



# Welcome to

## Making Self-Improvement Stick: Strategies for Thriving in Our Modern World

January 16, 2024

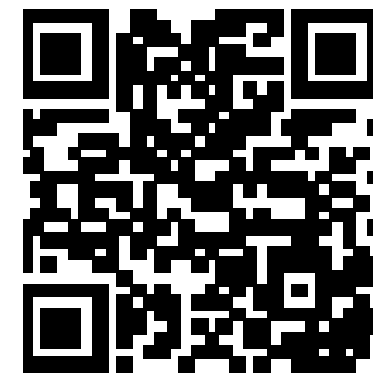
*"We've built a company that we're proud of – from who we are to what we do and how we do it. Respecting the trust clients place in NFP is always top of mind."*

*– Eric Boester, EVP and Chief Marketing Officer*



## Ally Meyers

Certified Executive & Positive  
Psychology Coach and Speaker



linked-in



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newsletter



# Making Self-Improvement Stick.

Strategies for  
~~surviving~~ thriving

in our modern world.



Resilience toolkit (workbook)  
can be downloaded at:



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a r r i v i n g  
h e r e .



The years since 2010  
have not been good  
ones for happiness and  
well-being among  
Americans.

-Dr. Jean Twenge, 2019 World Happiness Report

# Mental Health Continuum



CLINICAL TREATMENT & SUPPORT

DAILY RESILIENCE STRATEGIES



reactive

proactive

SURVIVING

LANGUISHING

THRIVING





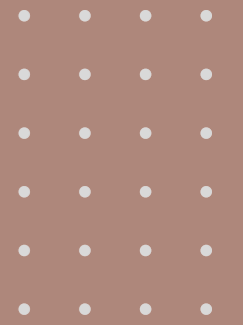
# m o d e r n d a y c h a l l e n g e s

- Devices are "hijacking" our attention
- Work / life lines have blurred
- Information overload
- Smartphones have replaced solitude
- Covid has magnified burnout



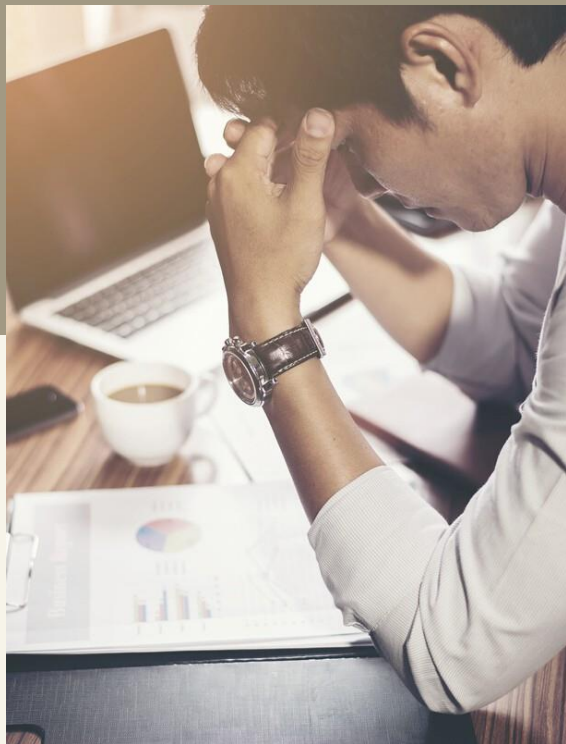
w e m u s t  
f o c u s o n

g e t t i n g  
i n t e n t i o n a l



h o w c a n w e b e c o m e  
m o r e i n t e n t i o n a l ?

The 5 Happiness "Building Blocks"



