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HOW TO TRAIN THE BRAIN FOR EMOTIONAL WELL-BEING

Adapted from Rick Hanson and Richard Mendius' 5-step approach

Research demonstrates that we are programmed to attune to negative experiences over positive in a 70/30 percent ratio. Out of 10 dogs, we remember the 3 snarly ones over the 7 smiley ones. This is a trait that has ensured our survival.

Research also demonstrates that the brain is constantly pruning and reinforcing information. There is a saying, "What fires together wires together."

So, to become a happier person, follow these five steps:

1. Whenever there is a neutral or positive experience, become conscious of and focus on the reverie.
 2. Think, "This is good."
 3. Ground the experience in the body. Pay attention to how it feels in the body.
 4. Pay attention to a feeling of safety that accompanies it.
 5. Pay attention to a sense of connectedness that accompanies it.
- Stay focused on it until it diminishes.