.”**

<https://www.youtube.com/watch?v=aW8BDgLpZkl&t=7s>

***Enjoy.***

**How many names  
can you remember?**

**"Sometimes  
your joy is the  
source of  
your smile.  
Sometimes  
your smile  
can be the  
source of  
your joy."**

-Thich Nhat Hahn



Photo:  
Unsplash.com

**Based on a  
social experiment  
by “Martin Scorsexy” at  
Chicago High School  
for the Arts**



**Version #2**

# Compliments

**When you say something  
nice about someone.**



**Let's give  
compliments  
& learn each  
other's names.**



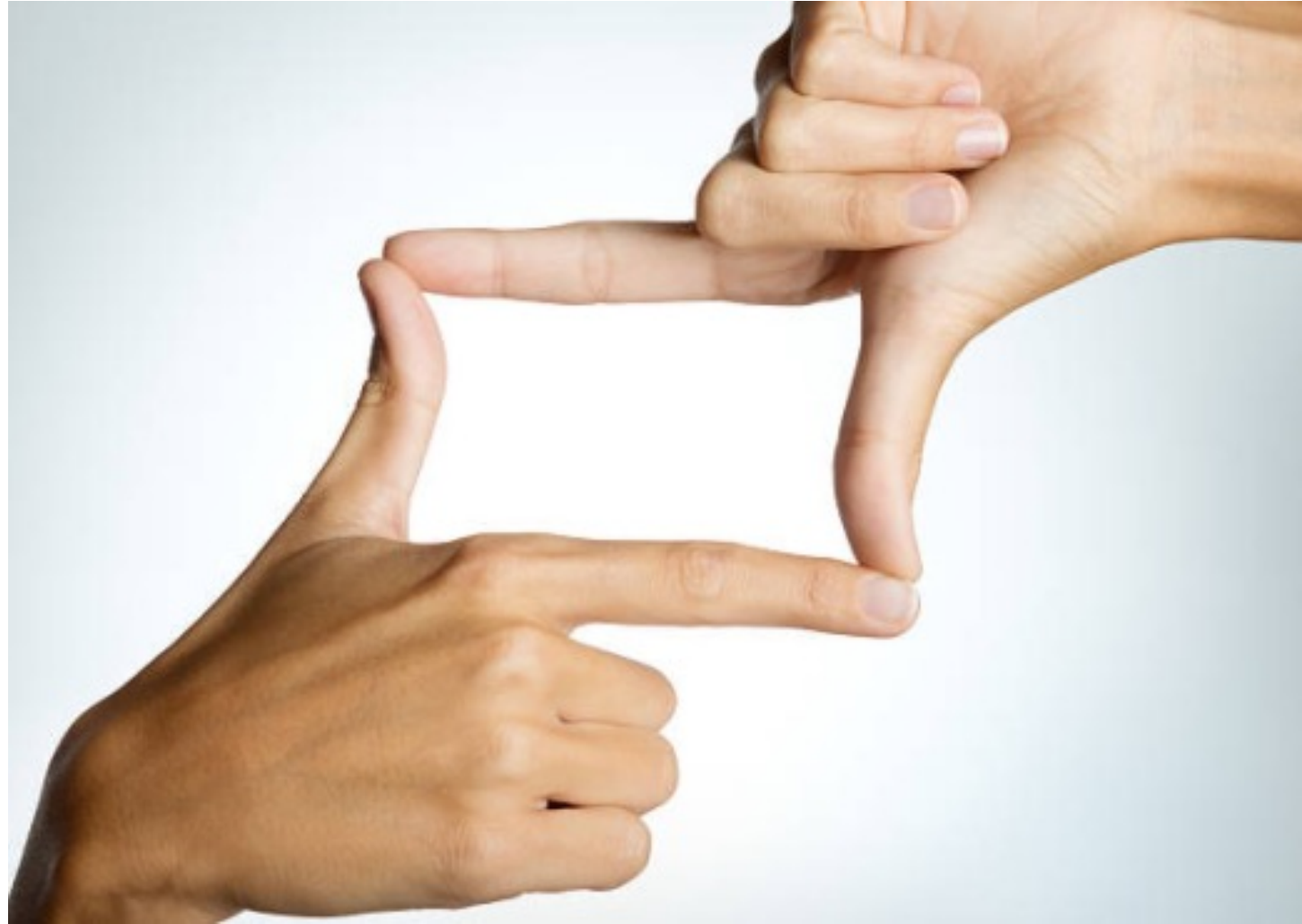
**When someone says...**  
***something nice.***

Photos courtesy:



