Women in Recovery Specialty Online Training Series: Come On Get Happy: Women, Recovery, and Happiness

Presented by Joy Erlichman Miller, PhD

Using Zoom Webinar (Live participants only)

Chat: Allows you to send chat messages to the host, panelists, and attendees (if permitted).

Question & Answer: Open the Q&A window and you can ask questions to the host and panelists. They will either reply to you in the Q&A window or answer your question live.

Live Transcript: Click on Live Transcript and select "show subtitle."

www.naadac.org/women-series-2022-women-recovery-happiness-session

Webinar Presenter:
Joy Erlichman Miller, PhD
Founder and Director of Joy Miller & Associates

www.naadac.org/webinars

NAADAC, the Association for Addiction Professionals

Cost to Watch: $25
CE Hours Available: 1.5 CEs
Complete all 6 of the Women in Recovery Specialty Online Training Series to apply for the Women in Recovery Certificate.
Come On Get Happy
Women, Addiction And Happiness

Epidemic Mental Health Concerns
During late June, 40% of U.S. adults reported struggling with mental health or substance use

EPIDEMIC TRENDS: COVID related consumption of alcohol (2021)
Heavy drinking habits during COVID-19 pandemic
Number of drinks heavy drinkers consumed per day in past week, by generation

Presented by Joy Erlichman Miller, PhD
Depression is Epidemic

- Idealism: Expectations of how life “should” look
- Invincible: Belief that we can do anything & disappointed when we can’t
- Individualistic society: Cultural disharmony
- Connection: Decreased contact with family and friends
- Shaming: Self-blame for failures, circumstances, shortcomings
- Worry: Economics, childcare, COVID effects, etc.

Females: Rates of Alcohol Use Disorder

- US - 10.4%
- Russia - 7.4%
- Sweden - 7.3%
- Hungary - 7.2%
- South Korea - 6.8%
- Austria - 4.7%
- Latvia - 4.6%
- Slovenia - 4.5%
- Denmark - 4.5%
- Belgium - 4.3%
- Finland - 3.8%
- Iceland - 2%

Addiction & Happiness

- First year of recovery drop in happiness and self-esteem
- Greater initial decline in women, mixed race/ Native Americans, those who used opioids or primary problematic substance (as compared to alcohol or marijuana)
- Happiness and self-esteem started to increase after ONE YEAR in recovery
- Biggest gains for happiness and quality of life between 1-5 years
- Consistent increase in happiness with average year 15 finds normalized quality of life with general population
- Black Americans had greater self-esteem and marginally greater happiness than white Americans

Presented by Joy Erlichman Miller, PhD
Women in Recovery Specialty Online Training
Series: Come On Get Happy: Women, Recovery, and Happiness

Women, Depression & the U-Turn

- Women tend to be more depressed in middle age range
- Women tend to be happiest in the beginning years, and tend to be the most unhappy between 40-50
- U-shaped curve with men being the most unhappy at 50 and women at age 40
- Stats consistent regardless of age, economics, married, divorced or job status
- 70+ are as happy as those who are young

Definition of Happiness

- Experiencing joy, contentment or positive well-being combined with a sense that one's life is good, meaningful, and worthwhile.
- Feel it: What brings happiness versus what brings pain
Happiness Statistics

Americans view happiness over money, moral goodness, or even going to heaven.

Happiness studies show that individuals can be trained to be 25% happier.

Americans on average say they are 70% happy.

At any given time, 1/4 of Americans are depressed.

14% of the nations on Earth are less than 50% happy.

People on the Forbes Wealthiest are less happy than the average American.

Our personal income has increased 250% over the last 30 years, but our happiness level has remained the same.

American children are happy 52% of the time, neutral 29% of the time and unhappy 19% of the time.

What brings you happiness?

Vote now in the poll...

