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| The Happiness Effect |
| Facilitator Guide |
| Corbett, Sims |

**PLANNING AND MATERIALS**

This facilitator guide is a companion document to the Balance Builder PowerPoint and corresponding handouts. It is intended to guide facilitators in the presentation preparation and facilitation. Included in the guide are preparation tasks, suggested materials, high-level outcomes, the agenda, and presentation outline. The outline includes suggested talking points. These are only suggestions and subject to change based on the facilitator’s needs, available presentation time, audience, etc.

Below is a list of materials and event tasks that may be appropriate for events.  Not all materials and tasks are suitable for every event.  Specifics about the materials and tasks will be communicated by the Field Engagement Specialist. Please reach out to your Field engagement Specialist if you have questions.

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| PRE- EVENT TASKS C:\Users\SimsM\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\AFQO5PY4\MC900432530[1].png  |
| Review materials* Facilitator Guide
* Workshop workbook
* Generic and Co-branded mailer templates
* Promotional Poster
* Promotional Flyer
* Workshop Sign in Sheet
* Follow-up email
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| View the practice exercise video.  |  |
| If there will be a table, confirm that booth items have been received. They may include:* Tablecloth
* Holder for fliers
* Tabletop sign or banner
* Additional materials
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| Confirm location contact’s name and contact information. |  |
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| EVENT TASKS C:\Users\SimsM\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\AFQO5PY4\MC900432530[1].png |
| Introduce yourself to the location contact. |  |
| Set-up event table. |  |
| If applicable, set-up screen and computer with projector. PCs are not expected to bring a computer, screen, or projector. If needed, they will be provided.  |  |
| Set-up room with chairs.* Consider how you want the room to be during the presentation and during the exercise component. You will want to make sure members can move freely and that they can easily see you. We recommend placing the chairs in a honeycomb pattern.
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| Have printed materials ready and organized. |  |
| Know where the closest SilverSneakers locations are. |  |

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| WORKSHOP AGENDA |  |  |
| Welcome | * Greeting by Participating Location (PL) Staff & SSFP Representative
* Sign-in sheet completed and shared with PL staff for eligibility check.
 | 5 min. |
| Presentation | * + Introduction by Territory Manager (TM)/Program Champion (PC)
	+ The Happiness Effect
	+ Member Eligibility check conducted by PL Staff during Presentation
	+ Facility Enrollment Packets prepared by PL staff.
	+ Sign-in sheets given back to TM or PC.
 | 20 min. |
| Physical Activity/Exercise | * Led by PC.
 | 30 min. |
| Wrap Up | * Thank members for their time and participation.
* Remind members to take home information and follow-up on next steps.
* PL staff should make themselves available for continued enrollment work, questions, and tours. Facilitator should direct members to the PL staff for location specific questions.

Suggested Options – Not Required:* PL staff can provide tours of location.
* Direct members to an area where they can socialize and speak with any vendors we invite.
* Include Subject member experts during presentation or at a follow-up event.
 | 5 min. |

**PRESENTATION OUTLINE**

\*Note: all talking points are suggestions, and they not meant to be said exactly as written. Highlight or add items that are important to the audience or health plan; and give the presentation in your own voice/words. Remove talking points that do not meet the audience’s needs or allotted presentation time.

The exercise class section of the presentation should be taught by a qualified instructor who has:

* Completed and passed Foundations.
* Completed and passed CPR.
* Completed and passed FWA training (colleague or instructor version).
* Liability insurance (instructors only).
* Signed contract (instructors only).

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| WORKBOOK | TALKING POINTS |
| P.3Agenda | **SAY**Welcome workshop participantsIntroduce yourselfAsk participants to follow along in their workbooksReview agenda |
|  | **SAY:*** You can begin the presentation with a question such as: What is happiness?
* Let participants know that while it may seem like a simple question, the answer isn’t always simple.
* Happiness is somewhat subjective. Specific things that make one person happy, may not make another happy.
* When researchers began looking at happiness, they had to clearly define it. Their definition: happiness is “the experience of joy, contentment, or positive well-being, combined with a sense that one’s life is good, meaningful, and worthwhile.”

<https://greatergood.berkeley.edu/topic/happiness/definition>* Review the workshop agenda:
	+ focused on two areas (physical activity and social connectedness) to create this effect – this sense of happiness.
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| P. 45 Fun Activities to Boost Your Mood | **SAY*** Discuss how many people are aware of the health improving benefits of activity. Physical activity can positively affect one’s strength, endurance, and flexibility.
* Ask participants if they knew that it can also improve their mood and sense of well-being?
* According to the Mayo Clinic, “physical activity stimulates various brain chemicals that may leave you feeling happier, more relaxed and less anxious.” It may also help you “feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.”

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048389>* Encourage participants to take part in activities that are easy to access, provide meaning, and that they enjoy and choose to do.
* People are more likely to stick with physical activities long-term if the activities are enjoyable and the participant doesn’t feel manipulated by other to participate.
* Encourage participants to reflect on their experiences. Sample questions and ideas include:
	+ Are you forcing yourself to do something you don’t like and why?
	+ Are you doing an activity for someone else or because you think it’s your only choice?
	+ Think about times in your life you have enjoyed movement. What activities were you doing? What was it about those activities that made them enjoyable? Did they involve learning to master something new, music, competition, working as a team, or nature?
	+ Identify those things and see if you can’t use them to direct you to forms of physical activity that you look forward to doing.

