

BEACON

Chapter 2

Belonging

**Lesson 1 – Why we
thrive in a tribe?**

ThriveAbility



What will we learn?



Belonging

- Cultivating close connections
- Valuing vulnerability
- Tips for relating well such as; positivity resonance, third space & active constructive responding



Engagement

- Finding flow
- Savouring strengths
- Maximising mindsets
- Making meaning



Accountability

- Identifying goals with passion & purpose
- Growing grit to hang in for the long haul
- Accept what you can't control
- Establish your "ideal day"



Compassion

- Learning to see and soothe your own struggle
- Embrace kindness as a wellbeing super power
- Get kindness "just right" with the Kindness Quadrant



Optimism

- Understand the power of positive emotions
- Navigate negative emotions
- Discover the 3P's of optimistic thinking



Nurture

- Learn and apply the latest science for eating, moving and sleeping well
- Master Mindfulness

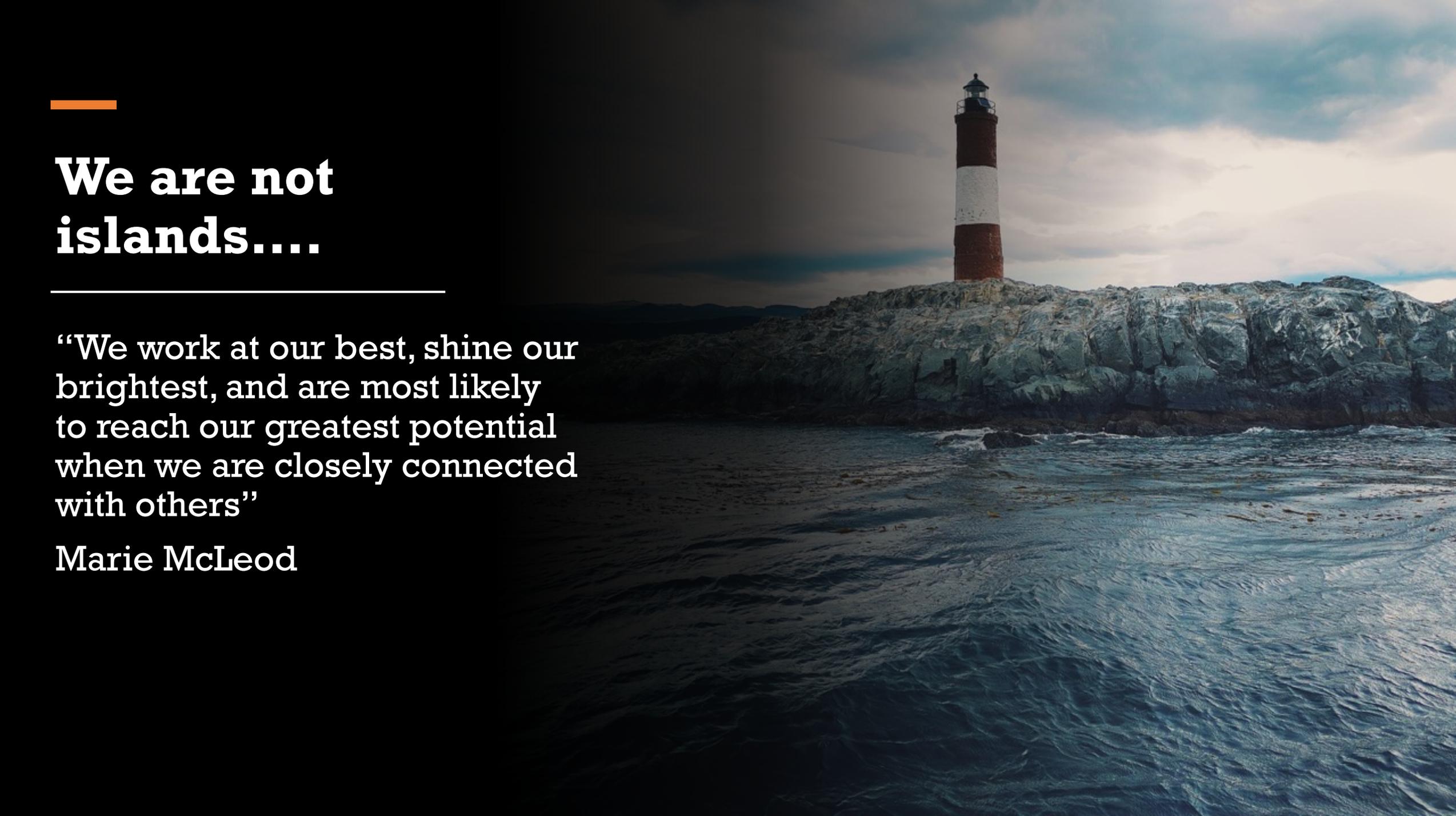


Luke's story
Where do I
belong?



