

# Welcome to “Happy for No Reason” with ashlee

Based on

## **Happy for No Reason**

*7 Steps to Being Happy from the Inside Out*

By Marci Shimoff



# Happy for No Reason!

I'm ashlee

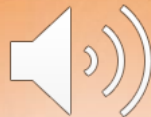
I am grateful and honored to be here, for  
GOOD reason!

My mission:

To make the world a little happier, feel a little  
more connected, give a little more LOVE ☺



**Let's MOVE 😊**  
**Stand up if you can,**  
**or just move in your chair!**





Better 😊  
endorphins are *flowing!*



**Now- let's get serious.**

**And TRY to be honest.**



When we were  
teenagers 😊





# Before we found the Functional Aging Institute



NOW 😊





# NOW 😊





**“I’m very, very happy. But I want to be very, very, very happy. And that’s why I’m miserable.”**



**You are here....You want  
to make the world better**





**You are always giving....But  
today is for YOU.**

**Taking a moment to go inside  
and think about YOU and your  
happiness.....**



**There is GOOD news 😊**  
**and**  
**BAD news ☹️**



# Some staggering statistics

- Approximately 1 in 5 women in North America is on antidepressants
- The Anxiety & Depression Association of America tells us that the leading cause of disability in the U.S. is Major Depressive Disorder
- Major Depressive Disorder (MDD) affects more than 16 million Americans
- More than 264 million people worldwide suffer from depression (World Health Organization, 2020)

WE HAVE AN EPIDEMIC OF UNHAPPINESS





# Some staggering statistics



We have more than  
we have ever had,  
but we are NOT  
happier.....



# The GOOD news!

- Science (yes, SCIENCE) has CRACKED the HAPPINESS code, the science of positive psychology studies happiness
- We know what it takes to be happier.

THIS should be taught in schools!



**Why are we unhappy?  
The Myth of:  
“I’ll be happy when.....”**























That empty nest  
feeling.



somee cards  
your card











**We think:**  
**Happiness comes from the outside.**  
**When I am successful, I will be**  
**happy.**

**The truth:**  
**When you are happy, you will be**  
**successful (and even more**  
**successful!)**



A person is silhouetted against a bright sunset sky, standing with arms raised in a gesture of triumph or joy. The sun is low on the horizon, creating a warm, golden glow. The sky is filled with soft, wispy clouds. The overall scene conveys a sense of achievement and happiness.

**SUCCESS IS NOT THE KEY TO  
HAPPINESS. HAPPINESS IS THE  
KEY TO SUCCESS.**





**We have PRESSURES!**  
**To be the best at work**



# To have the perfect the family





# To be liked on social media



We want you to make us one of those "viral" videos. You can make that happen, right?





# Look a certain way☺

Me giving up on that summer body  
and accepting my winter body



# To balance everything!

**ME: TRYING TO EXCEL IN MY CAREER,  
MAINTAIN A SOCIAL LIFE, DRINK ENOUGH  
WATER, EXERCISE, TEXT EVERYONE BACK,  
STAY SANE, SURVIVE AND BE HAPPY.**



# **My goals today!**

## **1<sup>st</sup>: Let's laugh**





**2<sup>nd</sup>: Let's get INSPIRED!**  
**(let's inspire each other!)**  
**Let's leave a little better,**  
**a little happier**







**WHY ARE FROGS SO HAPPY?**



**THEY EAT WHATEVER BUGS THEM**



**The hard part**  
**Changing habits- EEK!**

**Try this experiment!**



**So, if we CHANGE our  
habits, we CAN increase  
our happiness.  
We have the control!**

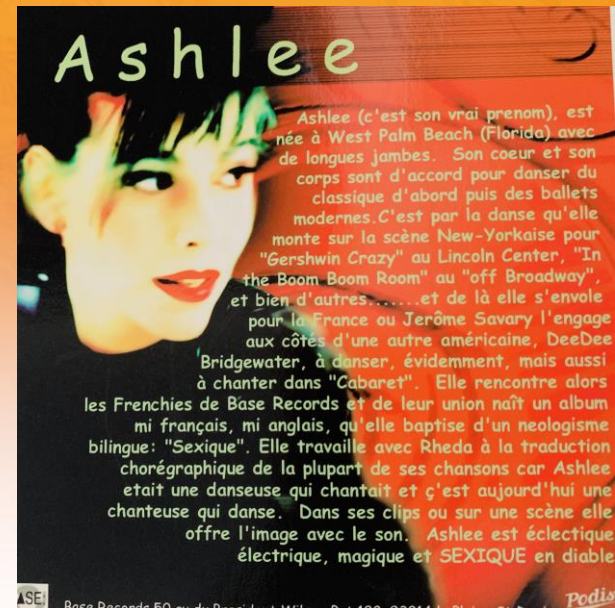


# Photos of me happy baby





# Always dancing or singing!



# Happily ever after, the end.....





# Our children!





# Life changing moments





Zumbini! 😊





# More life changing moments...

## More lessons...





# Today ☺



# Today 😊



# Your Happiness Intention

Go inside, take a moment, find YOUR intention. Hold it in your heart or even better, write it down or share in the chat!



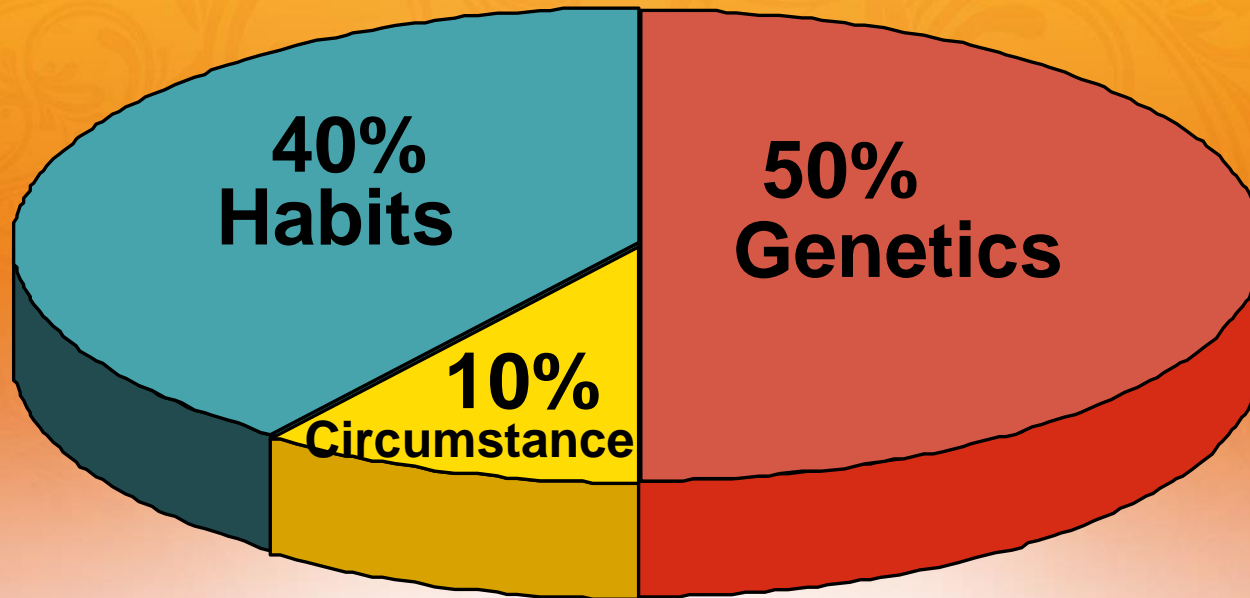


# Happiness Set-Point

- It is like a thermostat setting
- Genetic and learned tendency to remain at a certain level of happiness
- It goes up or down a bit, but hovers around the same place (WAIT!!! Even if you win the LOTTERY??? Yep!)
- unless you CONSCIOUSLY do something to change it.... we can raise our set point by changing habits



