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The Happiness Quotient

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The Happiness Factor

Scientists know that positive people are happier, period. Tapping into your bright side is easier than you'd guess.

By Nancy Kalish

Prevention Magazine

Joie de vivre. We all know people whose engagement with life can only be described as joyful. Fittingly, nature rewards these happy-go-lucky types: Being optimistic in middle age increases life span by at least 7.5 years—even after accounting for age, gender, socioeconomic status, and physical health, according to a large Yale University survey. What's behind their hardiness: They minimize the destructive effects of stress.

"Of course, optimists get stressed," says David Snowdon, a professor of neurology at the University of Kentucky who studies aging. "But they automatically turn the response off much more quickly and return to a positive mental and physical state."

Here are four habits that longevity experts say are at the heart of a sunny disposition—and that you can adopt, too.

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EmPowerful Tools that Make a Difference

Immediate and long term solutions for getting more of what you want out of life.

By Colleen Dunn Smith

Chrysalis Clear – the art and science of transformation

I've been working in conjunction with three time EMMY award-winner and human behavior expert, Mark Fournier, to find a way to bring the universal truths of the empowerment principles taught in his brilliant and comprehensive 12-week curriculum, **A Course of Action**, to the Spa industry. I will unfold that vision in the next issue of this newsletter. Stay tuned!

Right now, however, I want to introduce you to his newest offering called **"Self-HELP Me!"** This latest book entertains and guides you to a solution that virtually guarantees unprecedented results for anyone who fully applies it to their goals and objectives (regardless of what they might be) especially when used in conjunction with your favorite books and programs.

"Knowledge isn't power...only the consistent application of knowledge is power."

~Mark Fournier

Studies have shown that it's not enough to KNOW the secrets to success and fulfillment or to weight loss or making more money or improving our golf game... this knowledge must become a part of our 'basic nature' so we will automatically, consistently, continuously and indefinitely *apply* it... *regardless* of the obstacles that come our way.

We must convert that which we wish to learn or master into HABITS so they can *ensure* that we get the RESULTS

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- 4 **Happy is as Happy Does** – Take part in our survey on Being Happy...your personal outlook on this most pursued state of being. Emotion or Attitude? What do you think?
- 4 **Q and A** – You and Me – Communication and Connection. It's what I do!

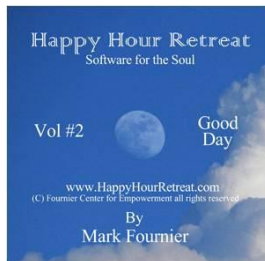


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1. They Work Their Cell Phones

Perhaps your neighborhood gossip is on to something: All that chitchat keeps her plugged into a thriving social network—and people who socialize at least once a week are more likely to live longer, keep their brains sharp, and prevent heart attacks. One reason: "Just talking on the phone to a friend has the immediate effect of lowering your blood pressure and cortisol levels," says Teresa Seeman, PhD, a professor of medicine and epidemiology at UCLA.

"Our research shows that having good long-term relationships provides as many physical benefits as being active or a nonsmoker." Make the effort to connect with the friends you already have. Call now, and before you hang up, schedule a lunch date—personal contact is even better.



Software for the Soul gently guides us with meditative sounds to elicit greater appreciation for our lives, part of our immediate solutions.

2. They Express Gratitude (within reason)

Buoy your spirits by recording happy events on paper, your computer, or a PDA. People who write about all the things they are thankful for are optimistic about the upcoming week and more satisfied overall with their lives, according to a University of California, Davis, study. They also feel physically stronger.

"It's hard to be bitter and mad when you're feeling grateful," says Sonja Lyubomirsky, PhD, author of the upcoming book, *"The How of Happiness: A Scientific Approach to Getting the Life You Want."* But don't overdo it. Women who kept a gratitude journal only once a week got a bigger boost in happiness than those asked to record their good fortune three times a

week. Find the frequency that works for you - giving thanks shouldn't feel like a chore.