A deep sense of love and belonging
an irreducible need of all people. We
are biologically, cognitively,
physically, and spiritually wired to
love, to be loved, and to belong. When
those needs are not met, we don't
function as we were meant to. We
break. We fall apart. We numb. We
ache. We hurt others. We get sick.

– *Brene Brown*

A lighthouse with a red and white striped body stands on a rocky island. The ocean is turbulent with white-capped waves crashing against the shore. The sky is filled with heavy, grey clouds, suggesting a storm or late afternoon light. The overall mood is somber and powerful.

We are not islands....

“We work at our best, shine our brightest, and are most likely to reach our greatest potential when we are closely connected with others”

Marie McLeod

A man in a light blue t-shirt and khaki shorts stands on a rocky mountain ridge, looking towards a massive, jagged mountain peak. The foreground is a steep, rocky slope with patches of green grass. The background features a valley with a river and more mountain ranges under a blue sky with scattered clouds. An orange horizontal bar is located at the top left of the image.

**Life challenges seem easier
when we're not alone....**

**If you look at a hill standing next to
a friend, the hill looks 10 to 20%
less steep than if you were facing
that hill alone.**



**“Our relationships with
other people matter,
and matter more than
anything else in the
world”**

Dr. George Vaillant



Why do relationships matter?

- Nearly 75 years of research found successful friendships are what predict people's happiness
- Altruism, gratitude, sharing novel experiences and forgiveness also matter
- Money does not

A woman with long blonde hair, wearing a blue and white floral patterned shirt, blue jeans, and white sneakers with yellow accents, is sitting on a metal box. She is looking down at something in her hands. The box has a picture of a motorcycle on it. She is sitting on a dirt path next to a field of red poppies and green grass. In the background, there are rolling hills under a blue sky with some clouds. An orange horizontal bar is in the top left corner.

What if we
struggle with
connection?

A photograph of a crowd of people at a festival at night. The scene is dimly lit, with warm, golden light illuminating the people. In the foreground, a man with short hair, wearing a patterned, short-sleeved shirt and dark pants, is looking towards the right. He is surrounded by other people, some of whom are also looking in the same direction. The background is filled with more people, creating a sense of a large gathering. The overall mood is one of a social event or festival.

THE GOOD NEWS.....

You can
make “love” with
a stranger.

Let me explain....