# Happiness Set-Point pie

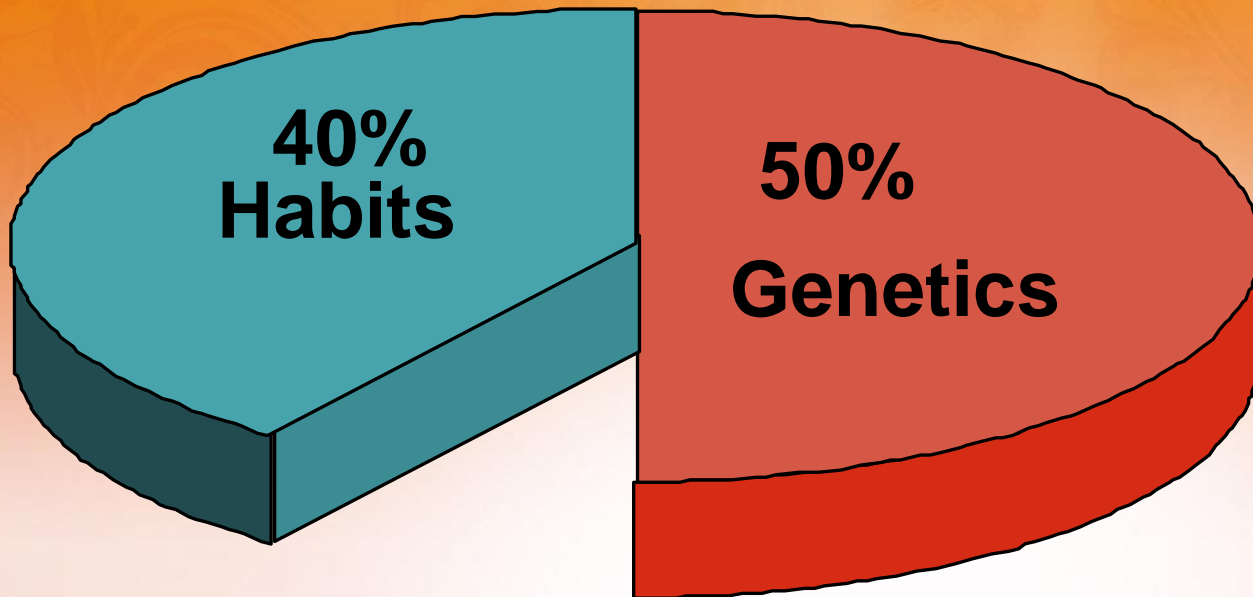


***The biggest difference  
between unhappy people and  
happy people is that they have  
different habits!***

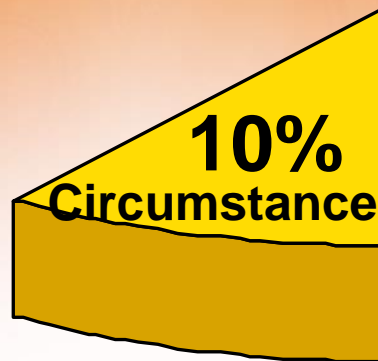




**Incredible news- the 50% piece  
that is genetics, CAN be  
CHANGED by changing your  
habits. 90% is up to YOU!  
WE HAVE A CHOICE**



**ONLY 10% of your happiness  
is determined by your external  
world and circumstances!!!  
The rest is up to YOU!**



Not always  
true😊





# ***The definition of Happy for No Reason***

An inner state of peace and  
well-being that doesn't  
depend on circumstances



# Happy for No Reason

**NOT a 24/7 Pollyanna state of denial to the  
real world!**

**NOT a silly grin on your face.**

**NOT toxic positivity.**

**It is not temporary.**

**Bad things happen, you can move through  
them.**

**It is an inner backdrop of peace.**



# Happiness Continuum





**We don't lose our happiness if  
outer circumstances change.**



**When you're Happy for No Reason,  
you bring happiness to your outer  
experiences rather than trying to  
extract happiness from them**



**We want to live FROM  
happiness,  
not live FOR happiness.**





# Two Primary Energies in Life

**Contraction  
or  
Expansion**



# Contraction

# Expansion



- Unhappiness
- Fear
- Pessimism
- Constriction
- Resistance
- Low Energy
- Disease
- Malaise
- Separation
- Feeling Bad

- Happiness
- Love
- Optimism
- Flow
- Acceptance
- Vitality
- Ease
- Well-Being
- Connection
- Feeling Good



