

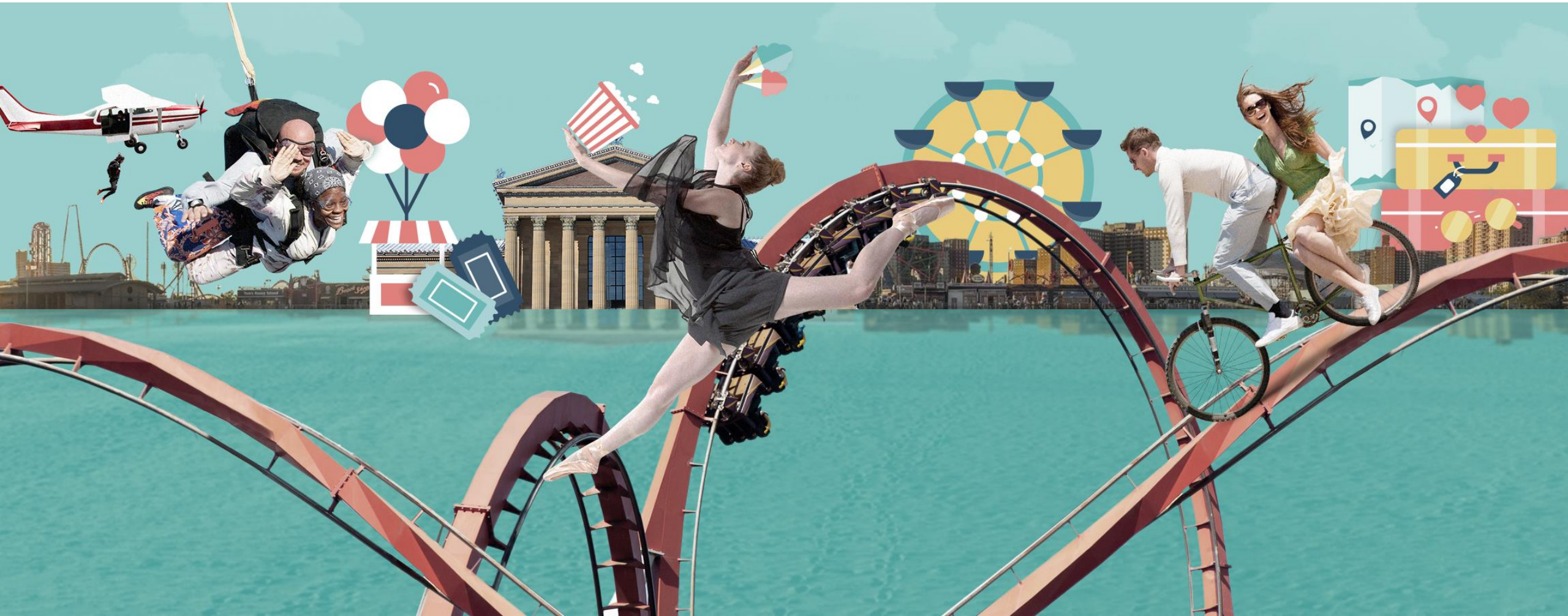
Shared

Happiness

What is the best gift you have ever given someone or received?

Think of someone you love. What is a gift you would really like to give them?

# Experiential Gifts



Research shows that experiential gifts produce more lasting happiness.

Material gifts might initially raise dopamine more, but after 2 weeks, 2 months, or even a year, experiential gifts (and the memory of them) create greater lasting happiness.

**Shared Happiness**

**and Movies /**

**TV**

Studies have shown that people are more likely to laugh in response to a video clip with canned laughter than to one without a laugh track, and that people are 30 times more likely to laugh in the presence of others than alone.





The laugh track has been a standard part of comedy almost from the birth of television. GBS sound engineer Charley Douglass hated dealing with the inappropriate laughter of live audiences, so in 1950 he started recording his own “laugh tracks.” These early laugh tracks were intended to help people sitting at home feel like they were in a more social situation, such as sitting at a crowded theater.









# CONTAGIOUS LAUGHTER VIDEO

[https://www.youtube.com/watch?v=3LWdgo\\_4aRs&ab\\_channel=Clip%27wreck](https://www.youtube.com/watch?v=3LWdgo_4aRs&ab_channel=Clip%27wreck)

**What about  
sharing  
negative  
experiences?**



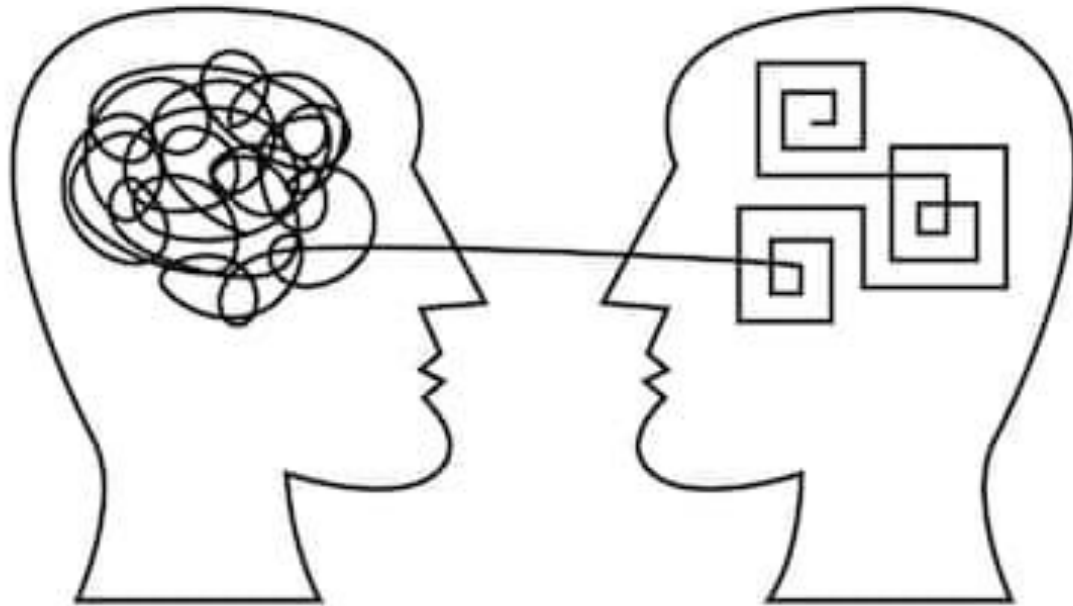
One study found that sharing/talking/writing about negative experiences physically made Holocaust survivors healthier.