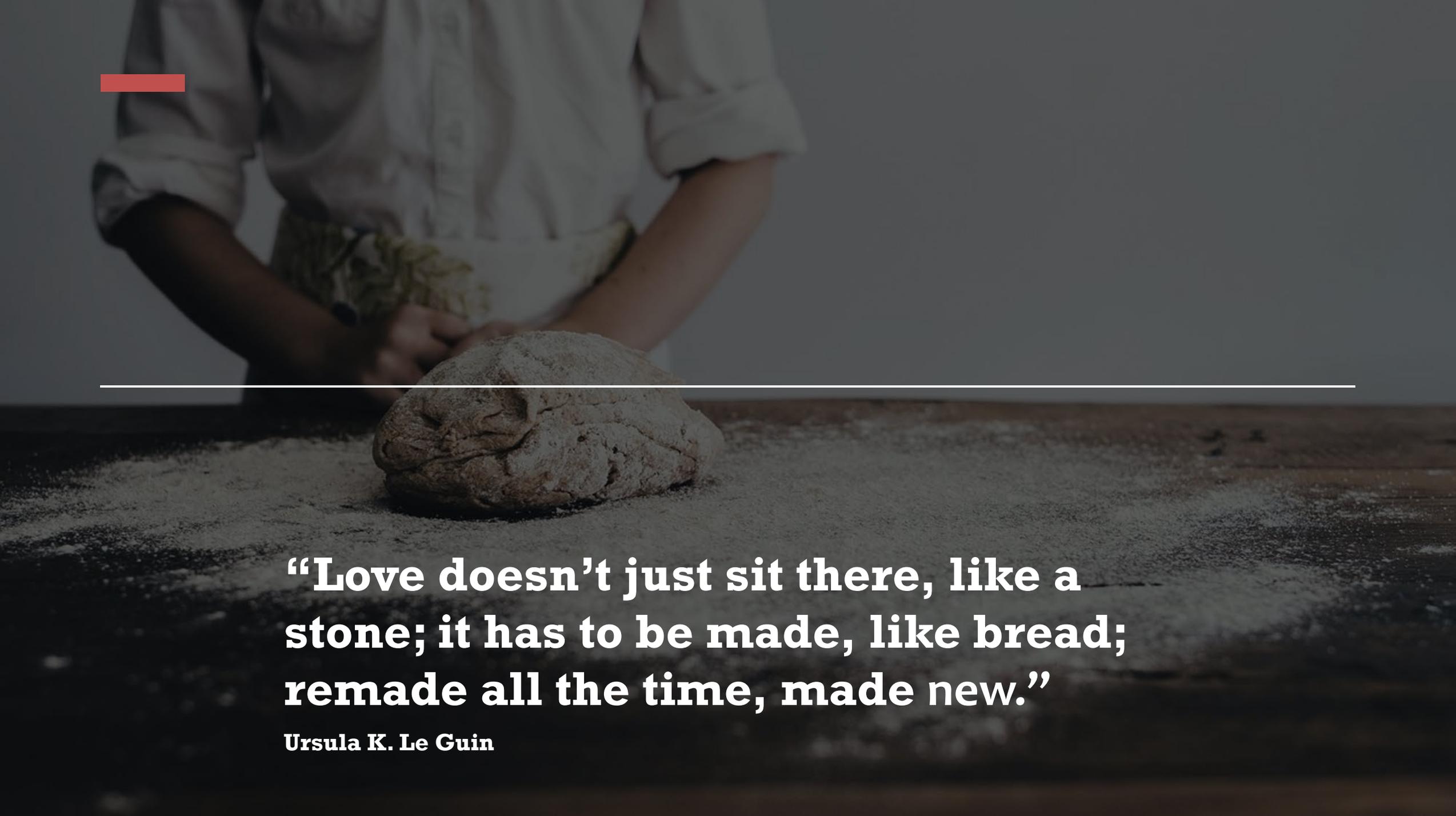


“Love is that micro-moment of warmth and connection that you share with another living being”

Barbara Fredrickson

A photograph of two young women in a forest at night, holding lit sparklers. They are smiling and looking at each other. The background is dark with trees and the light from the sparklers creates a bokeh effect. An orange horizontal bar is in the top left corner.

You can sync up like this with a stranger just as you can with a lifelong companion. When positivity resonance moves between you and another you both begin to mirror each other – body and brain.

A person in a white shirt is kneading dough on a wooden surface. In the foreground, a large, round loaf of bread sits on a surface of flour. The background is a plain, light-colored wall. A red horizontal bar is visible in the top left corner, and a white horizontal line is positioned above the text.

“Love doesn’t just sit there, like a stone; it has to be made, like bread; remade all the time, made new.”

Ursula K. Le Guin



Can you create micro moments of love?