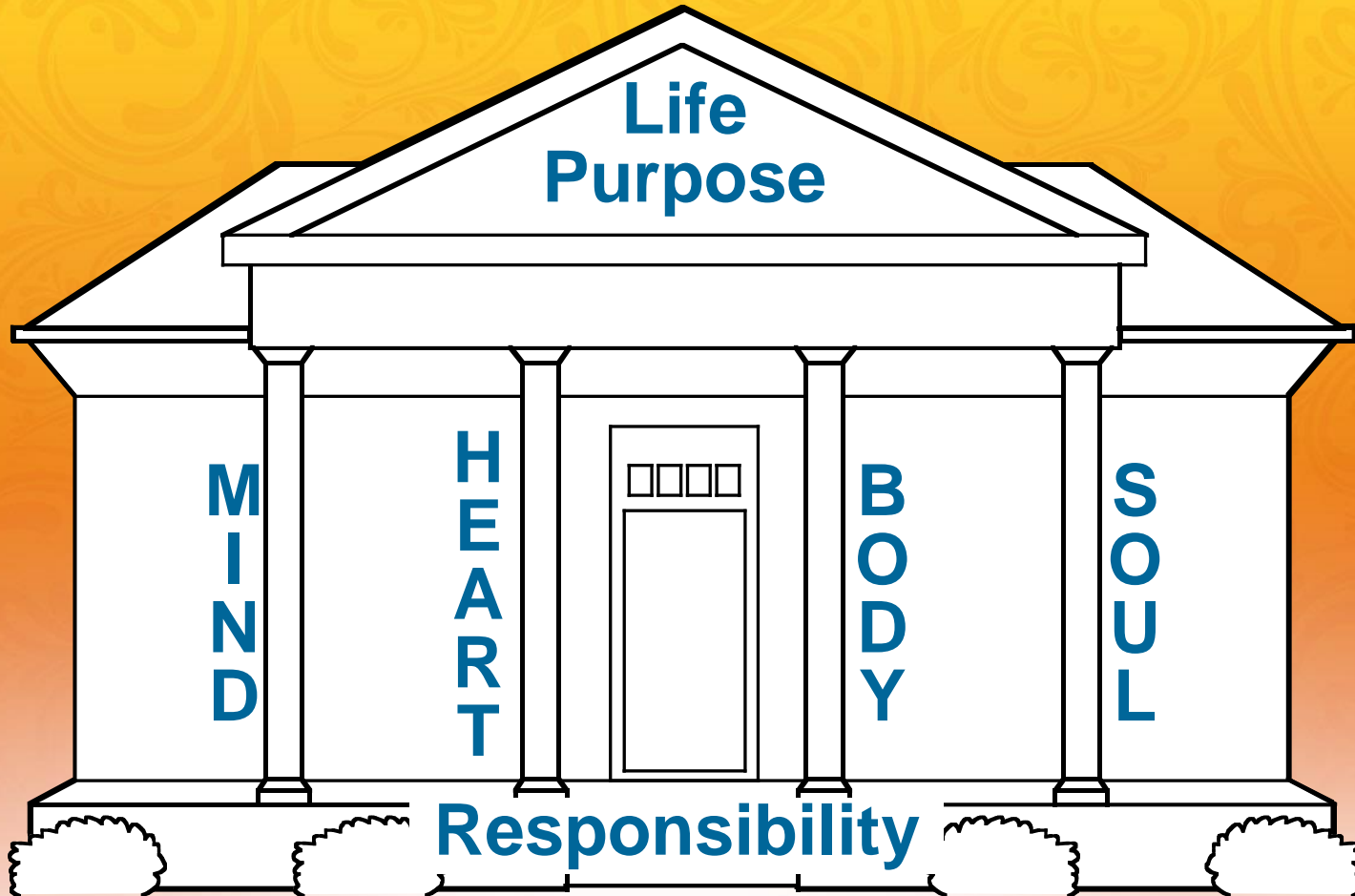
# Happy for No Reason

*But ashlee,  
how do we get there?*





# Home of Happiness



Relationship

Relationship



# The Pillar of the Mind

## Happiness Habit #1:

Create the neural pathways for  
happiness

We need to “rewire” our brains....

We are predominately wired for  
unhappiness.....basic survival from the  
caveman days!

The background is a dark, deep blue space filled with intricate, glowing patterns. Swirling, ethereal lines in shades of light blue and white create a sense of movement and depth. Interspersed among these lines are clusters of small, glowing dots and faint, larger-scale patterns that resemble binary code (0s and 1s) or digital data. The overall effect is one of a complex, interconnected digital or neural network.

Happiness Key:

**Don't Believe  
Everything You  
Think**



***What we think and tell  
ourselves is the basis for  
self esteem***

***Low self esteem is an  
epidemic in our society.***

***Low Self Esteem = Unhappiness***



**2 out of 3 adults  
have low self esteem**



**\*80% of 1st graders have high self esteem**

**\*only 20% of 5th graders**

**\*only 5% of 12th graders! ☹️**





**Our self esteem is based on  
our self-talk**



A dramatic sunset or sunrise over a body of water. The sky is filled with large, billowing clouds that are illuminated from below, creating a warm orange and yellow glow. The water in the foreground is dark and reflects the light from the sky. Numerous birds, likely seagulls, are seen in flight throughout the scene, both in the sky and on the water's surface. The overall mood is serene yet powerful.

# 60,000

Thoughts per day





# 95%

Are the same thoughts  
you had yesterday  
and the day before. We are like  
record players (Or playlists!)



**Let's try this experiment!**

**3 X's say it  
3 X's spell it!**





# 80%

**Are happiness robbing  
thoughts**

**NOT only negative thoughts  
about ourselves create negative  
neural pathways, negative  
thoughts about others create  
those same happiness robbing,  
energy robbing pathways in our  
brains!**





**I've got 99  
problems and  
86 of them are  
completely  
made up  
scenarios in  
my head that  
I'm stressing  
about for  
absolutely no  
logical reason.**

kushandwizdom.tumblr.com



I think I'm afraid to be happy  
because whenever I get too happy,  
something bad always happens.

- Charlie Brown



*supergirl.tumblr.com*



**Muscle testing!**  
**Let's see what effect your**  
**thoughts and feelings have**  
**on your body**  
**(and what effect other's**  
**thoughts have, too!)**





**Try it later!**



**Awareness is the first step  
to changing your habits.**



If you cannot  
be positive,  
then at least  
be quiet.





# NEGATIVITY BIAS

Velcro  
vs.  
Teflon





A dramatic sunset or sunrise over a body of water. The sky is filled with orange and yellow clouds, and the sun is low on the horizon. Many birds are flying over the water, which reflects the warm colors of the sky.

**What we put  
our attention on  
grows stronger  
in our life**

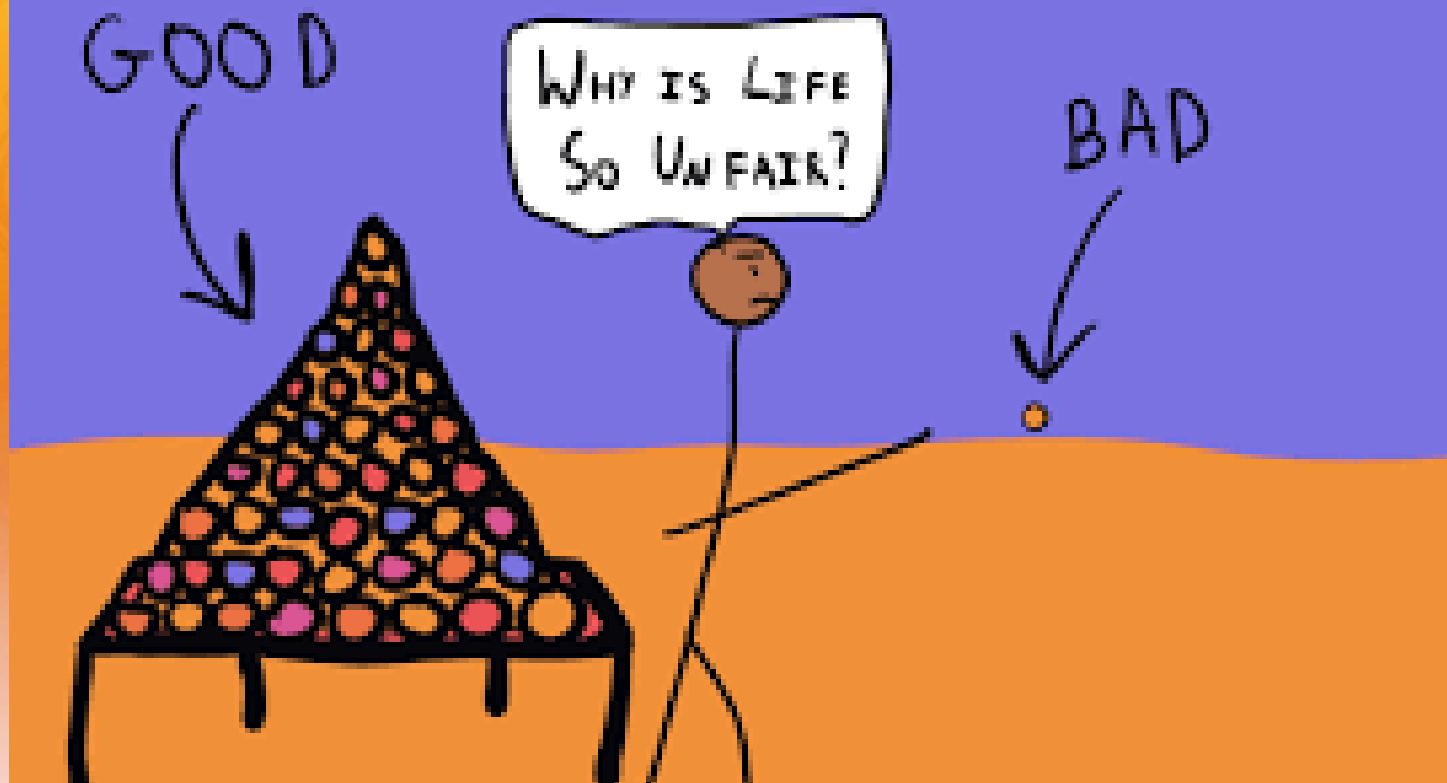
**We have developed neural pathways to the negative.**

