8 Secrets of Happiness
Dr Michael Carr-Gregg PhD MAPS

Thank You
MY QUALIFICATIONS FOR THIS DAY
MY QUALIFICATIONS FOR THIS DAY

THE UNIVERSITY OF SYDNEY

UNSW AUSTRALIA

2015 AACUHO StarNet/StarRez Conference
www.aacuho.epicconferences.com.au
Dear Senior Tutor…

"SOME OF THESE 1<sup>ST</sup> YEAR STUDENTS DRINK FROM THE FOUNTAIN OF KNOWLEDGE; HARRY ONLY GARGLES."

Dear Senior Tutor…

“AT TIMES I THINK THIS STUDENT IS DEPRIVING A VILLAGE SOMEWHERE OF AN IDIOT."
Dear Senior Tutor…

From one Tutor who could not get a student to attend tutorials

"IT’S HARD TO BELIEVE HE BEAT OUT 1,000,000 OTHER SPERM."

Dear Senior Tutor…

From a tutor after a student lost her key for the 5th time…

“..If she were any less intelligent I'd have to water her twice a week.”
HAS THE JOB GOT TOUGHER IN 2015?

Mental illness running high among uni students

Researchers have found mental illness among Australian university students is five times higher than in the general population.

Despite Australia's booming economy, another study shows young people are also facing a tough time getting jobs.

Clinical psychologist Dr Helen Stallman from the University of Queensland says many students simply are not coping with university life.

"A really high proportion of university students are reporting higher levels of psychological distress and significantly more than that in the general population," she said.
In 2014, 14,461 young Australians aged 15-19 years participated in the survey.

RESULTS: ISSUES OF PERSONAL CONCERN TO YOUNG PEOPLE 2014

<table>
<thead>
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<th></th>
<th>Extremely concerned</th>
<th>Very concerned</th>
<th>Somewhat concerned</th>
<th>Slightly concerned</th>
<th>Not at all concerned</th>
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<td>Coping with stress</td>
<td>15.8</td>
<td>22.5</td>
<td>25.1</td>
<td>18.8</td>
<td>17.8</td>
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<td>School or study problems</td>
<td>15.4</td>
<td>22.0</td>
<td>26.3</td>
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<tr>
<td>Depression</td>
<td>9.9</td>
<td>11.3</td>
<td>15.6</td>
<td>18.1</td>
<td>45.2</td>
</tr>
</tbody>
</table>
THIS IS NO SURPRISE…

THE FACTS

65,000 Australians make a suicide attempt per year
THE FACTS

an average of 2,320 people taking own life every year

THE FACTS

6.9 deaths by suicide in Australia each day
THE FACTS

45% of Australians will experience mental illness in their lifetime

THE FACTS

20% are affected every year
THE FACTS

At least 1 in 4 College Students will have a mental health problem

HOW CAN AACUHO MEMBERS INVEST IN THEIR OWN WELLBEING?
“…You can’t change, what you don’t acknowledge.”

REPORT RELEASED LATE LAST YEAR

how australians manage stress
Stress and wellbeing in Australia survey 2014

The state of the nation three years on, and
Special feature on maintaining a healthy lifestyle

Lynne Casey PhD MAPS
Rachel Pui-Tak Liang MaPsych [Ed] MAPS
October 2014


RELEASED LATE LAST YEAR!

NOT VERY GOOD AT THIS ANYMORE
HOW ARE AUSTRALIANS GOING PSYCHOLOGICALLY?

ONE IN FOUR AUSTRALIANS REPORTED MODERATE TO SEVERE LEVELS OF DISTRESS THIS YEAR
DEALING WITH STRESS

More than one in five (22%) reported mental health issues as a source of stress.
IS WORKING IN A COLLEGE ONE OF THE MOST STRESSFUL JOBS IN 2015?
WHO IN AUSTRALIA, HAD THE HIGHEST LEVELS OF STRESS AND DISTRESS?

Young Australians
(18-25 and 26-35 year age group)

WHO IN AUSTRALIA, REPORTS SIGNIFICANTLY LOWER LEVELS OF STRESS AND DISTRESS?

Older Australians, aged 66 and above
WAS THERE A GENDER DIFFERENCE?

In contrast to previous years’ findings, men reported significantly higher levels of wellbeing than women.

WHAT WERE THE MENTAL HEALTH PROBLEMS?