- Achievements
- Money
- Attaining new items such as a house, car, phone, etc.
- Connection with friends
- My family
- Nature
- Pets
- Learning
- Hobbies
- Time for myself
- Giving back
- Doing what I love
- Exercising
- Working
- Spiritual connection
- Other
- Other ________
THE HAPPIEST PEOPLE ON EARTH

LEADERS:
- Happiest countries are Finland, Denmark and Iceland (World Happiness Report 2022)

ECONOMICS:
- Little violence in these countries and less disparity with wealth. Low rates of female addiction compared to US

EXPECTATIONS
- Reports show residents have lower expectations and less likely to feel disappointed

BENEFITS
- Free education & health care. Work is limited to 37 hours per week and 6 weeks of vacation with emphasis on family

HAPPINESS STUDIES

HAPPINESS MEN VS. WOMEN

- Women are unhappier than men in later life, even though they start out happier
- Early in life, women are more likely to be fulfilled by family & financial aspirations
- Later in life, the tables turn and men report coming closer to reaching their goals (family life and finances)
- At 41, men's financial satisfaction exceeds females. At 44, men's happiness exceeds women. At 64, men's satisfaction with family life is higher.
12,000 college freshmen, from elite colleges, viewed money as their #1 aspiration. By the age of 57 they became less satisfied with life, and discovered that life achievements & money did not bring happiness.

 Richest Americans making over $10 million annually, report only slightly higher levels of personal happiness over their office staff.

2008 study indicates that older Americans are the happiest.

Older people learn to be content with what they have than younger people.

As we age, we tend to lower expectations and accept their achievements.

Odds of being happy increase 5% with every 10 years of age.

Joyful Break: Jessica’s Affirmation
Happiness
How To Increase Our HIQ

OUR HAPPINESS: INTENTIONALITY

GENETIC
Sonya Lyubominsky has determined that 50% of our happiness level is genetically determined as something called a “set point.”

CIRCUMSTANCES
10% of our happiness is related to life circumstances or situations.

CREATED
40% of our happiness quotient can be changed by creating intentional happiness activities.

40% OF YOUR HAPPINESS IS WITHIN YOUR CONTROL

Presented by Joy Erlichman Miller, PhD
**The Secrets**

Chat function is open

**THE CHALLENGE**

Chat function is open

**The bucket**

Bucket fillers & bucket dippers
The Margot way (fill other's buckets)
Fill your own bucket
Can be internal or external

- Say something kind, do a positive action for someone else
- Give someone a hug
- Tell someone you appreciate them
- Witness your strengths and assets
- Use positive affirmations when speaking about yourself
- Show interest in someone else
- Offer compliments & encouragement
- Be grateful
Look for silver linings, the bright side. Focus on looking optimistically / feel good about the future.

If you feel good about your future, you will believe you can achieve your goals and invest in life.

If you believe, it will happen (you will see it possible even with you face adversity).

Optimists take action when faced with adversity vs. denying or retreating (accept and cope).

Identify destructive “barrier thoughts” that can interrupt your happiness.

Look at “life as a child” to see the miracles that surround you.

Accept ownership, because it is up to you to break destructive reactions and learn to make healthy responses.

**SECRETS: CULTIVATING OPTIMISM**

- Setbacks are not viewed as incompetence, but rather as learning opportunities.
- Setbacks are not mistakes or failures, but the need to find a new option or approach.
- Setbacks are temporary.
- Setbacks are not equated with guilt, blame, shame or negative feelings. Setbacks are motivators to move forward in a new way.
- Optimists are YES or CAN DO people, who believe in the possibilities.
- Optimists see life as an adventure.

**Secrets of Success**

- Setbacks are not viewed as incompetence, but rather they are viewed as learning opportunities.
- Setbacks are not mistakes or failures, but the need to find a new option or approach.
- Setbacks are temporary.
- Setbacks are not equated with guilt, blame, shame or negative feelings. Setbacks are motivators to move forward in a new way.
- Optimists are YES or CAN DO people, who believe in the possibilities.
- Optimists see life as an adventure.
- Optimists see life with a sense of possibility and expect good results.

**Secret: Create My Best Self**

Where do you see yourself in 1 year?

- Relationships
- Recovery
- Job / Professional
- Accomplishments
- Self-Care
- Financial
- Other

Happy People Set Goals to reach their “best self”
Happiness Techniques

- Be curious: Inquisitive people find meaning and pleasure in the moment.
- Do good things: People who do "random acts of kindness" and practice compassion have enhanced mood.
- Shift your social network: Bring happy and positive people into your life.
- Get healthy: Breathe, exercise, eat well, and drink water.

Happiness Techniques

- Be social: Research shows those who happier have enhancing friendships.
- Find humor: Research indicates those who laugh are happier and healthier.
- Get out and move: Studies show those who walk just 10 minutes a day have enhanced mood.
- Focus on half full vs. half empty. Focus on positives.