**10 compliments, 1 criticism-  
we hold onto which one?**





# NEGATIVITY BIAS



**Watch this video!!!!**  
**Focus, see what your mind**  
**can be aware of!**  
**Count how many times the**  
**people in white pass the ball.**  
**We need complete SILENCE**  
**FOCUS on the white!**









**We notice what we are  
programmed to look for, 80%  
of the time, the negative.**



**If we LOOK for the positive,  
that is what we will see.  
The negative is still there, but  
happy people retrain their  
brains to see the good.**

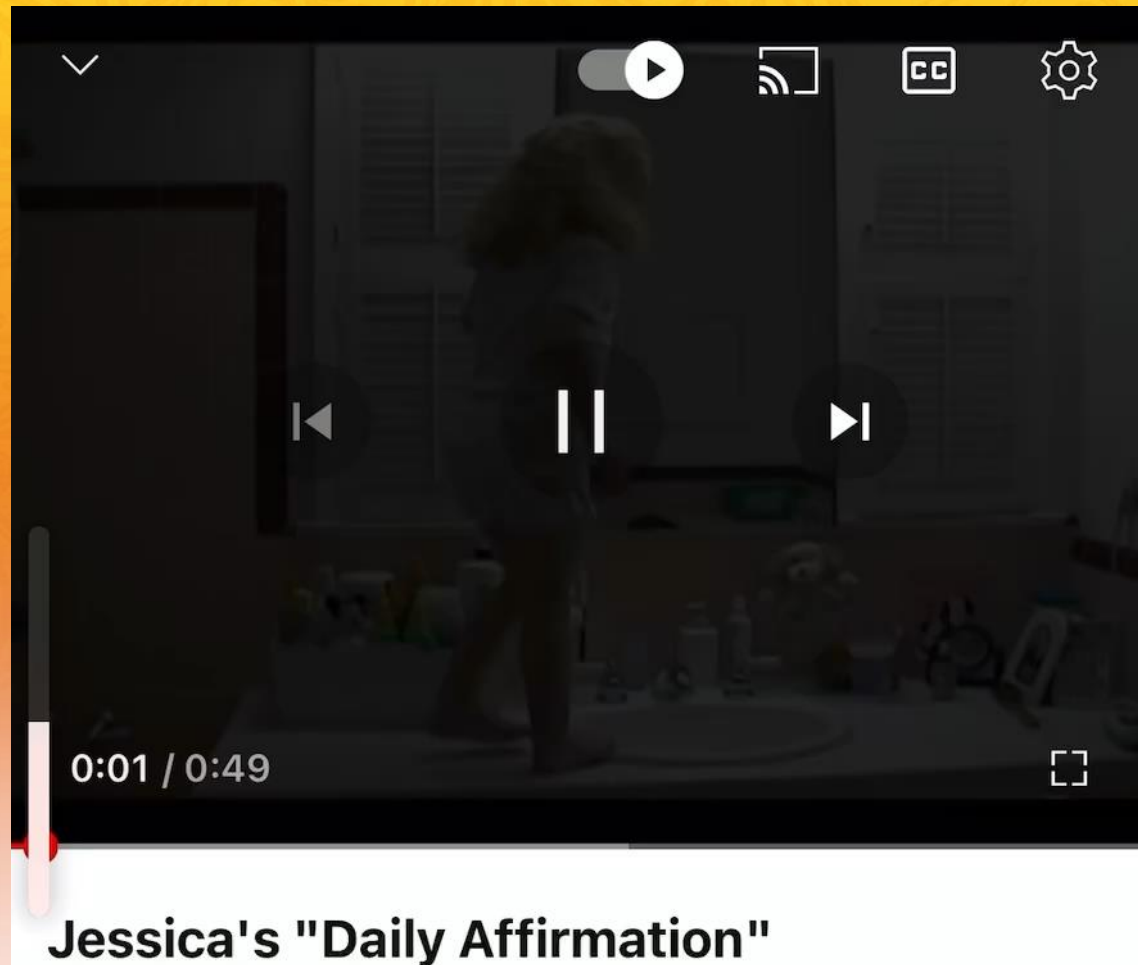




# Changing Your HABITS to CREATE New Neural Pathways for Happiness:

1. Look for the good (the academy awards!)
2. Savor it for 20+ seconds (or journal it- even better!)
3. Go for a 3:1 ratio

# Jessica and her affirmations!





# Create Your Own Happiness!





Happiness is a state of mind.



The moment you  
start acting like  
life is a blessing,  
it starts feeling  
like one.





**Change the  
way you see  
things and the  
things you see  
will change.**

**Dr. Wayne Dyer**

[www.dailymindaware.com](http://www.dailymindaware.com)



[www.HappyForNoReason.com](http://www.HappyForNoReason.com)