 * Let participants know that on page 4 they’ll see some ideas of physical activities to help them get started. They may want to think about how these not only provide health benefits but may also provide you with a sense of contentment, joy, and meaningfulness.

**DO**Don’t forget to encourage participants to continue doing physical activities they enjoy. If they don’t already do something, encourage them to try SilverSneakers as a great place to start. You can mention the supportive community, variety of exercise options, and knowledgeable staff.  |
| P. 6The Importance of Friends | **SAY*** Next, discuss how social connectedness is also tied to our sense of wellbeing.
* As a way to transition, you may want to ask members to think back to a few moments ago when you asked them to think about activities they enjoy. How many of them thought about activities that included other people?
* Talk about the fact that research suggests that social connections are tied to our wellbeing. Those with social connections are more likely to have:
	+ Examples of the reported benefits include:
* Healthier eating and more active lifestyles
* Lower blood pressure levels
* Improved mental health

Resource: <https://www.nia.nih.gov/about/living-long-well-21st-century-strategic-directions-research-aging/research-suggests-positive>* Strong relationships are important.
* As we age, many of our relationships change. We may find ourselves wanting to strengthen existing relationships or creating new friendships. Sometimes this comes easily. Other times, this can be stressful or feel difficult. Discuss what can we do to make the process a little easier.
* Begin with existing relationships.
	+ We can build stronger relationships by
	+ Expressing gratitude.
	+ Being honest.
	+ Showing empathy.
	+ Making time for your friends.
	+ Trying new things together.
	+ Taking part in shared interests.

(<https://www.nih.gov/health-information/social-wellness-toolkit>)* Do participants have other ideas?
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| P.710 Ways to Make New Friends | **SAY*** Next, discuss ideas for making new friends.
* Encourage participants to think about specific opportunities in their community (include any you may know about).
* 10 ideas for making new friends:
1. Try continuing education classes
	1. Osher Lifelong Leaning Institutes
	2. Community colleges
	3. Community education programs
	4. Speaker events
2. Accept invitations
	1. Even if it may not be your idea of a perfect time, accept invitations. You never know when you will meet new and interesting people.
3. Join a club
4. Volunteer
5. Consider a part-time job
6. Do what interests you
	1. Meet likeminded people by taking part in activities you enjoy (cooking classes, sports such as walking, fishing or golf, community gardens, craft meetings).
7. Take part in alumni groups
8. Take a risk
	1. Put yourself out there and invite someone who you connect with out for coffee or lunch.
9. Become a regular
	1. Building relationships takes time. Make a commitment to showing up or reaching out on a regular basis.
10. Use technology to strengthen relationships
	1. Use technology to stay in touch with family and friends and as a way to develop new relationships.
* Ask follow-up questions such as:
	+ Does anyone else want to share an idea?
	+ Has anyone taken part in one of the ideas we discussed, and did you meet new people?
	+ What is the most difficult part about making new friends?
	+ What is the best part about making new friends?
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| P.5Self-Reflection | **SAY*** Acknowledge that many people will experience moments of loneliness. Like many things in life, how we handle these feelings matters.
* Walk participants through some positive ways to work through those times such as:
	+ Spend time outside (go for a walk, sit at the park, do yardwork)
	+ Exercise (go for a walk, attend a SilverSneakers class, go to the gym)
	+ Connect with someone (call or email someone you miss or enjoy talking to)
	+ Help someone else (volunteer or offer help to a neighbor)
	+ Do something creative (paint, draw, write, color)
	+ Write a list of things for which you are grateful or write thank you cards or emails

**DO*** Self-reflection activity (see note below). Have participants turn to page 5. Completing these sentences may help participants identify the things in their life that bring them happiness as well as provide them ideas for things to do when you need a little happiness boost.

**Note:**If there is time during the presentation, have people complete the self-reflection activity and share ideas. Ideally activities should encourage participants to reach out to their connections/social groups, be active, be creative, or give back. Encourage people to share their ideas. |
| Closing Before Exercise ClassRefer to choreography document | **SAY*** Let participants know that you hope the discussion has sparked some new ideas around happiness and ways that they can bring a little bit more of it into their lives.
* Ask if anyone has any final thoughts before we try a Mindful Stretching class.

**Mindful Stretching class to follow (follow choreography document)****Class is approximately 30 minutes** |
| Final Thoughts and Closing | **SAY*** After the class ask questions:
* Ask participants how they feel.
* Did they find anything surprising?
* Do they have questions about the exercises?
* Thank them for taking part.
* Remind them of upcoming classes or opportunities for exercise at our PLs (if known or available).
* Share SilverSneakers benefit information (depending on location - review class schedule, social calendar, meet staff, etc.).
* Encourage participants to:
* Visit a location
* Sign-up for an orientation
* Try a class or meet with a fitness center staff person to learn about the equipment.
* Thank participants. SilverSneakers is a great place to start and stay active. It’s also a great place to find a like-minded community.
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