**boredpanda**

**Hold your hands  
like a camera lens.**



**For each person,**  
**Give a compliment,**  
**Say their**  
**(name).**

**See what**  
**they do.**





**“You have a  
beautiful smile,  
Mai.”**



**If you are  
wearing a  
mask.**

**“ we got  
beautiful eyes,  
Mai.”**



**“Nice scarf,  
Nina.”**



**“You always  
make me  
laugh,  
Jojo.”**





**I DON'T  
suggest:**

**Checking your phone..**



Solen Feyessa  
@ Unsplash

HOW TO

BREAK UP

WITH YOUR

PHONE

CATHERINE PRICE



Solen Feyessa  
@ Unsplash

**I DON'T  
suggest:**

**Checking your phone..**

**85% of Americans  
have smartphones.**

**2/2021**



Solen Feyessa  
@ Unsplash

**I DON'T  
suggest:**

**Checking your phone..**

**85% of Japanese  
have smartphones.**

**> 90% of HS Students <sup>2022</sup>**

**> 50% of JHS Students**

**Average age Elem: 10.6 yrs**



Solen Feyessa

**I DON'T  
suggest:**

**Checking your phone..**

**Americans adults  
check **47\***times/day.**

**18-24 yrs – **82** times**

**\* - some sources – 334 x/day**



**I DON'T  
suggest:**

**Checking your phone..**

**Half** check in  
middle of the night.

**25-34 yrs – 75%**



**I DON'T  
suggest:**

**Checking your phone.**

**1 in 10 Am. adults  
has checked phone  
during sex.**



**I DON'T  
suggest:**

**Checking your phone.**

**1 in 10 Am. adults  
has checked phone  
during sex.**





**I DON'T  
suggest:**

**Checking your phone..**

**FOMO.**  
**(Fear Of Missing Out)**

Boyes, A. (2019) <https://www.psychologytoday.com/us/blog/in-practice/201903/7-reasons-people-check-email-constantly>



Solen Feyessa  
@ Unsplash

**I DON'T  
suggest:**

**Checking your phone.**

*You're not*



**I DON'T  
suggest:**

**Checking your phone.**

Distracting activities  
easier than productive ones  
Means **NO FLOW**

Boyes, A. (2019) <https://www.psychologytoday.com/us/blog/in-practice/201903/7-reasons-people-check-email-constantly>



Solen Feyessa  
@ Unsplash

**I DON'T  
suggest:**

**Checking your phone.**

**“Are you using social media  
instead of connecting  
with people in real life?”**



Paraphrase of Laurie Santos, *Life Examined: Why is it so hard to be happy.*  
KCRW (Los Angeles) Podcast, March 19, 2022.

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**I DON'T  
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**I DON'T  
suggest:**