**THE PILLAR OF THE HEART:  
LET LOVE LEAD**





**An open heart:**

**Kindness  
Gratitude  
Forgiveness  
Appreciation**

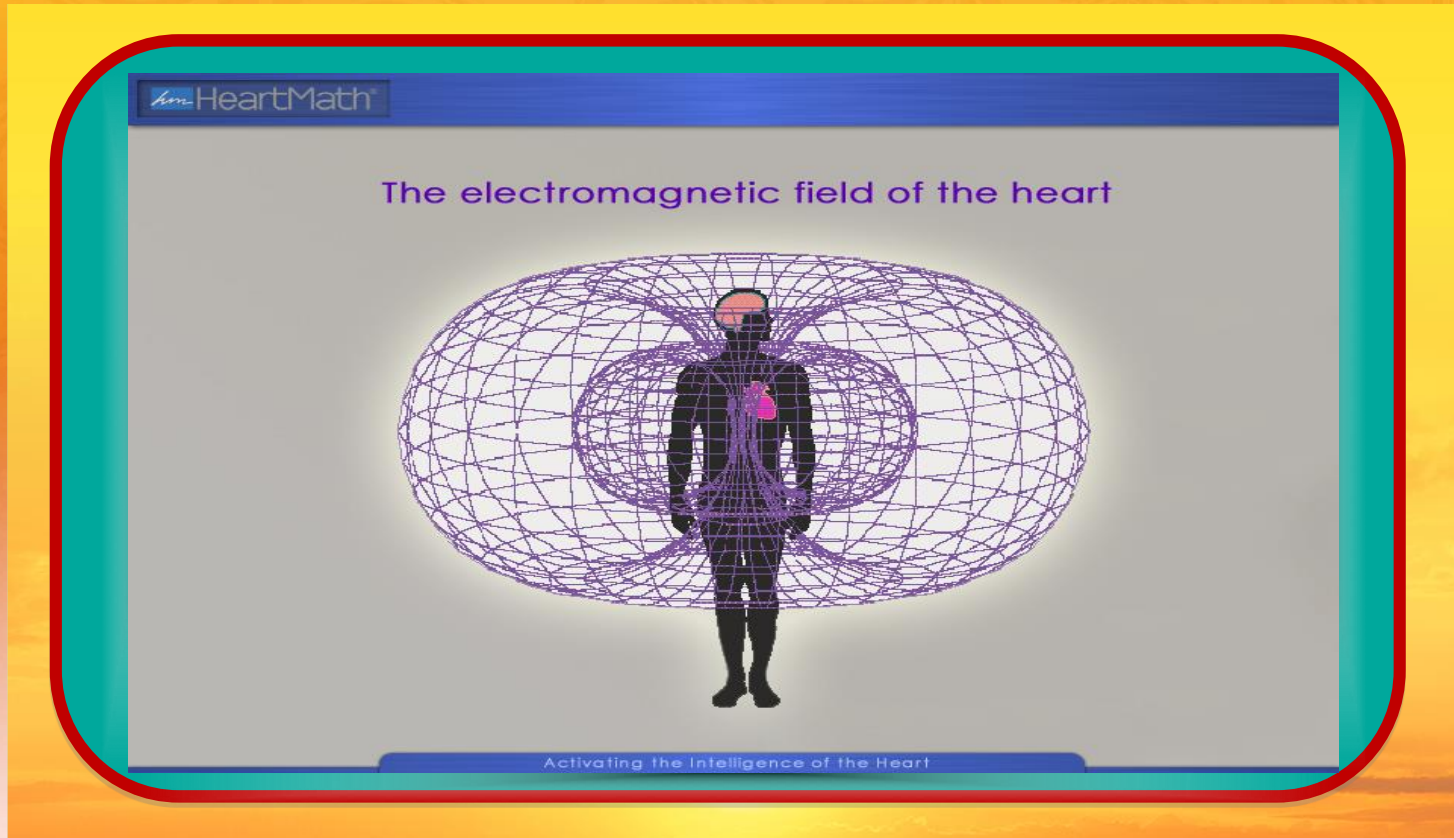




**The Institute of Heartmath  
is the leading researchers  
on the heart and the heart's  
relationship to happiness**



**Our hearts generate an electromagnetic field that extends 8-10 feet around us  
5,000 X's the field generated by the brain**



# Heart Rate Variability

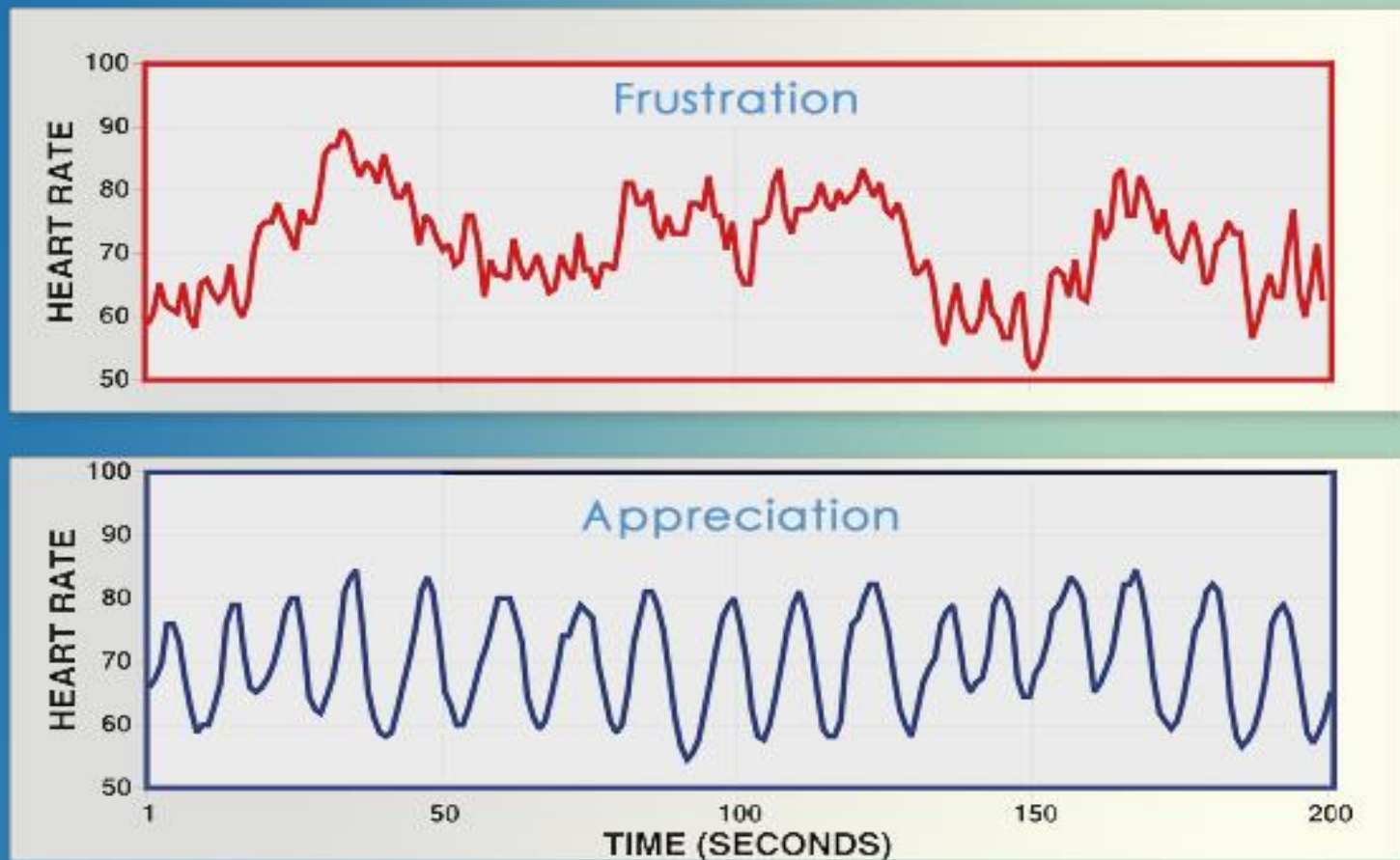
Heart Rhythm Coherence:  
*appreciative, loving , balanced*  
VS

