THE FOUNDATIONS OF WELL-BEING

The Self-Caring Pillar

Enjoying Life

Rick Hanson, Ph.D.
WHAT DO YOU ENJOY?

Beautiful sunsets?
Your pet?
A friend’s smile?
Finishing the dishes?
Helping someone?
Learning?
Loving?
Chocolate?
“ENJOYMENT” MEANS

PLEASURES OF THE SENSES

INTEREST

DELIGHTING IN

FEELING NOURISHED BY
WHY CARE ABOUT ENJOYING LIFE?
ENJOYABLE EXPERIENCES . . .

Make life worth living

Help us recover from stress and upsets

Calm and nourish the body

Motivate us to stay on the path

Indicate beneficial experiences that grow inner strengths
WHAT DO YOU ENJOY?
THE LITTLE THINGS THAT ADD UP

Soft pillow
Scratching an itch
Flipping a switch to bring light to a dark room
A flower
Children laughing
Water
A song
Talking with a friend
AS SWEET AS IT IS . . .
WHAT GETS IN YOUR WAY OF ENJOYING LIFE?
SPECIFIC BLOCKS TO ENJOYING LIFE

Thinking you don’t deserve to enjoy life

Fearing you’ll lose your edge, lower your guard

It’s not appropriate for an adult/woman/man/etc.
GENERAL BLOCKS TO ENJOYING LIFE

Not noticing what’s enjoyable

Not feeling anything when you do notice things

Not taking it in when you do feel something
WHAT CAN YOU DO TO ENJOY LIFE MORE?
How to enjoy life more

**Have** more experiences that are enjoyable:
- **Notice** the ones you are having.
- **Create** them; look for good facts and help them become good experiences.

**Internalize** these good experiences:
- Help them last, be intense, felt in your body.
- Sense and intend that they’re sinking in.
WHAT LITTLE THINGS COULD YOU DO?

Upon waking, think of something you’re glad about?

Take an extra minute with your morning coffee?

Pause to appreciate someone you life with?

Find something beautiful while driving?

Really savor an apple?

Appreciate something good about yourself?
WHAT ARE THE LONGINGS IN YOUR HEART?

Does life feel too stressful, upsetting, or blah?

What needs are unmet?

What abilities are unused?

What values are unfulfilled?

Where does it hurt?
What are the longings in your heart?

What, if it were more present in your mind these days, would really help you?
LET YOUR LONGINGS BE YOUR TEACHER
The Power of Enjoyable Experiences

Most experiences of inner strengths are enjoyable.

Enjoyable experiences grow the inner strengths that will help fulfill the longings in your heart.
WHAT DO YOU WANT TO GET OUT OF FWB?

How to change your brain for the better
Sense of peace, contentment, and love
Treating yourself like you matter
Sensitizing your brain to the good
WHAT ARE YOUR INTENTIONS
FOR THIS FOUNDATIONS PROGRAM?
ENVISIONING YOUR OWN GROWTH

- Be on your own side with guidance and compassion.
- Know the difference between intending and driving.
- Imagine benefits of the 12 Pillars. Take them in.
- Vitality. Gratitude. Confidence.
- Calm. Motivation. Intimacy.
The days that make us happy
Make us wise.

John Masefield