



DON'T FORGET TO SAY "THANK YOU"

Student-Led Activity



HAPPINESS

Long-term happiness: a person's subjective overall
evaluation of how good they feel their is

HAPPINESS ACTIVITIES

- Happiness activities may come in two forms:
 - Self-focused
 - Other-focused
- Examples:
 - Expressing gratitude
 - Cultivating optimism
 - Living in the moment
 - Performing acts of kindness
 - Working on one's goals



OTHER-FOCUSED ACTIVITIES



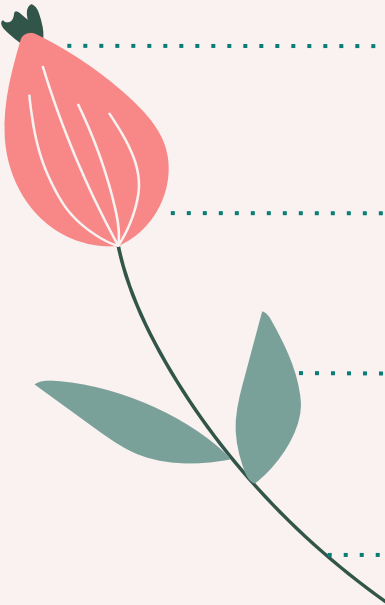
- Have an element of reciprocity
 - Gives people a boost that lasts much longer than the actual experience itself
- Predicted to be more effective over the longer term than self-focused happiness activities

A close-up photograph of a hand holding a single red rose. The hand is positioned in the center-right of the frame, with the thumb and index finger gripping the stem. The rose is vibrant red and in full bloom. The background is a blurred floral shop setting, featuring various other flowers like purple irises and orange-red blooms. A person wearing a light blue apron over a blue shirt is partially visible on the right side of the image. A white, rounded rectangular banner is overlaid at the bottom, containing the text "THANK SOMEONE!".

THANK SOMEONE!



PROMPTS TO CONSIDER:



..... Who/what are you grateful for?

..... Recently, has someone completed an act that you are grateful for?

..... A Compliment!

..... Is someone you know struggling and you'd like to show your support and appreciation for them?



WRITING A THANK YOU

1. **Use a salutation**
2. **First sentence:** thank them explicitly for the specific instance/act for which you are writing the Thank You
 - a. I am so thankful/grateful for...
 - b. I want to say how much I appreciated...
 - c. I am writing this note to acknowledge...
 - d. I want you to know how much I value...
3. **Second sentence:** personalize the note with an original thought about the things you are thanking for, the effort or thought behind it, or what it means to you and the relationship
4. **Third sentence (optional):** focus back in time or think to the future
5. **Fourth sentence:** repeat the thanks and/or offer a concluding thought
6. **Use a closing**



DISCUSSION AND DEBRIEF

DISCUSSION



1.

Have you ever received a personalized thank you before, particularly for something someone appreciates about you?



2.

Before today, have you ever written a personalized thank you before, particularly for something (not material) you were appreciative for?



3.

How did either receiving or writing a personalized thank you make you feel?



STUDY DETAILS

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- Prediction:
 - Other focused activities are likely to be more effective over the long term
- Participants:
 - 100 volunteer students (Netherlands university)
- Procedure:
 - Conducted over 6 weeks
 - Week 1: Pre-study questionnaire
 - Weeks 2-6: performed six randomized tasks
 - Control group: journal



FINDINGS

OTHER-FOCUSED ACTIVITIES

Generated greater levels of happiness

SELF-FOCUSED ACTIVITIES

Contributed to participants' happiness to a lesser extent

BROAD TERMS

Happiness as self- or other-oriented, which can be achieved by building affect, or meaning



THANK YOU!