Almost two in five Australians reported experiencing some depression symptoms, with 13% of these reporting depression symptoms in the severe to extremely severe range.
WHAT WERE THE MENTAL HEALTH PROBLEMS?

More than one quarter of Australians reported experiencing at least some anxiety symptoms, with 13% reporting severe to extremely severe levels of anxiety.

Does being married help?

Married Australians reported significantly higher levels of wellbeing and lower levels of stress and distress compared to those who never married.
What else was a source of stress?

Over one third of respondents reported that trying to maintain a healthy lifestyle was a source of stress, with young adults (18-25) and those aged 46-55 most likely to cite the effort to stay fit and healthy as a source of stress.
What were some of the ways they managed stress?

40% reported drinking alcohol to manage stress.

69% reported eating something to manage stress.
WHAT’S WAS CAUSING THE STRESS?

WHAT WERE THE OTHER THREE PROBLEM AREAS?

WAY AUSTRALIANS MANAGED STRESS IN 2014?

Top five ways of managing stress:
WHY NOT DOWNLOAD THIS FACT SHEET FOR BOTH STAFF & STUDENTS?


SELF ASSESSMENT TOOLS
DOWNLOAD THE K10

* score under 20 are likely to be well
* score 20-24 are likely to have a mild mental disorder
* score 25-29 are likely to have moderate mental disorder
* score 30 and over are likely to have a severe mental disorder

HOW YOU CAN GET IT...

About 500,000,000 results (0.36 seconds)

Anxiety and depression checklist (K10) - Beyondblue
www.beyondblue.org.au/the.../anxiety-and-depression-checklist-k10

Anxiety and depression checklist (K10). This simple ... After you take the test, you can print the results for your records or to give to your GP. These questions ...

[PDF] K10 - Black Dog Institute

K10. For all questions, please fill in the appropriate response circle. Fill in the circles like this: ●. Please do not tick or cross the circles. In the past 4 weeks:...
HOW TO DO THIS SIMPLE TEST ONLINE?

Visit beyondblue - beyondblue.org.au
www.beyondblue.org.au
Advice And Support For Anxiety And Depression Find Out More
Find a Professional
Get Immediate Support
Depression Checklist
Download Resources

Anxiety and depression checklist (K10) - Beyondblue
www.beyondblue.org.au/the.../anxiety-and-depression-checklist-k10
The Anxiety and Depression checklist aims to measure how you may have been affected by depression and anxiety in the past four weeks.

Who can assist - Beyondblue
www.beyondblue.org.au/the-facts/who-can-assist
Clinical psychologists specialise in the assessment, diagnosis and treatment of ... social workers can also provide focused psychological self-help strategies, ...
THERE IS AN **APP** FOR THAT?

HTTPS://ITUNES.APPLE.COM/EN/APP/STRESS-CHECK/ID330049595?MT=8

**Stress Check**
By AIIR Consulting LLC
Open iTunes to buy and download apps.

**Description**
Join over 1,000,000 Stress Check users around the world to UNDERSTAND and LOWER your stress now!!

Stress Check is a stress test developed by clinical psychologists with expertise in Stress Management. This research—

AIIR Consulting LLC Web Site > Stress Check Support >

**What's New in Version 1.4.3**
Enhanced UI/UX functionality by moving to Apple.
Major bug fixes and enhancements.
I have difficulty sleeping or have inconsistent sleep patterns.

- Always
- Frequently
- Sometimes
- Rarely
- Never

Your score is 70.

Your level of overall stress was found to be elevated. According to this score, you may often feel overwhelmed, anxious, and generally stressed out. This score indicates a need to devote more time and attention to lowering your stress levels.

Based on your score, it appears that your greatest stress vulnerability lies within the 'Physiological' domain. When negative feelings that arise from stress are not
SO HOW CAN WE GET OUR COLLEAGUES AND STUDENTS TO THINK ABOUT THEIR WORK LIFE BALANCE?

THE EGGS IN THE BASKET TEST
30 EGGS

1 egg = 1 unit of your life’s energy

SO WHAT IS HAPPENING IN YOUR LIFE?
What many adults tell me is their life!
Sign of good psychological health!