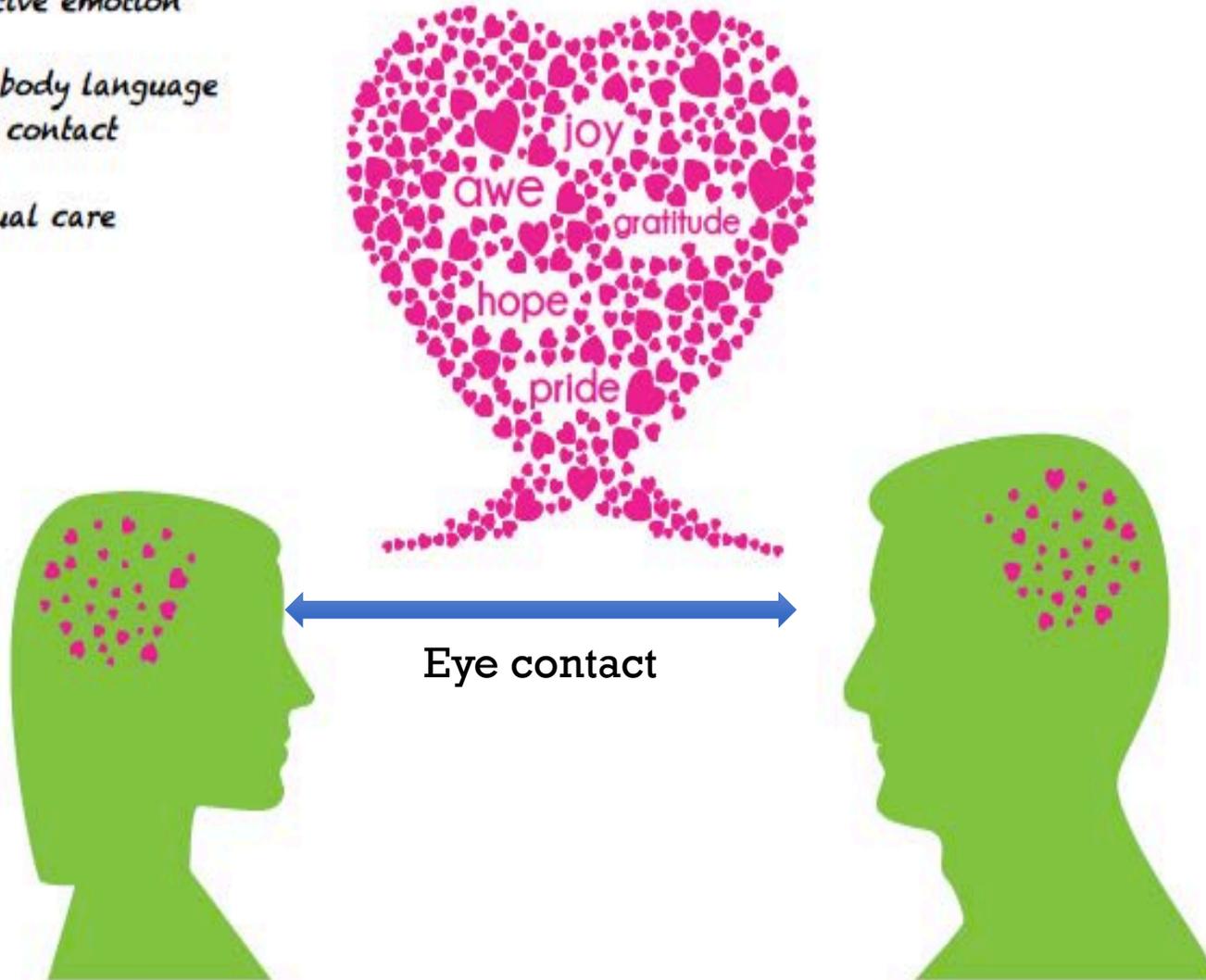
Spark **positivity resonance** by sharing a positive emotion, synchronising bio-behaviors and investing in the upward spiral of warmth and trust.