**Checking your phone.**

**“Everyone compares  
themselves to others**



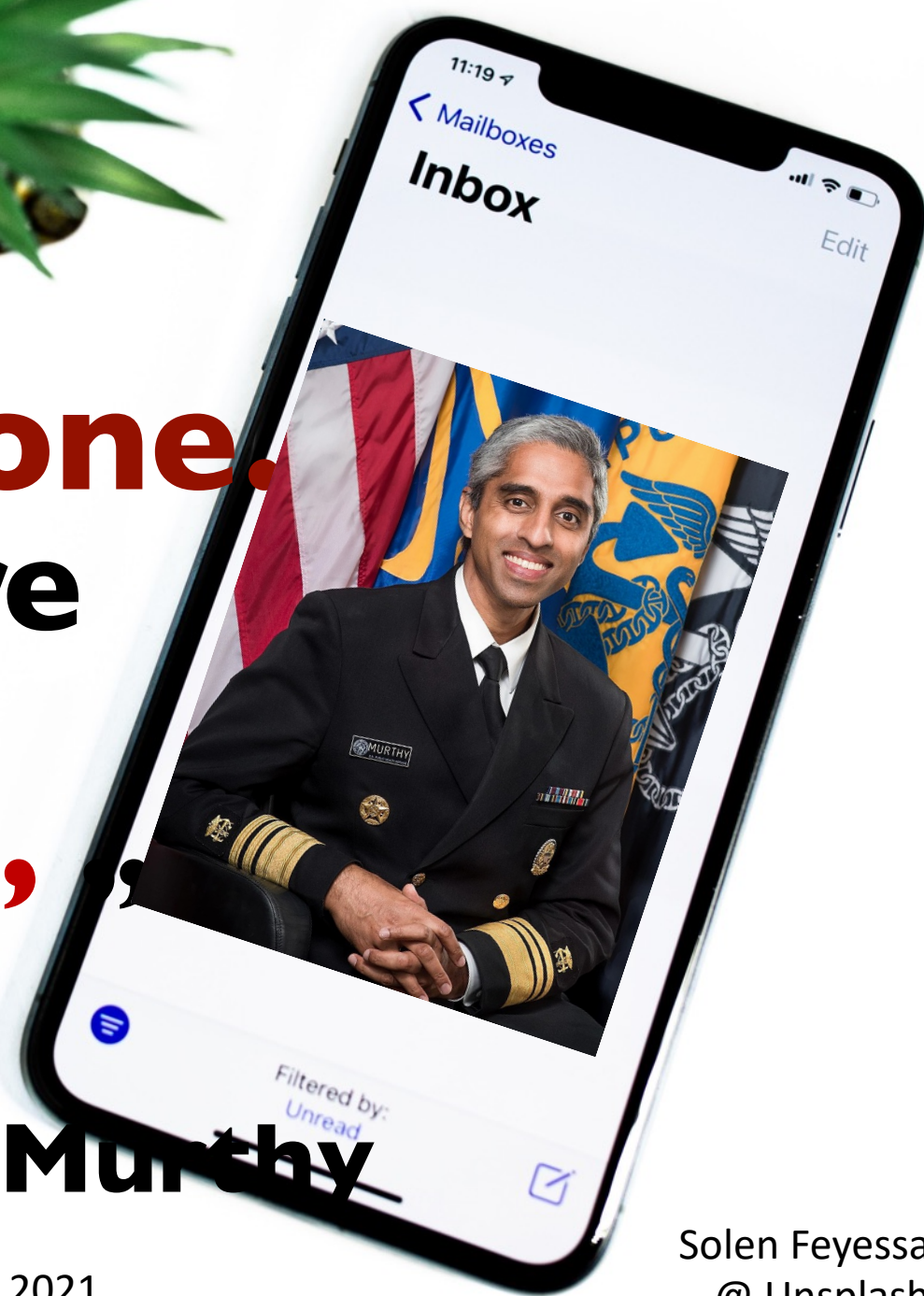
**I DON'T  
suggest:**

**Checking your phone.**

**“Online you compare  
your ‘average’ to  
other people’s ‘best’”**

**Paraphrase from**

**U.S. Surgeon General Vivek Murthy**



# JOMO [dʒōmō] **noun**

Joy Of Missing Out; feeling content with staying in and disconnecting as a form of self-care.







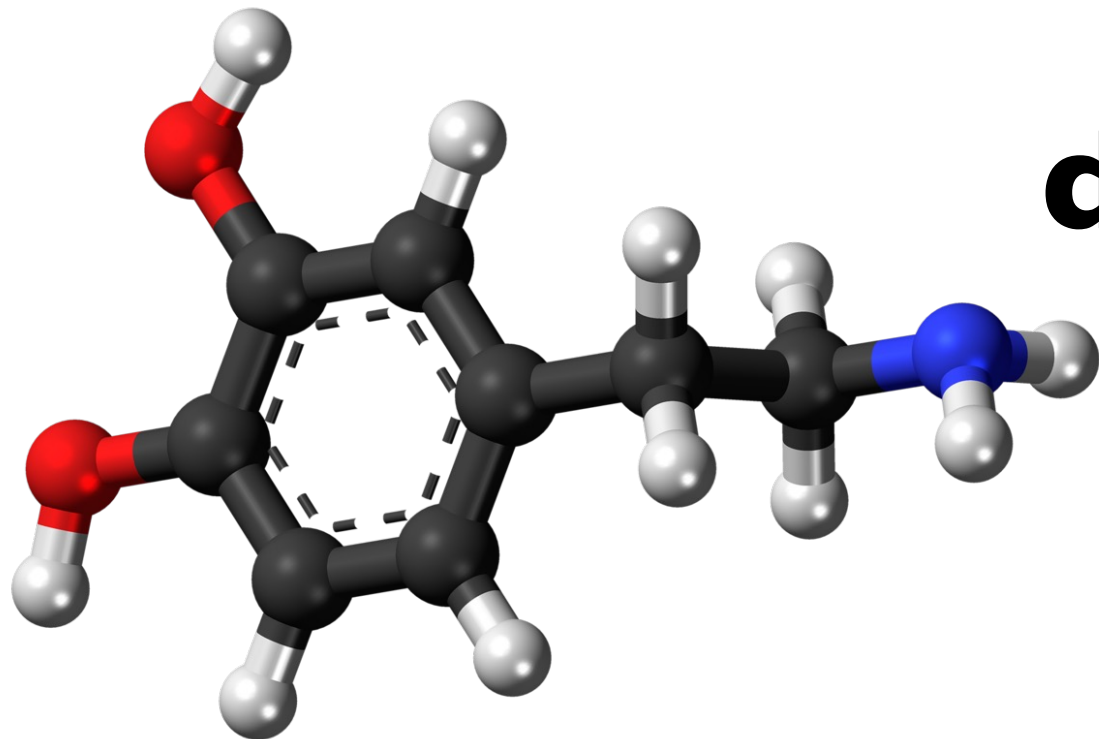
**“You’ve got  
beautiful hair,  
Kate.”**