Heart Rhythm Incoherence:  
*angry, frustrated, upset*





# Emotions and the Heart

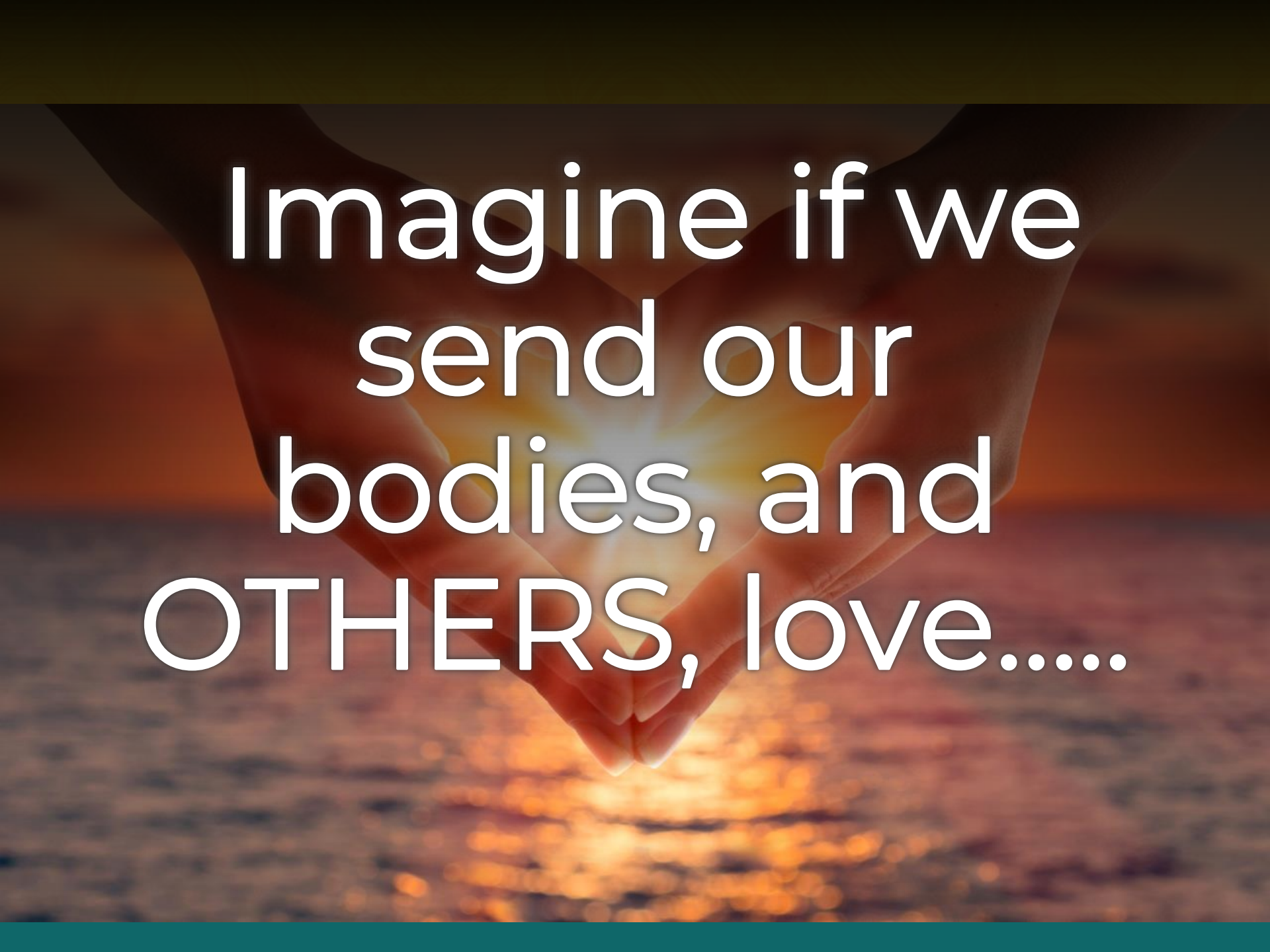


# Effects on Immune system

**5 minutes of heart rate coherence,  
(appreciation, love, balance)= 6 hours  
of strengthening the immune system!**

**5 minutes of heart rate incoherence  
(stress, anxiety, frustration)= 6 hours  
of suppressing the immune system!**



The background image shows two hands, palms up, holding a bright, glowing heart shape. The hands are positioned in the center of the frame. Below the hands, the surface of water is visible, reflecting the warm, orange and yellow light of a setting or rising sun. The overall atmosphere is peaceful and hopeful. The text is overlaid on the image in a white, sans-serif font.

Imagine if we  
send our  
bodies, and  
OTHERS, love.....



## *LOVE HEALS*

*“If I told patients to raise their blood levels of immune globulins or killer T-cells, no one would know how. But if I can teach them to love themselves and others fully, the same changes happen automatically. The truth is: love heals.”*

*— Bernie Siegel, MD*



A conceptual image featuring two hands cupped together to form a heart shape. The hands are positioned in the upper half of the frame, with the fingers pointing towards the center. The background is a soft-focus sunset over a body of water, with the sun low on the horizon, creating a warm, golden glow that reflects on the water's surface. The overall mood is peaceful and hopeful.

FORGIVENESS

**Forgiveness would be easier if  
everyone were this cute! 😊**





# Holding on hurts YOU, not the other person!

"Forgive others,  
not because they  
deserve forgiveness,  
but because  
you deserve peace."

— Jonathan Lockwood Huie



# Holding on hurts YOU, not the other person!



# **Nelson Mandela**

**He forgave his guards/his jailors, even as he was tortured and beaten, to save himself, to save his spirit, to survive.....**