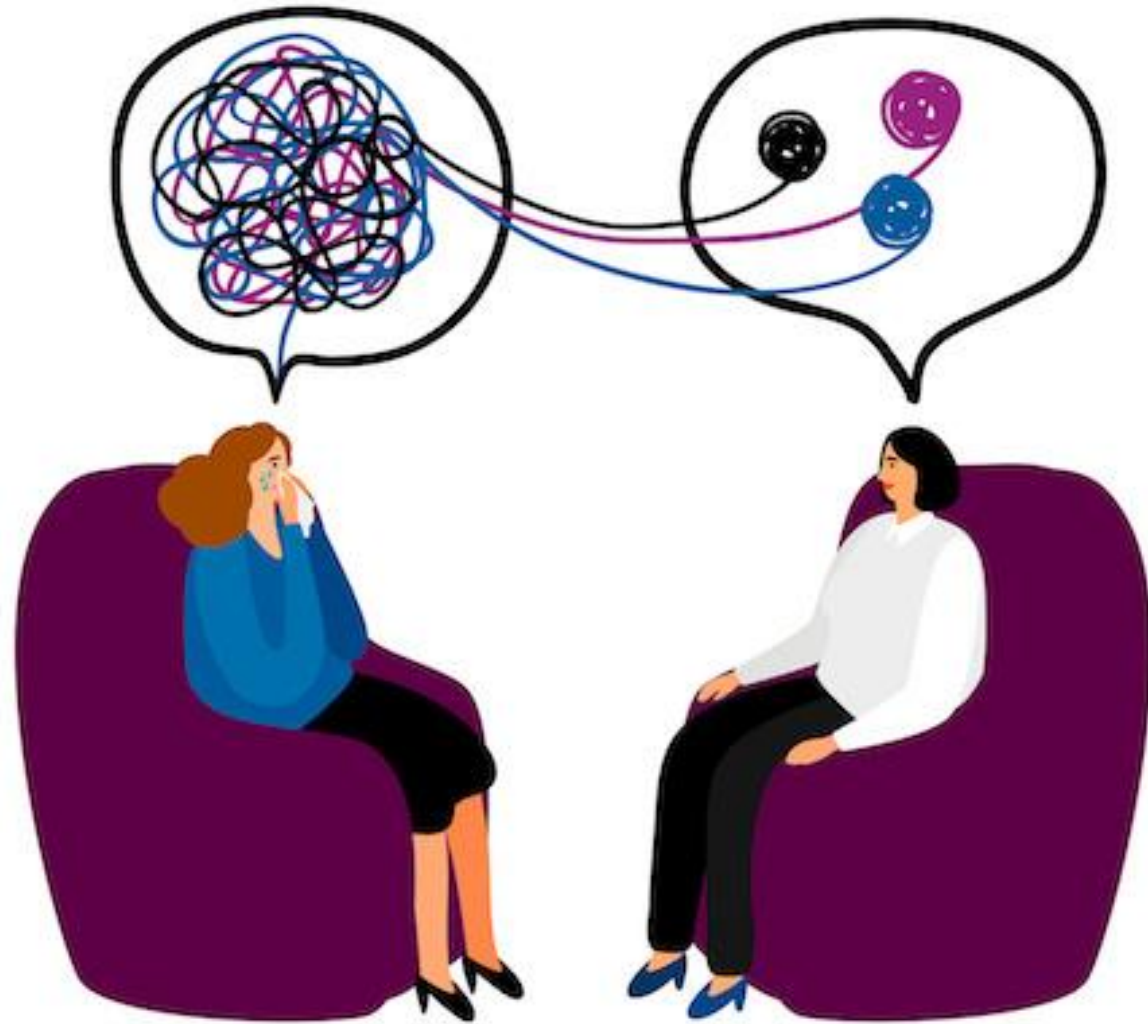


The study was furthered to include mental health and PTSD. Scientists found that those who wrote about their experiences were overall healthier.



**Sharing organizes and creates structure - it helps you make sense of your thoughts. It gives us the perspective to tackle the memories.**





**Cognitive behavioral therapy (CBT)** is a psychosocial intervention that aims to improve mental health. CBT focuses on challenging and changing unhelpful cognitive distortions and behaviors, improving emotional regulation, and the development of personal coping strategies that target solving current problems.



“Psychotherapy is remarkably effective,” says Bruce Wampold, PhD, a professor of counseling psychology at the University of Wisconsin-Madison. “For almost all mental disorders, its as effective as medication- and its longer lasting. People become resistant to medication, but they don’t get resistant to psychotherapy.”



MENTAL  
ILLNESS  
IS NOT A  
PERSONAL  
FAILURE



IT'S OKAY TO  
NOT BE OKAY