**“You’re  
really kind,  
Emi.”**

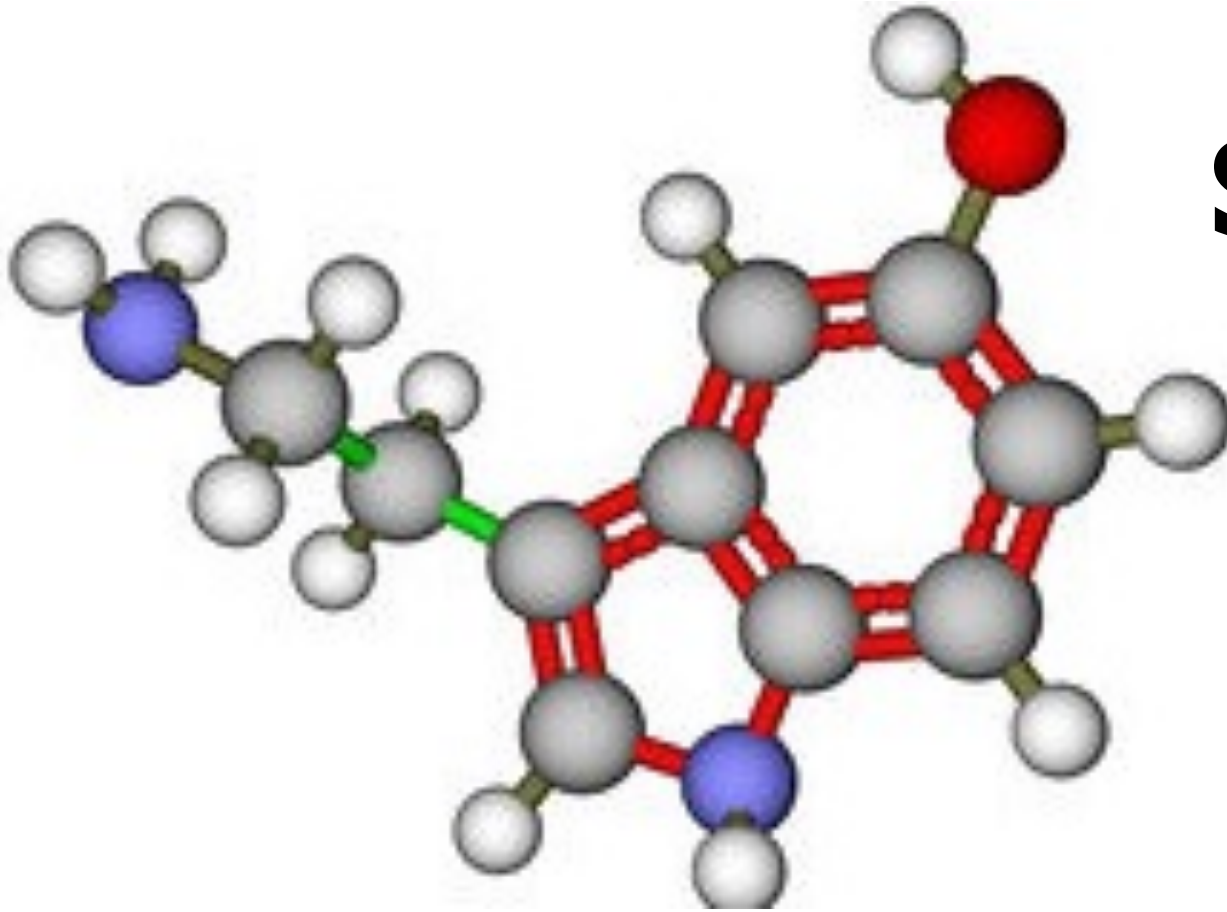


**“I like being  
around you,  
Nick.”**



**dopamine**

**memory**  
**motivation**  
**focus**



# **Serotonin**

**Feel great  
after  
goal completion**

HOW TO

BREAK UP

WITH YOUR

PHONE

CATHERINE PRICE



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@ Unsplash

**Stand up.  
Walk around.  
Greet people.**