WHAT ADVICE DO PSYCHOLOGISTS HAVE FOR HOW PEOPLE CAN PUT 15 EGGS IN THEIR OWN BASKET?
A FEW TIPS FOR POSITIVE MENTAL HEALTH ARE:

- talk about or express your feelings
- exercise regularly
- eat healthy meals
- get enough sleep
- spend time with friends and loved ones
- develop new skills
- relax and enjoy your hobbies
- set realistic goals
- talk to your GP or a health professional

WHAT ARE THE SECRETS OF HAPPINESS?
NUMBER 1

When we’re together, everything’s better.
• **Invest time and energy in family and friends** - strong personal relationships is the single biggest contributing factor - get balance in your life....

SUNDAY AGE 4TH MAY 2014

**Why can’t we be friends?**

New research shows the key to a long life is not exercise or diet. It's strong social connections - in other words, friends. The problem for many men, however, is they suck at friendship. **Daniel Duane** reports.
I get by with a little help from my friends.

--The Beatles

That is what is so great about Colleges

DON’T EXPECT EVERYONE TO LIKE YOU

“You can be the ripest, juiciest peach in the world, but there will always be someone who hates peaches.”
If you can’t **CHANGE** it,

**change the way you THINK about it**

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ACTION FOR HAPPINESS

Find ways to become happy
www.actionforhappiness.org
“...There is nothing either good or bad - but thinking makes it so”

Hamlet (Act II - Sc. II)
*William Shakespeare*
• Count your blessings: Write down once a day 3 things for which you are currently thankful from the mundane to the magnificent.

Psychologist Sonja Lyubomirsky from the University of California found taking these 8 steps will substantially boost your life satisfaction:
POST TRAUMATIC GROWTH

- a 'seismic' disruption to how we see ourselves;
- the recognition that we have changed in some significant way for the better as a result of the event;
- a reconfiguring of how we make meaningful sense of the world;
- deepening personal relationships through sharing and depending on others;
- development or mastery of new skills;
- re-prioritisation of goals and priorities, or setting of different ones; and even
- a greater spiritual belief or connection to something bigger.

“…You can’t be brave if you’ve only had wonderful things happen to you…”

Tyler-Moore
NUMBER 4

be active
RELAX
Rest
REPEAT DAILY

ACTION FOR HAPPINESS: Take care of your body
www.actionforhappiness.org
**SLEEP**

• “Sleep is a criminal waste of time and a heritage from our cave days.” – Thomas Edison

“Sleep is for wimps!” - Margaret Thatcher

“Money never sleeps!” - Gordon Gekko
90% of students are not getting enough sleep
5% are so tired that it hampers their ability to learn

THOUSANDS of Victorian secondary students are struggling with their schoolwork because of a chronic lack of sleep, a leading expert has warned.

Tony Rindfleisch Education reporter

Last week, a survey of almost 5,000 students indicated that 90% of students are not getting enough sleep.

15% of students are so tired that it hampers their ability to learn.

Swapping high-calorie meals for cereal and fruit, the survey found 59% of students do not have enough sleep. Almost half of students said the lack of sleep hampers their ability to learn and hampers their ability to learn.

Mr. Pulfer, an author of the report, said students need more than 7-8 hours sleep to function at their best. He recommended that schools should consider the implementation of a sleep cycle, with designated time periods for students to rest and recharge.

SLEEP CYCLE

- Stage 1: 4-5% Light sleep. Muscle activity slows down. Occasional muscle twitching.
- Stage 2: 45-55% Breathing pattern and heart rate slow. Slight decrease in body temperature.
- Stage 3: 4-6% Deep sleep begins. Brain begins to generate slow delta waves.
- Stage 4: 12-15% Very deep sleep. Brain waves are large and slow. Limited muscle activity. Brain produces delta waves.

For more information, visit www.aacuho.epicconferences.com.au
WHAT DOES SLEEP DEPRIVATION DO TO US?

WHAT DOES SLEEP DEPRIVATION DO TO LAB RATS?

Normal life expectancy 2-3 years

No REM sleep death at 5 weeks

No sleep death at 3 weeks

WHAT ARE THE EFFECTS OF GETTING A BAD NIGHTS SLEEP?