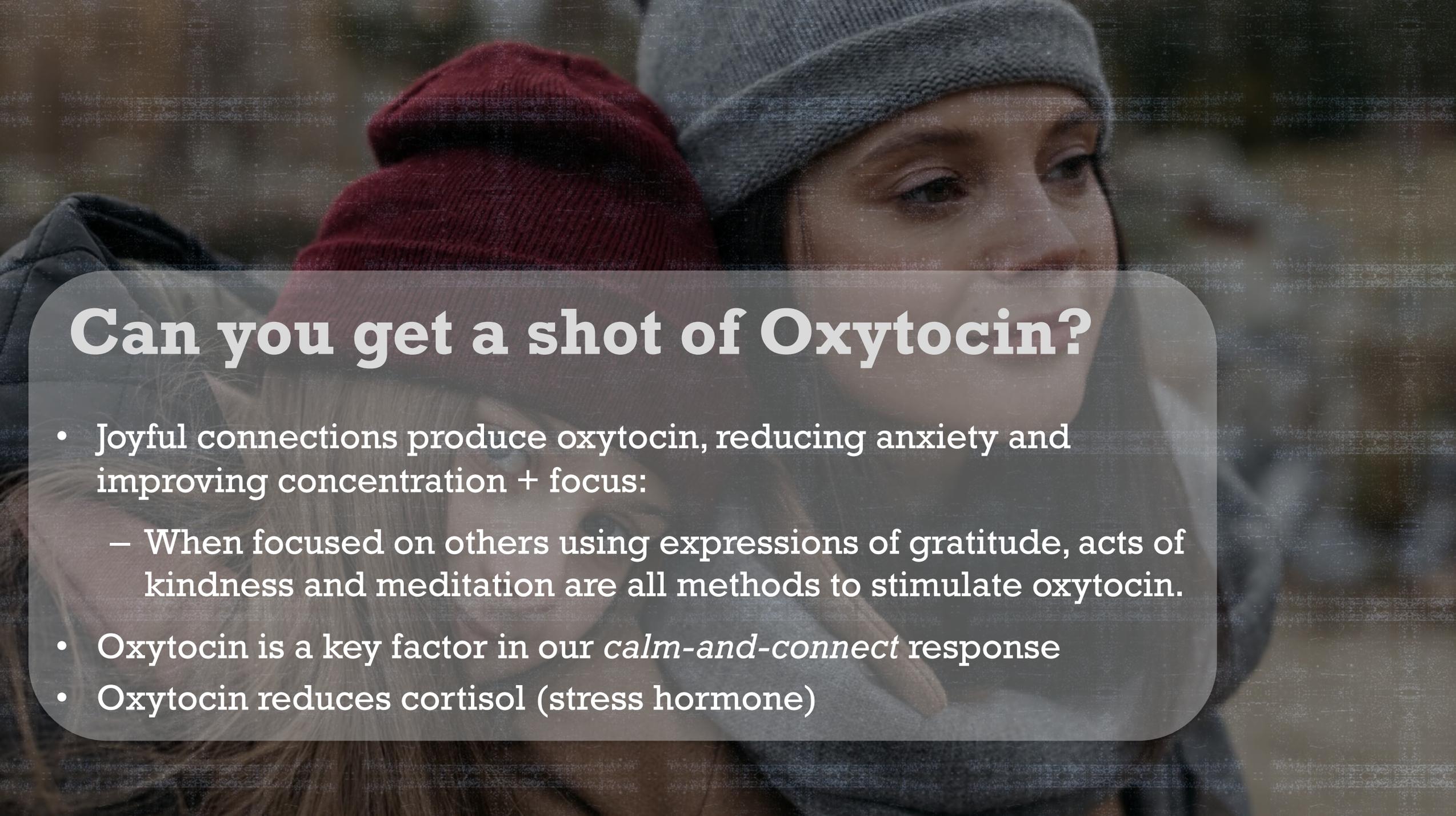
Leaves us **more resilient, effective, happier and healthier.**

(Fredrickson, 2013, p 4-55)

CAN YOU CREATE POSITIVITY RESONANCE?

1. *Share a positive emotion*
2. *Synchronise body language and use eye contact*
3. *Reflect mutual care*





Can you get a shot of Oxytocin?

- Joyful connections produce oxytocin, reducing anxiety and improving concentration + focus:
 - When focused on others using expressions of gratitude, acts of kindness and meditation are all methods to stimulate oxytocin.
- Oxytocin is a key factor in our *calm-and-connect* response
- Oxytocin reduces cortisol (stress hormone)