**One of his jailors even became his bodyguard.**

**(he spent 27 years in prison before becoming president)**





**Ho'oponopono**

**I'm sorry**

**Please forgive me**

**Thank you**

**I love you**



# **The Pillar of the Heart Sentence Completions**

**Something I've forgiven myself for is . . .**

**Something I'd like to have more compassion  
for myself is . . .**

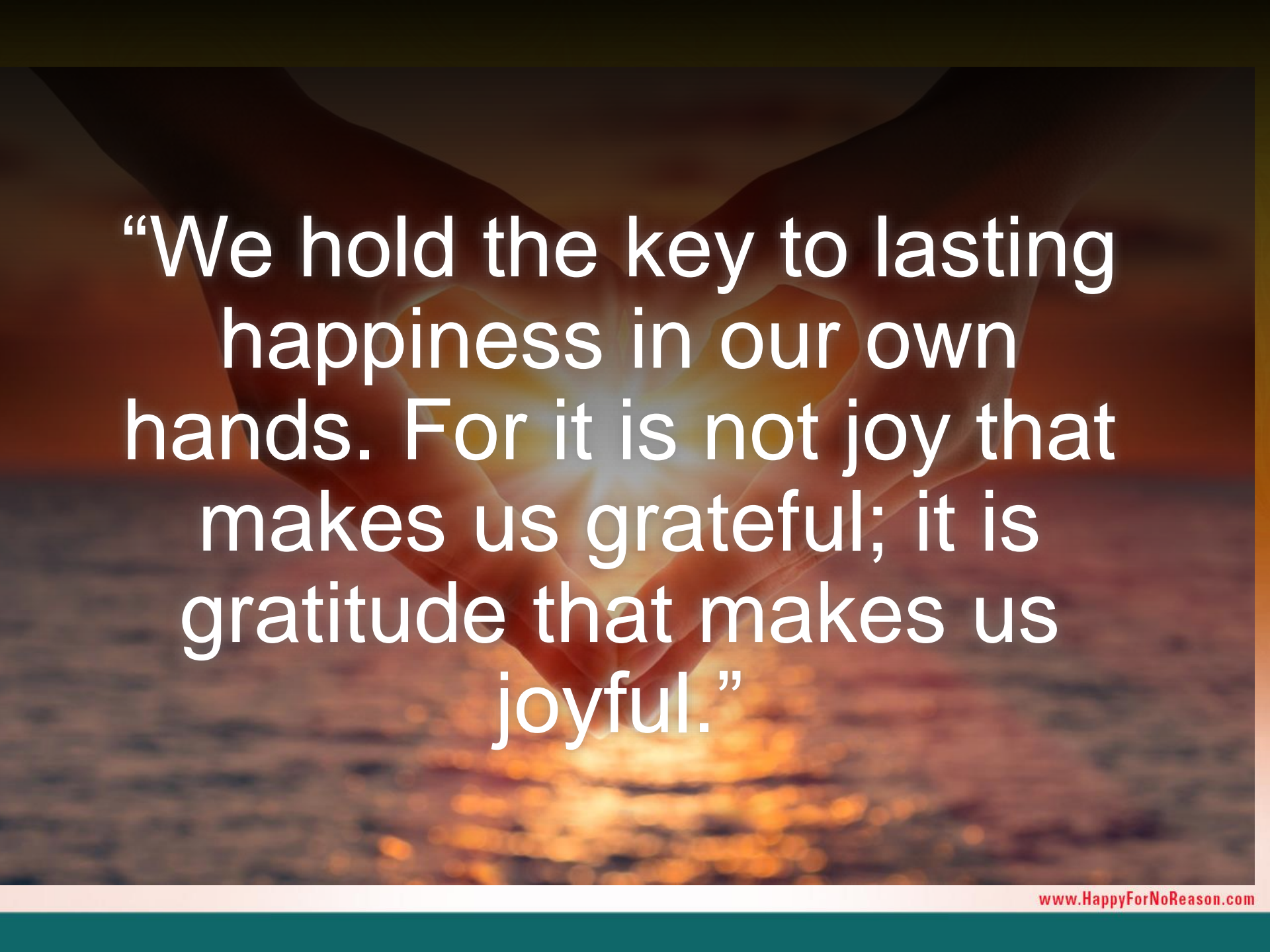
**Something I appreciate about myself is . . .**




A background image featuring two hands cupped together to form a heart shape. The hands are positioned in the upper half of the frame, with the fingers pointing downwards. The heart shape is filled with a bright, warm light, suggesting a sunset or sunrise. The background is a blurred view of the ocean with the sun low on the horizon, creating a shimmering reflection on the water. The overall color palette is warm, with oranges, yellows, and soft blues.

# GRATITUDE & APPRECIATION



The background image shows two hands, one from the top and one from the bottom, gently cupping a glowing, golden heart. The heart is the brightest point in the image, radiating light. Below the hands, the surface of water is visible, reflecting the warm, orange, and yellow light of a sunset or sunrise. The overall mood is peaceful and hopeful.

“We hold the key to lasting happiness in our own hands. For it is not joy that makes us grateful; it is gratitude that makes us joyful.”

A background image showing two hands cupped together to form a heart shape. The hands are positioned in the center, with the fingers pointing towards the bottom. The background is a soft-focus sunset or sunrise over water, with warm orange and yellow light reflecting on the surface. The overall tone is inspirational and hopeful.

**“Who you are makes a  
difference”**

**A teacher’s experiment with  
appreciation**

**[www.blueribbons.org](http://www.blueribbons.org)**

**OK- homework!!!!**

**Tell someone BEFORE you go to  
bed tonight how and why you  
appreciate them!**

**(first, let's practice-  
type in the chat!)**





# Oxytocin!

**The feel-good chemical that is released when we connect, when we are together like today, when we hug, when we see cute, little animals! We need oxytocin to feel HAPPY! See how much oxytocin you feel watching these videos!**



# Oxytocin!



**Mother with Alzheimer's Recognizes Her Daughter**



# Oxytocin :)



**Little Girl is Surprised With a Brand New Kitten | Cosmopolitan**







## **To have an open heart:**

- 1. Let love lead- kindness (to yourself, too!)**
- 2. Forgiveness**
- 3. Gratitude- appreciation! Spread the appreciation, every day for 30 days! Try a gratitude journal- 2 minutes a day**



**Happiness Habit:  
Make Your Cells Happy  
Being happy benefits your health!**



Happy people are **35%** less likely to get sick





Cortisol levels  
(stress response)  
are **32%** lower in  
happy people.



Sleep disorders  
are **47%** higher  
for people who  
aren't happy



Happy people live on average  
**9 years** longer





**Just like being happy affects  
your health, your health also  
affects your happiness!**

**Conclusion:  
treat your body well!!!**



# The Pillar of the Body

## The BIG 3

### 1. SLEEP



**Big brother tells sister she needs nap.**



# **The Pillar of the Body**

## **SLEEP**

**The quality of the sleep you got  
last night has a greater impact  
on your happiness than your  
income level  
(or marital status 😊)**





# **The Pillar of the Body**

## **The BIG 3**

**1. SLEEP**

**2. NUTRITION**



# **The Pillar of the Body Nutrition**

**You already know it!**

**Curb the carbs, sugar, and  
caffeine ☺**



# **WATER! Drink it!**

**TIP:**

**Drinking 1 gallon of  
water a day helps you  
avoid drama because  
you're too busy peeing.**





DON'T FORGET,  
YOU ARE WHAT  
YOU EAT.

I NEED TO  
EAT A  
SKINNY  
PERSON.



# **The Pillar of the Body**

## **The BIG 3**

- 1. SLEEP**
- 2. NUTRITION**
- 3. EXERCISE**



**Exercise?!**



**I thought you said  
Extra Fries!**





# LIFE IS SIMPLE

Question:

Are you happy?

Yes

Keep  
Dancing

No

Start  
Dancing



# THE PILLAR OF THE SOUL: PLUG YOURSELF IN TO SPIRIT





# **The Pillar of the Soul**

- **Meditation or quiet time is a HUGE factor in our happiness.**
- **If you do not have time to meditate once a day:**





**.....then you probably need  
to meditate TWICE a day!  
(Deepak Chopra)☺**

**\*even 2 minutes a day can  
change your brain and your  
neural function**



# **The Roof: Purpose and Passions**

**Something I do  
that makes me  
feel alive is...**

---



# **Your purpose/passion**

**Go back to contraction and  
expansion. Find what EXPANDS  
you!**







**Surround  
Yourself  
With Support  
(BE the  
support!)**

**Surround Yourself  
With Support**

**THE #1 HUMAN NEED  
Connection, proven to  
change quality of life**



# Harvard Study proves it 😊

Relationships are what keep people happy throughout their lives

- protect people from life's discontents
- help to delay mental and physical decline
- are better predictors of long and happy lives than social class, IQ, genes, or cholesterol!





