

Positivity & Social Connection



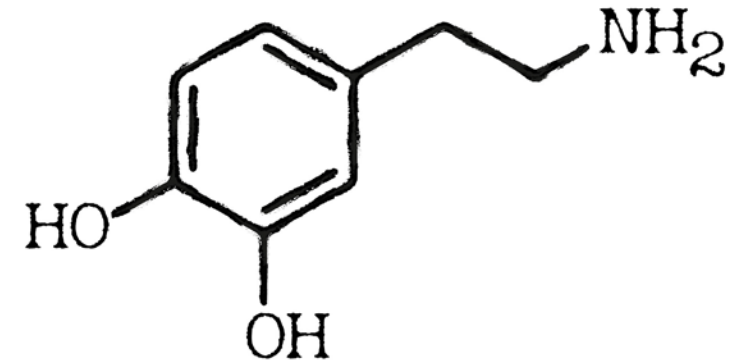
Take out your phone and find a picture of something that makes you happy.



How a Positive Mind Works to Our Advantage

Dopamine in the Brain

- Improves short-term memory
- Increases our focus
- Increases flow of information across the brain
- Motivates connection to others



Your brain is more efficient, more focused, and more collaborative because you took the time to recall something positive!

“The greatest competitive advantage in the modern economy is a positive, engaged brain.”

- Shawn Achor

“Our brains are literally hardwired to perform at their best not when they are negative or even neutral, but when they are positive.”

- Shawn Achor

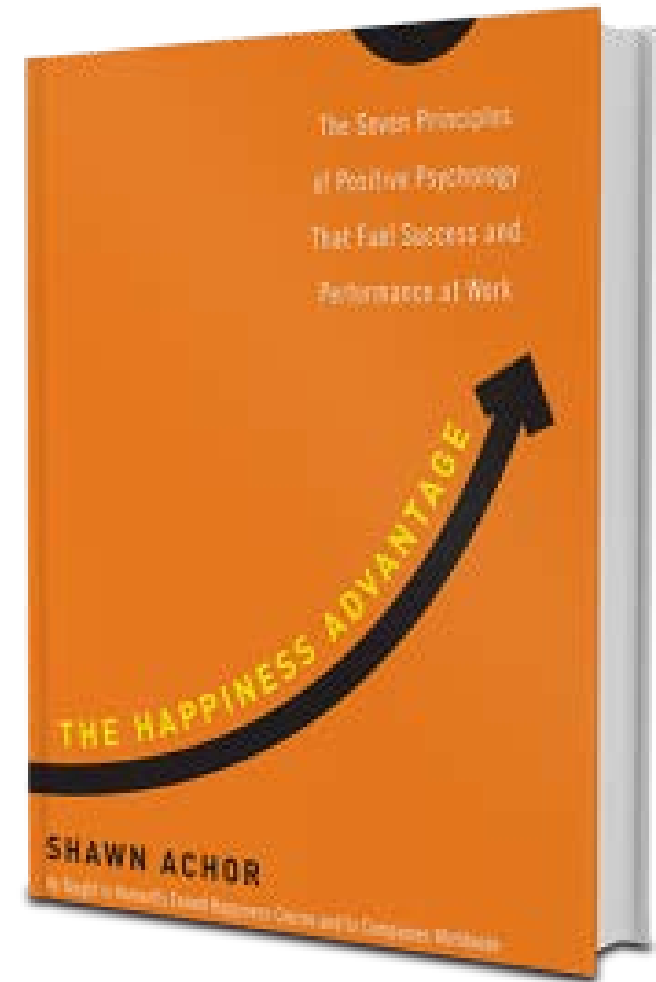
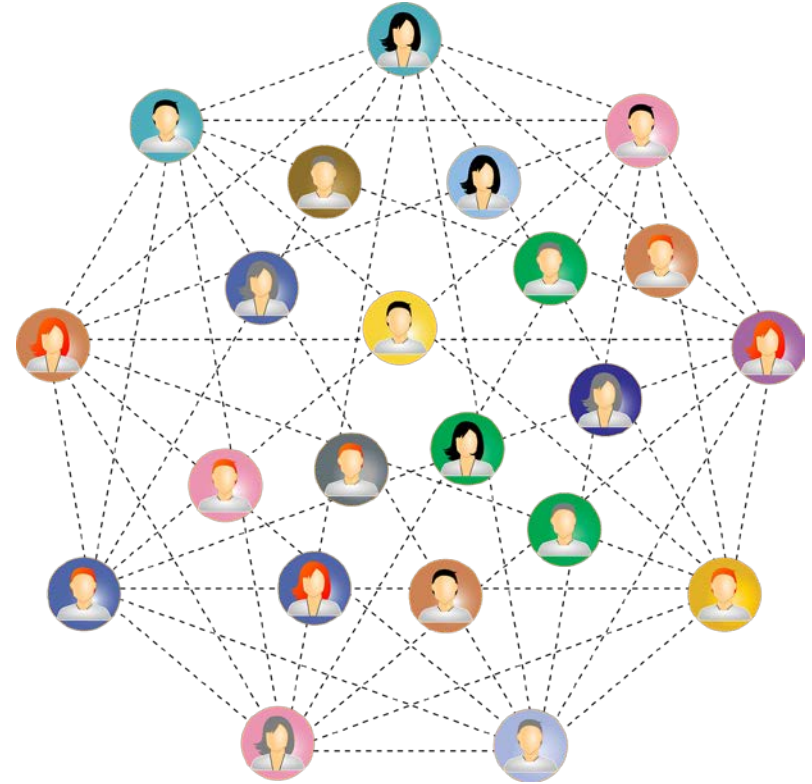


Image source: www.shawnachor.com

The Correlation Between Positivity and Social Connection

Social Connection

The **quality** of relationships within a social circle—family, friends, coworkers, acquaintances.



Positivity and Social Connection

- Happy people have stronger relational ties and spend less time alone than unhappy people (*Very Happy People*, Diener & Seligman, 2000).
- People with close ties are less vulnerable to early death and more likely to survive fatal illness (*The Funds, Friends and Faith of Happy People*, Myers, 2000).

Chicago Transit Experiment

1. We mistakenly predict that we will be happier to stick to ourselves
2. Even striking up a conversation with strangers increases our sense of well-being
3. Being the “victim” of this experiment led to a greater sense of well-being

Source: Mistakenly Seeking Solitude, Epley & Schroeder, 2014



Image source: www.facebook.com/thecta

Beware of Social Media!

“The magnitude of the social media effect is larger than anything else...If you want one thing that will make you happier: get off social media!” - Yale Professor Laurie Santos (*The Science of Well-Being*)



Building Social Connections at Work

Gallup Q¹² Employee Engagement Survey

#10: Do you have a best friend at work?

Connection Starters

- Get up from your desk
- Talk to strangers
- Create a social spot
- Invite someone to coffee/lunch
- Connect departments
- Team-building exercises
- Utilize wellness exercises
- Share a meal



For more on positive psychology,
search for “**Orange Frog**” in CLMS



Questions?

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To sign up for a Happiness Advantage: Orange Frog Workshop, search for “**Orange Frog**” in CLMS.