



**Happiness@TheSpeedofLife Newsletter
Edition 32: Anything Over Zero Is Infinity**

1,980 words of content -- approximate reading time required: **7.91** minutes. And isn't your happiness worth it?

~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*

Welcome to my e-newsletter, which focuses on defining and applying the Principles of Happiness and Positive Emotion in your life and work.

Please NOTE: Over the next two months I'm MOVING my newsletter from Constant Contact to a new provider, AWeber.com. You'll receive an invitation (I only mail with permission!) and I hope you'll "renew" your subscription to Happiness!

Watch for a notice coming from Jim@TheExecutiveHappinessCoach.com

IN THIS ISSUE

=====

- I. Anything Over Zero is Infinity
- II. In The Workplace: More Than Before
- III. Savoring The Sensual Vacation
- IV. Wedding Update: Who Goes First?
- V. Instructions and contact info

~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*

I. ANYTHING OVER ZERO IS INFINITY

In the weeks prior to my annual beach vacation I was stretched to the max – putting in long days to complete projects, setting up all my “systems” to function in my absence, and so on. In my pre-vacation frenzy I often neglected my personal practices, telling myself, “I’ll do it EVERY DAY on vacation.”

So as I headed off on my two weeks of vacation with a suitcase full of books (and little else – who needs a lot of “stuff” for two weeks of nothing?!), I had grand intentions. First, I had promised myself minimal work contact (which I honored). I was committed to expanding my literary horizons (I read eight books). AND, I had no agenda except... no agenda!

Therefore, I reasoned, I would have LOTS of time every day to take care of myself. Every day, I would exercise. Every day, I would mediate on the beach. Every day, I would practice yoga. Every day, I would write in my journal. Every day, I would practice Jin Shin Jyitsu (a healing meditation based on touch). And every day, I would read.

After all, I had nothing to do...except nothing. Right?

Within three days, I was getting stressed about being unstressed. Turns out that, even on vacation, with no agenda, I could not fit it all in! Can you imagine? Duh!

Finally, I took some of my own coaching. Instead of beating myself up about what I was NOT doing, I shifted to engaging in just one or two activities, plus reading, each day.

Most of my practices are about self-care and building my emotional resilience – teaching my body





Use the Skill of Savoring

When I return to everyday stress, my body and mind are more able to find relaxation because I can call on any one of my five senses to bring back those feelings of calm.

This Recall of positive memories into the present is called Savoring. You can use the skill of savoring to pick up your own mood at any time by accessing past pleasant experiences. For example:

~**Sharing:** Telling others our “story” of something nice that happened to us is the most powerful technique for savoring. Our lovely human brain mixes past with present, and we end up feeling NOW some of what we felt in that past moment. Sharing what you did over a fun weekend, swapping vacation stories, or telling tales of “the good old days” to your grandkids are all examples of savoring.

~**Memory Building:** the act of creating mementos of a moment. Taking pictures, buying souvenirs, scrap booking, or tying sounds or sensations to an event are examples. When you listen to a song that elicits good memories, share your photo albums, or place your seashell collection on the coffee table, you are evoking good memories.

~**Self-Appreciation/Self-Congratulation:** is about giving yourself permission for POSITIVE self-talk. It’s saying to yourself, “I am so proud of you! I am amazed that you handled that!”

~**Absorption:** slowing down in the moment, and noticing all the sensations you are experiencing. For example, eating a dinner or dessert slowly, thoroughly enjoying each bite; or focusing entirely on your partner’s face as you engage in a pleasant conversation. This is the technique I was using on vacation – completely immersing myself in what was happening, which helped me feel happier in that moment, plus built more durable memories that I can access in the future.

Create your own sensual experiences!

How might you make intentional use of this tool today to increase your resilience and experience of positive emotion tomorrow?

~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*

IV. THE WEDDING UPDATE: WHO GOES FIRST?

Most of the wedding activity to date involved Kelly and her mom, the groom, and the bridesmaids. Finally, a tidbit for the male members of the event: the tuxes.

Kelly and Paul chose classic styles – black tails all around, with different colors designating role: usher, groomsman, father, groom (and I won’t have to wear a bow tie – nice!).

The wedding party is spread across the country from New York City to Seattle, and from Chicago to the Carolinas. A logistical nightmare, yes? Not for the wedding of Millennials! They chose a national retailer, then researched locations and issued a group email that included a GoogleMap link to the nearest location for each person’s fitting.

All that fitting data will arrive in South Bend, where the gentlemen will pick up their neatly pressed tuxes two days before the wedding. I don’t know why little details like this amaze me, yet they do. I was already 28 years old when I got my first computer in 1984, and I still I appreciate these little