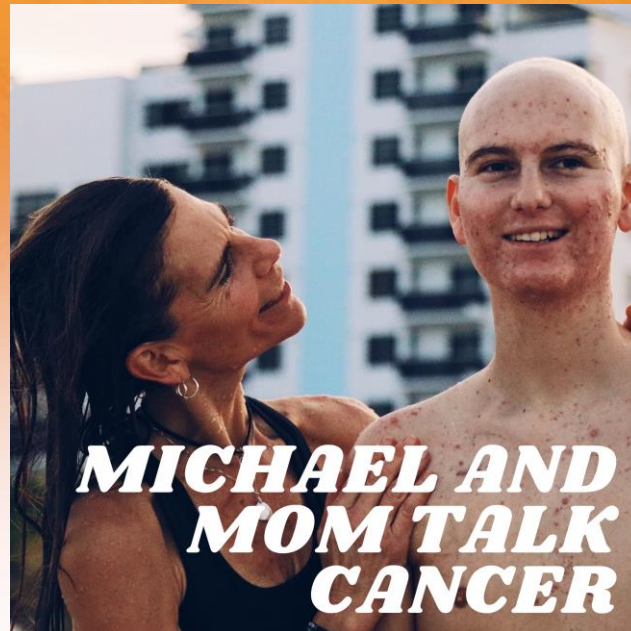
Social connection, actually “social fitness”,  
is one of the biggest factors affecting  
happiness and longevity!

(The [Harvard Study of Adult Development](#) began in 1938, it is one of the  
world’s longest studies of adult life.

For more than 85 years it followed the lives  
of hundreds of participants and their  
descendants.)



# Michael and I together, supporting each other





# Support from our gang!





**Surround Yourself  
With Support**

# **Emotional Contagion And Mirror Neurons**





When you laugh or smile,  
it triggers a part of your brain  
that actually makes you **HAPPY**.



**The world does not change, but the  
way we SEE the world changes**





# OK the top 10 things to try!

1. Don't believe everything you think
2. Look for the good & savor the good- for 20 seconds- or write it DOWN!
3. 3:1 ratio replace the negative with the good
4. GRATITUDE! Wake up or go to bed thinking (or saying out loud) 3 things you are grateful for, or even start a gratitude journal: less than 2 minutes a day works!
5. Forgiveness- for YOU, not them 😊
6. Tell someone you appreciate them (or email, or text, or call, or DM!)
7. Take care of your body: sleep, food, exercise
8. Be in touch with your soul- 2 minutes of peace a day
9. CONNECTION. We all need it.
10. Influence those around you- YOU can be the change



**Your commitment:**  
**You CAN choose happiness.**  
**You CAN spread happiness.**  
**You CAN make your life a success.**

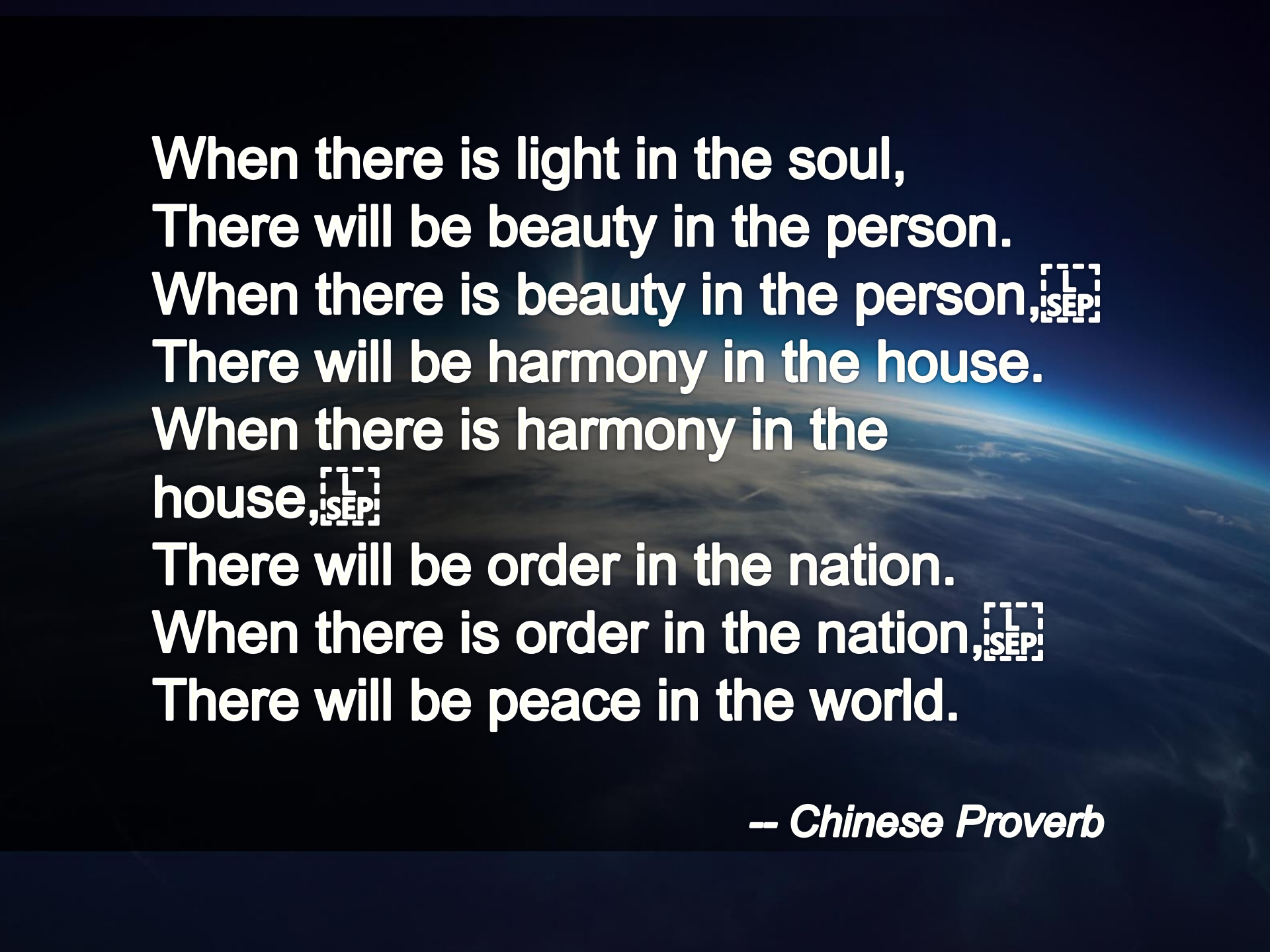


**" YOU CAN'T BE ANYTHING  
YOU WANT, BUT YOU CAN  
BE EVERYTHING YOU ARE "**

Jay Shetty







When there is light in the soul,  
There will be beauty in the person.  
When there is beauty in the person,  
There will be harmony in the house.  
When there is harmony in the  
house,  
There will be order in the nation.  
When there is order in the nation,  
There will be peace in the world.

*-- Chinese Proverb*

THANK  
YOU!  
(and Q & A)  
😊