3. They're Randomly Kind

Do you perform five acts of kindness in any given day? That's the number of good deeds that boosts your sense of well-being and happiness, according to research by Lyubomirsky. Your karmic acts can be minor and unplanned - giving up your seat on the bus; buying an extra latte to give to a coworker. You'll find that the payback greatly exceeds the effort. "You see how much you're appreciated and liked by others," she says. Be sure to keep up the good work: When Lyubomirsky asked her study subjects to space their five good deeds over the course of a week, the actions started to seem routine and lost some of their therapeutic effects. But don't fret if you can't make the quota daily. "Being spontaneously kind also delivers rewards," she says.

4. They Reappraise Their Lives

Yes, you can rewrite history—and feel better about yourself in the bargain. Set aside a little time each week to write about or record—or even just mentally revisit—an important event in your past. Reflecting on the experience can reshape your perception of it, as well as your expectations for the future, says Robert N. Butler, MD, president of the International Longevity Center-USA in New York City. When creating this "life review," you get to list all your accomplishments—an instant self-esteem booster. Organize your historical review by epochs: your post college years, early marriage, career, motherhood. Subdivide each section into triumphs, missteps, and lessons for the future.

It's helpful to look at the bad times as well as the good. Perhaps now that a few years have passed, you'll be able to see how that breakup or failed job opportunity opened other doors and finally forgive yourself—and your ex-boyfriend or would-be boss. "Even if a memory is painful, it's good to work through it," says Butler. "If you can come to terms with past events, you'll be better able to handle tough times down the road." So be honest, but also go easy on yourself.

Remember: You are the heroine in this tale.

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EmPowerful Tools - continued from page 1

WHAT'S IN YOUR TOOL BOX?



Aromatherapy

Astrology

Breathing Techniques

Color Therapy

Face and Body Treatments

Feng Shui

Healthy Eating Habits

Massage

Meditation

Native American Teaching

Numerology

Personal Empowerment

Positive Psychology

Regular Exercise

Tarot

Yoga

OUR QUEST is to find ways to bring not just the *idea* of spa to the door step of the people, but to move inside where everyday life happens. So that spa ideals become spa lifestyles or choices, and those choices can then become *spa habits*...and thus become part of who we are, not just an appointment on our calendar once a month. It will be a common everyday occurrence... to use a spa product, take time to meditate, pause to breathe or do yoga. It will be as common as pulling out a pack of chewing gum when we want to freshen our breath. We will simply choose a learned behavior from our *Spa Tool Box* that will refresh our mind, body or our spirit as needed...anywhere, anytime. ~Colleen Dunn Smith

we want... because *habits* control nearly everything we think, feel and do... including how we behave and respond to the world around us.

“We first make our habits, then our habits make us.”

~John Dryden

The phrase ‘Just Do It’ may be inspiring, but it’s generally much easier said than done... which is in part why ‘self-improvement’ books and programs don’t always work, because willpower alone simply isn’t enough.

The MISSING LINK in *Self-Help* Changing the WAY you Change your Life

This proven system provides the crucial ongoing support needed to get RESULTS. Don’t let the life-changing potential of another Book, CD, Article or Seminar slip away... un-realized... unexpressed. It’s *habit*-power not will-power that will bring you lasting results!

If you’re ready for a change (of habit) and committed to getting the greatest results possible for the efforts you put into your personal growth and improvement, then this program is exactly what you’re looking for.

Good to know...proceeds go to Charity

20% of all proceeds from Self-HELP Me! go to the Fournier Center for Empowerment Public Charity where they are used to provide Empowerful tools and programs free of charge to abused women, children and others in need. We support abused women and children through the Center for Empowerment – www.centerforempowerment.com



Our immediate solutions create a sudden shift in your state of mind as well as instant relief from negative influences (be they from your own internal ‘self talk’ and ‘programs’ or via difficulties you encounter in the ‘outside world’); this positive shift in your mental state correlates to a change in how you perceive and respond to the world around you; thus generating



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more positive feelings and behavior which lead to enhanced results. These 'Immediate' solutions can also create Long Term changes in your life.

For more information contact Colleen Dunn Smith at cdunn@chrysalisclear.com or call 866-954-0225.

QUESTIONS AND ANSWERS

YOU: There is so much information here. I'd like to just talk to you one on one to really see how this pertains to me. How can I contact you?

ME: Drop me a postcard, send me a line, stating point of view...tell just precisely what you mean to say...oh wait, that's copyrighted...Paul McCartney might have something to say about that.