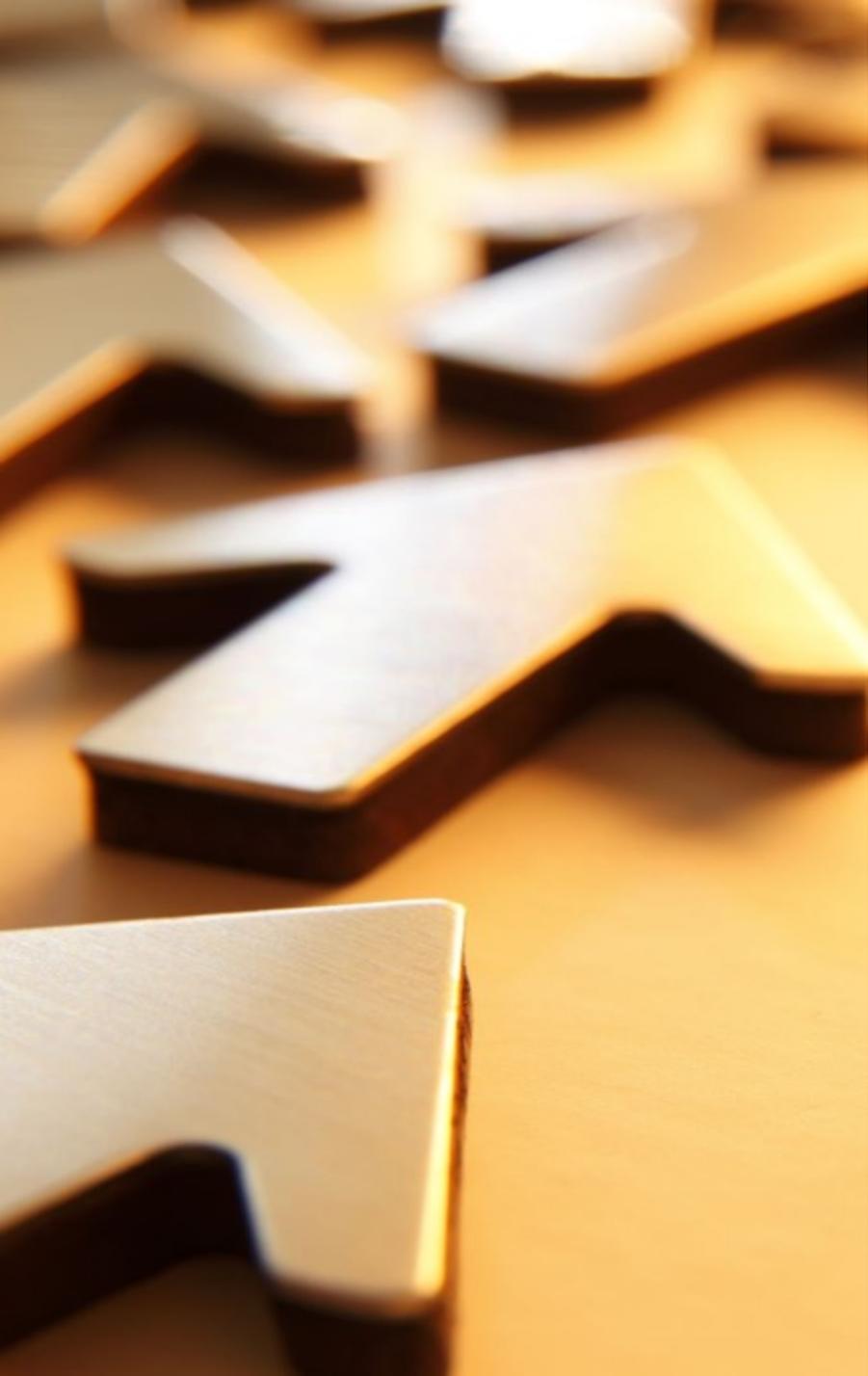
How to Create Micro Moments



Each time you interact with someone else take a moment to truly make **eye contact** with them or if you're on the phone synchronise your **tone of voice** to theirs. This supports creation of mutual care and genuine connection.

