

Coping with Covid Book Club: Learning and Practicing the Science of Happiness

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SSTESOL Virtual Conference
Nov. 14, 2020

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Our Mission

We can't change our circumstances now, we can only change our attitude. We are wiring some pathways of grief, stress, anxiety and/or trauma. To offset that, we find ways to create or strengthen pathways of hope, gratitude, happiness, self-efficacy, and so forth. We offer connection during this disconnected time.

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Topics & Themes: Science & Strategies

<p>Scientific background information:</p> <ul style="list-style-type: none"> • Biology of belief • Perception is reality • Using our mind to change our brains & stress physiology • Energy medicine • Quantum physics 	<p>Strategies for increasing:</p> <ul style="list-style-type: none"> • Gratitude • Joy • Happiness • Flow • Synchronicity
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Books/Videos

<ul style="list-style-type: none"> • The Biology of Belief • What the Bleep Do We Know (video) • The Gratitude Diaries • Wired for Joy • Happiness (individual choice from 11 book options) 	<ul style="list-style-type: none"> • The Open Focus Brain • Flow: The Psychology of Optimal Experience • Exploring Effects of Biofield Therapies in Cancer (video) • The Power of Flow • Living in Flow
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Sample theme: Happiness



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Format

- One chapter per session
- Two sessions per week: Wednesday & Saturday
- Not everyone can attend both days
- Start with 5 minute meditation
- Old/new business – updates on members, upcoming material
- Discussion of chapter

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Meditation techniques

- Breathing
- Mindfulness
- Guided Imagery
- Listening to a song
- Qi Gong
- Tai Chi
- Yoga
- Drumming
- Tapping
- Mandalas
- Tibetan singing bowls
- Chanting
- Mudras

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What to avoid:

- politics- divisive topic
- discussion of current events – misuse of time
- Advising others, judgmental comments
- Toxic positivity – dismissal of concerns or an attitude that you can't share your distress or negative experiences
- Side chat on zoom – to avoid cliques and unfair to those sharing
- Getting off topic – limited ability to have intellectual sharing

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What to include:

- Personal sharing of life situations so we can support them: cancer, Covid in family, etc.
- Personal experiences as they relate to the material in the book
- What they agree/disagree with in the chapter
- Lots of laughter
- Raise hands and leader calls on them for those on delay
- Commitment to reading the material and showing up

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Resources beyond books & Zoom

- Private Group Facebook Page
- Facebook Messenger on that Page
- Email
- Sending support to members when needed: prayers, energy, gifts

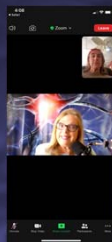
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Thank you and contact info

Questions? Comments? Ideas? Please feel free to contact us:

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