- **Physiological** (body systems, like cardiovascular and endocrine systems and physical health)
- **Psychological** (emotional and mental health)
- **Psychosocial** (behaviour, peer relations, family relationships)
- **Cognitive** (learning, attention, problem solving)

REGULAR EXERCISE & RELAXATION
EXERCISE

- For millions of years our brains thrived under constant motion
- We walked up to 19.3 kilometres a day
- Cars, couches and cubicles have replaced walking
AMONG 27 YO, A 12 WEEK EXERCISE PROGRAM SHOWED WHAT HAPPENS TO BRAIN FUNCTION WHEN YOU START AND STOP

UP by Jawbone
By jawbone
Download on the App Store or on Google Play.

Description
**NEW UP UP3 Wristband to use the UP3 app!**

What’s New in Version 3.0.1
- Version 3.0.1: Key fixes, including a bug that caused some people who are wearing the UP hand ring to be called to have results reviewed.

iPhone Screenshots

LATEST JAWBONE UP3

The world's most advanced tracker.
The most advanced activity tracker known to man, UP3 is packed with state-of-the-art sensors that give you the full picture of your health. Heart Health Sensor measures resting heart rate – a leading indicator of your overall health and fitness level. Workouts are automatically recognized and logged. You’ll gain an in-depth understanding of your sleep. All this, in an impossibly small, water-resistant design with a full week of battery life. So you’ll need to recharge before UP3 ever does.

With Heart Health, Smart Coach, Advanced Sleep, Advanced Activity.
Averages based on UP users. The National Sleep Foundation recommends between 7-9 hours of sleep per night, and experts recommend 10,000 steps a day for an active, healthy lifestyle.

Sleep: 8h 0m
Move: 10,000 steps

Reminders:
My Bedtime Reminder: 9:50pm
Mon, Tue, Wed, Thu, Fri

Add Reminder
INVEST IN YOUR WELLBEING

Energize your day.
NEW APP

Couch-to-5K
By The Active Network, Inc.
Open iTunes to buy and download apps.

Description
***** WINNER of the 2012 Appy Award for best Healthcare & Fitness App!
"The popular Couch-to-5K app helps new runners avoid injury from doing too much, too soon."

The Active Network, Inc. Website > Couch-to-5K Support >

What's New in Version 1.7.1
- New FREE Zombie trainer and cute people running buddy
- Themed with Winter Trainers
- View graphs of workout stats

$1.99
Category: Health & Fitness
Updated: 02 January 2013

WEEK 1, DAY 1
DURATION 25:00 MIN

RUN NOW  DID IT

YOUR AWESOME WINS
01/04/2013 WORKOUT W3.D1
5km run, 3 min walk, 2.5 min max run

"You are already on your way to winning!"

03/04/2013 WORKOUT W3.D2
5km run, 3 min walk, 2.5 min max run

"If you expect to be successful, you will be successful!"

05/04/2013 WORKOUT W3.D3
5km run, 3 min walk, 2.5 min max run
Earned the Rising Star badge
“Life’s most persistent and urgent question is: What are you doing for others?”

Practice acts of kindness - these should be random (let someone ahead of you in traffic) to the systematic - take an elderly neighbour's garbage in and out, volunteer to do some door knocking for the Salvos

Psychologist Sonja Lyubomirsky from the University of California found taking these 8 steps will substantially boost your life satisfaction:
KINDNESS IS CONTAGIOUS

They showed viewers either a nature documentary, a funny TV clip or an uplifting segment from the Oprah Winfrey Show, and then asked them to voluntarily help with another task. Participants that watched Oprah and subsequently experienced an elevated feeling were more likely to help.
GREAT WAY TO RELAX AND DE-STRESS IN 2015

- Perform better
- Learn better
- Better health
- Better Relationships
Savour life’s joys - pay close attention to momentary pleasures and wonders. Focus on the smell of a rose, the beauty of a sunset. Take a mental photo to review in less happy times.

Psychologist Sonja Lyubomirsky from the University of California found taking these 8 steps will substantially boost your life satisfaction:
NUMBER 7

It helps to know what you're looking forward to.

Action for Happiness

Have goals to look forward to
www.actionforhappiness.org
IN SUMMARY…

THE 4 KEY STRATEGIES THAT WILL MAKE A DIFFERENCE

• Sleep
• Exercise
• Diet
• Meditation
Could a healthier diet also help tame the black dog?

FACTS ABOUT THE MOOD FOOD LINK

- eating a Mediterranean-style diet have less depression
- diets high in processed foods, soft drinks and sweets to an increased risk of behaviour and emotional.