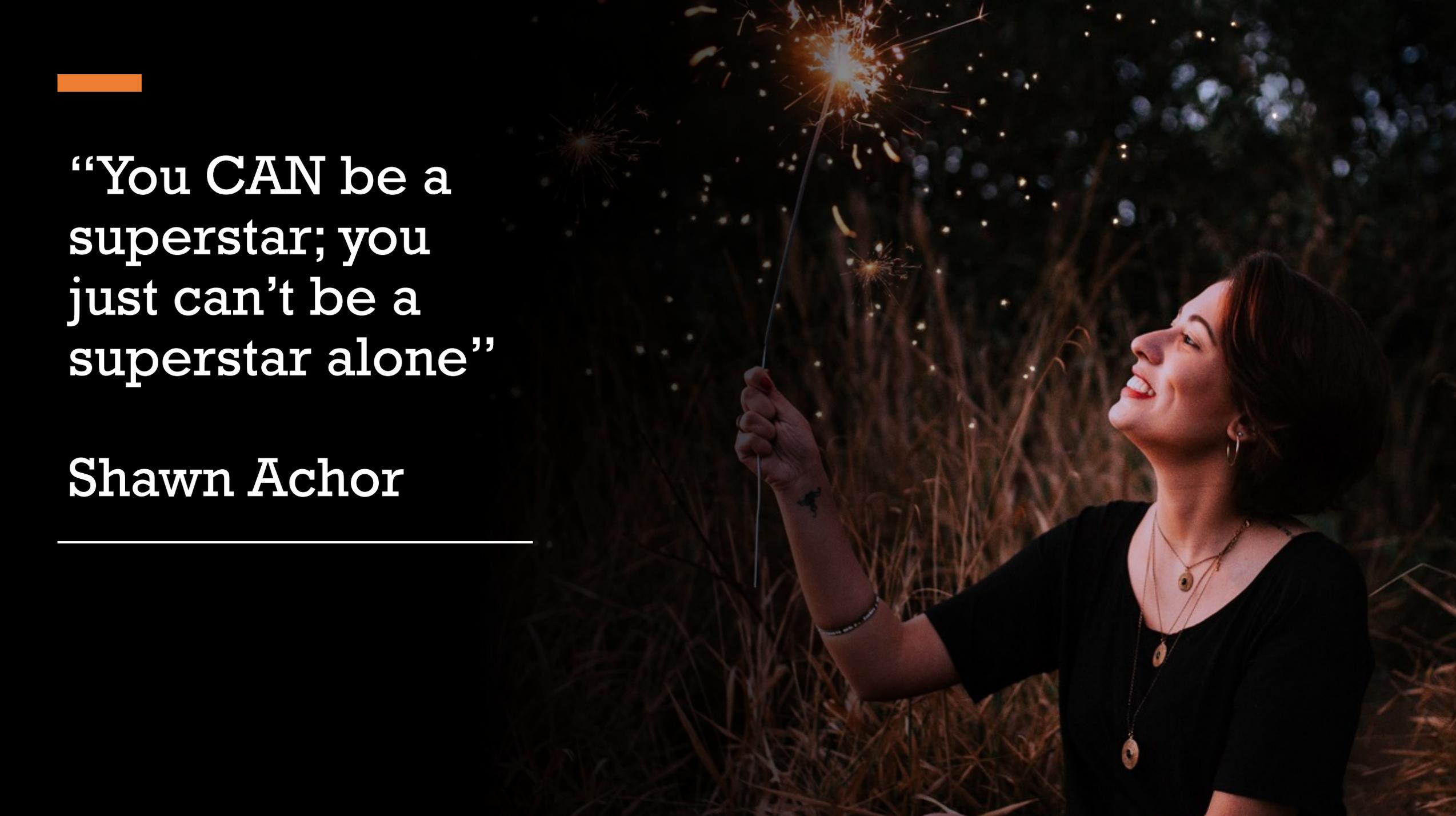


You might want to ask them appreciative questions such as what's going well today? This is an easy way to spark off their positive emotions as they savour the good things happening to them.



Key points

- A sense of belonging and close connection is key to our capacity to thrive.
- A 75 year Harvard study looked at what it takes to live a “good life” and found that the single most important thing is having close connections with others.
- Having someone we see as a friend nearby helps us perceive challenges as less difficult e.g. a mountain is perceived as 10 – 20% less steep.
- Struggle can lead to isolation and loneliness, which further compounds our struggle.
- We can lift our wellbeing through “micro moments” of connection with either strangers or loved ones. This is called Positivity Resonance.
- Positivity resonance has 3 components
 1. Eye contact or mirroring of body language,
 2. A shared positive emotion,
 3. Recognition of shared care (feeling seen).
- We get a release of oxytocin (the “cuddle hormone”) when we connect with others in this way.
- Connecting closely with others is perhaps the single most important ingredient to thriving and something we all need to prioritise.

A woman with dark hair, wearing a black top and gold jewelry, is smiling and looking upwards while holding a lit sparkler. The background is a field of tall grass at night, illuminated by the sparkler's light and other distant sparklers. The overall mood is celebratory and joyful.

**“You CAN be a
superstar; you
just can’t be a
superstar alone”**

Shawn Achor