Joyful Break: The Child Within
Secret: Reframing

One of the best ways to make yourself happy is to make other people happy.

You are not happy unless you think you are happy.

To be happier, you have to think about feeling good, feeling bad, and feeling right, as part of your growth.

Secret: Reframing 2

- Focus on the positive (magnify like the lens on a camera)
- Savor happy moments & focus on them (why love cameras)
- Notice the good things about others, and express gratitude towards them
- See your strengths & your weaknesses as opportunities to grow
- See crisis as an opportunity to expand. Challenges can help you grow.

Secrets: Purpose & Meaning

- Happy people know the importance of finding purpose and meaning in their life.

  1. Who am I as a Person? (strengths)
  2. What do I love to do? (passion)
  3. What in my life is fulfilling to me? (cause)

  THE INTERSECTION OF STRENGTH, PASSION AND CAUSE IS THE PATH TO MY PERSONAL MEANING
Women in Recovery Specialty Online Training
Series: Come On Get Happy: Women, Recovery, and Happiness

Secret: Be Mindful
- Living with intention and purpose
- Bringing awareness and your attention to your daily life
- Live in the moment (here and now)
- Appreciation of the now
- Unclutter your life
- Listen to your inner voice
- Observe your inner critic and reframe the destructive messages that hold you back

Secret: Manifest
Believe that you can CHOOSE your destiny.
Your life choices effect your future.
You can create the life you desire.
Affirmations, journaling, self-statements, mirror trick, reading, dream board, goal setting etc.
WOMEN FOR SOBRIETY

NEW LIFE PROGRAM

WFS's New Life Program is the first peer support program designed specifically for women overcoming substance use disorders. It is a self-empowering, life-affirming, secular peer support recovery program.
Women in Recovery Specialty Online Training
Series: Come On Get Happy: Women, Recovery, and Happiness

ACCEPTANCE STATEMENTS

1. I have a life-threatening problem that once had me.
   I now take charge of my life and my well-being.
   I accept the responsibility.

2. Negative thoughts destroy only myself.
   My first conscious effort is to reduce negativity to
   my life.

3. Happiness is a habit I am developing.
   Happiness is created, not waited for.

4. Problems bother me only to the degree I permit.
   I now better understand my problems. I do not permit
   problems to overwhelm me.

5. I am what I think.
   I am a capable, competent, caring, compassionate
   woman.

6. Life can be ordinary or it can be great.
   Greatness is mine by a conscious effort.

7. Love can change the course of my world.
   Caring is an essential.

8. The fundamental object of life is emotional and spiritual growth.
   Only sand can the road always be smooth enough.

9. The past is gone forever.
   No longer am I victimized by the past. I am a new woman.

10. All love given returns.
    I am learning to know that I am loved.

11. Enthusiasm is my daily exercise.
    I treasure the moments of my New Life.

12. I am a competent woman, and I have much to give life.
    This is what I am, and I shall know it always.

13. I am responsible for myself and for my actions.
    I am in charge of my mind, my thoughts, and my life.

WHAT WE DO

The primary business activities of
Women for Sobriety, Inc., focus on:

• Educating the public about the
  New Life Program

• Cultivating safe, supportive spaces
  for women using the New Life
  Program to connect with and
  support one another

REFERRAL RESOURCES

Phone – (215) 536-8026
Email – contact@womenforsobriety.org
General Information – womenforsobriety.org
Online Support Community – wfsonline.org
Outreach Supplies Request (brochures, posters, etc.)
– womenforsobriety.org/outreach
Women in Recovery Specialty Online Training
Series: Come On Get Happy: Women, Recovery, and Happiness

Presented by Joy Erlichman Miller, PhD
Women in Recovery Specialty Online Training Series: Come On Get Happy: Women, Recovery, and Happiness

Presented by Joy Erlichman Miller, PhD
Women in Recovery Specialty Online Training
Series: Come On Get Happy: Women, Recovery, and Happiness

Join NAADAC!

Independent Study Courses
Earn CEUs online at your own pace (includes study guide and online examination).

Certificate Programs
Demonstrate advanced education in these areas with the NAADAC Certificate Programs:
- Certificate of Achievement for Addiction Treatment in Military & Veteran Culture
- Certificate of Achievement for Clinical Supervision in Addiction Treatment
- Conflict Resolution in Recovery
- National Certificate in Tobacco Treatment

Thank You