You can reach me three (count them) 3 different ways:

1. Email: cdunn@chrysalisclear.com
2. Phone: 866-954-0225 (toll free - that should make you happy!)
3. Or, if you are like me and simply like to put pen to paper, you can write me at the address listed at the end of this section.

YOU: It sure would be nice if the people I worked with were a wee more "enlightened" when it comes to people skills. How can I bring Empowerment into my workplace?

The Best Kind of Pessimist

If you're an irritable sort who thinks of your eternally cheery neighbor as a delusional Pollyanna, are you doomed to poor health? Not if you're an active pessimist, a feisty spirit who loves to complain, criticize, and generally mix it up with others—but then takes action. "Active pessimists do battle with life. Being that engaged is actually good for them and can provide some of the same benefits that optimists enjoy," says Toni Antonucci, PhD, director of the Life Course Development Program of the Institute for Social Research at the University of Michigan. Passive pessimists, on the other hand, feel paralyzed by gloom, have given up on themselves and life, and will likely live fewer years because of their bumner attitude. ❖



Disney ©

Survey Question: What makes you happy?

Email your answer of what truly makes you happy to cdunn@chrysalisclear.com. Answers can be any length from a single word to a full paragraph of detailed delight. I will publish the results in an upcoming newsletter. I bet you will be surprised at what most people say makes them happy. Until then...keep a smile on your face for the whole human race, why it's almost like - well, you know - being in love!

ME: I have three suggestions for you. (I just like the number three, so sue me.)

1. Be Gandhi for a day – BE the change you wish to see in your world – by example.
2. Take the Course of Action yourself and then talk about it to them. They'll catch on. It's like talking about a really good restaurant, once people hear how good it is, they want to try it, too.
3. Have your company do an Empowerment 101 introductory class from my

Live the Life series*, or have HR contact me about Team Building Seminars that are fun and promise results!

ME: Have other questions? Send them to **Colleen Dunn Smith** at cdunn@chrysalisclear.com, that's me!

*Check this out on my website www.chrysalisclear.com

Chrysalis Clear LLC

67 S. Higley Road
Suite 103
Gilbert, AZ 85296

866-954-0225



Why we go to the spa... by DeeAnn Lensen, Advanced Spa Therapies

We go, in a nutshell, to *feel better*. However, we must realize that 'feeling better' goes beyond the physical experience. In order to meet our real needs we must also feel better about ourselves and our lives... for how we feel on the inside has the greatest impact of all on the quality of our lives.

Did you know????

- Breakthrough research in psychology and neuroscience has *confirmed* that it is possible to quickly even *immediately* create positive emotional 'states' (*without* drugs) by carefully following our simple formula.
- You may also be interested in knowing that on average, more than half of the time we spend (during a *massage* for instance) is greatly compromised by 'self-talk'... which are the involuntary conversations we have with ourselves throughout the day. These random thoughts and dialogues between different facets of our mind keep us awake at night, talk us into or out of things we do, fuel our fears, go over grocery lists while we're in church and even repeat songs in our heads again and again – all without our permission. Sound familiar?
- These *involuntary* 'stories' actually write themselves without any conscious effort whatsoever. And they not only determine how we feel about our *spa treatment*, but also how we feel about our *self*, our *life*, and our *future*. One might even say that our self-talk and habits virtually *determine* who we are.
- But what if you were to take control of this self-talk... use it to your advantage... create 'positive, hopeful, inspiring conversations and stories' within your mind... while going on a guided journey to a place where everything is possible, where life is peaceful and your heart is full? What if this new 'state of mind' actually affected your *physical* state and emotional wellbeing? What if you could begin *today*... during your treatment at the spa?
- Learn more in our next installment of **The Happiness Quotient!**



Colleen Dunn Smith, author, educator, speaker and 14-year veteran of the spa industry lives in Gilbert, Arizona with her husband, Richard, and two dogs. "I affectionately call them my 3M Corporation: Man, Mastiff and Mutt."



My Personal Mission Statement

It is simply to know and be known...to love and be loved...to stand tall and be counted for good, and to be a conduit of creativity for empowering myself and others with no fear, just an open heart, mind and soul, and a willingness to learn. I want to make a difference and this is how I'm going to do it. ~Colleen Dunn Smith, Founder and President, Chrysalis Clear