



Memorandum

#15-086

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Amanda Hovis, Director
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: August 11, 2015

SUBJECT: Growing the 5 Seeds of Happiness – Coming Soon from WIC Wellness Works!

The WIC Wellness Works (WWW) Program is pleased to offer *Growing the 5 Seeds of Happiness*, a five-week wellness challenge that will “grow” your level of happiness. Experts who study happiness say it is the little things in life that bring us the most joy, and that the more enjoyable moments we have each day, the happier we are in general. Happiness cultivates social support and makes you more productive and more successful at the things that count most in life.

Items needed for the wellness challenge will be mailed to your local agency late August. There should be enough for each employee and clinic site. Items include: Coordinator Packet, Employee Packet, Clinic Banners, and educational reinforcements with “Happiness is...” quotes.

Participation is optional, but guaranteed to be fun! Your agency may start the challenge any time, but all photos for the interagency competition will be due to Debbie Lehman by Friday, November 20th for those agencies/clinics that want to “win” the happiest LA designation (see your packet for more details).



Growing the 5 Seeds of Happiness

WIC WELLNESSWORKS



Dear Employee,

What is happiness? Experts define happiness in a variety of ways, but most say that being happy is a combination of feeling satisfied with your life and having more positive than negative emotions.

During the next five weeks you and your co-workers will discover how to add more positive moments to your life with the **Growing the 5 Seeds of Happiness** challenge.

There are two main types of happiness – 1) feeling good in the moment, and 2) the long-term sense that we are content with our life. To feel long-term contentment, our brains need to regularly experience positive emotions like joy, calm, and gratitude.

Scientists have found that happy people experience positive emotion with certain behaviors. People who feel positive emotion most of the time:

- ☀️ Meet their Basic Needs
- ☀️ Participate in Supportive Relationships
- ☀️ Practice Positive Thinking
- ☀️ Fill their lives with Meaning
- ☀️ Give and receive Kindness

It might be helpful to think of each of these behaviors as a type of "seed" that can "grow" your happiness. The more seeds you select and tend to, the more likely you are to have many blooms (positive emotions like pride, interest, or hope) and fewer weeds (negative emotions like stress, worry, or fear).

And, just as with planting a garden, every single seed can make a difference in how much enjoyment you get from your efforts. Experts who study happiness say that it is the little things in life that bring us the most joy, and that the more enjoyable moments we have each day, the happier we are in general.

Let's get growing!

The University of Texas at Austin
Health and Evaluation Team



What you can do this month:

- ✓ **READ** the **Growing the 5 Seeds of Happiness** packet. Review the descriptions and action steps for each of the five seeds, and begin thinking about which seed you'd like to work on first during the challenge and which action steps you'd like to take.
- ✓ **TRACK** each action step you make toward happiness by coloring in spaces on the mandala image found on page 9. The steps you take will allow you to grow a beautiful burst of happiness.
- ✓ **REVIEW** the Happiness at Work Tip Sheets found on pages 10 and 11. These group and individual strategies can have a big impact on your work environment and relationships.

Two trainings will be available for WWC Coordinators or anyone interested in leading this challenge at their clinic. We hope you will be able to join us at one of them. Check out the Texas WIC Training Catalog in September for upcoming dates.

If you have any questions or require additional information, please contact Debbie Lehman, Nutrition Education Consultant, State WIC Wellness Works Coordinator, Nutrition Education/Clinic Services Unit, at (512) 341-4517 or debbie.lehman@dshs.state.tx.us.