Manage  
the Negative



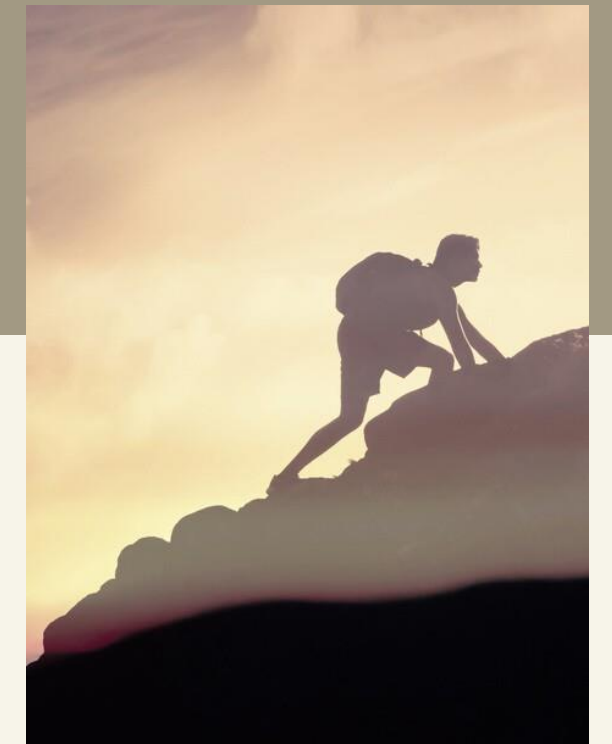
Practice  
Mindfulness



Cultivate the  
Positive



Invest in  
Relationships



Goal  
Getting

1

manage  
the  
negative



breathing • mindset • traps

# negativity bias.

"The brain is like Velcro for negative experiences but Teflon for positive ones."

-Dr. Rick Hanson, Neuropsychologist at UC Berkeley

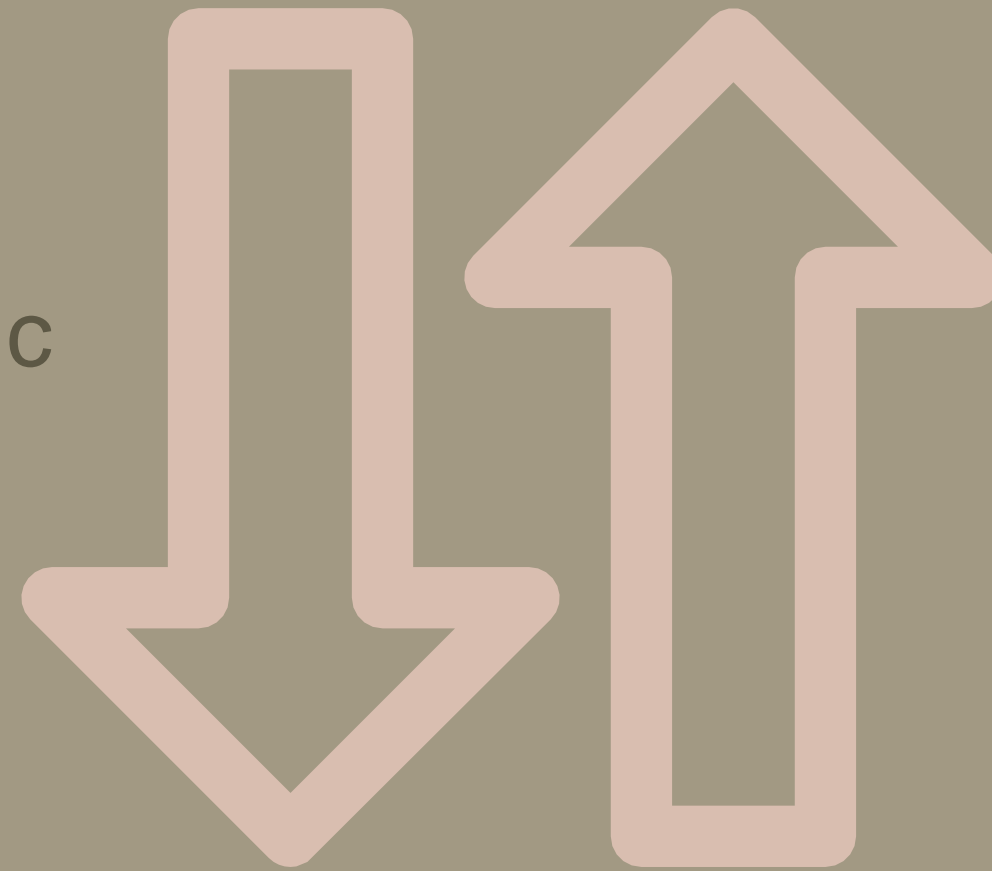
Fredrickson, Barbara, PhD. *Positivity*. Harmony, 2009



# s l o w   b r e a t h i n g   t o   c a l m

p a r a  
s y m p a t h e t i c

Relaxes body  
Lowers symptoms  
of stress  
Lowers reactivity



s y m p a t h e t i c

Ready to take action  
Interferes with decision  
making, planning and  
managing emotions

Practicing in low-stakes situations prepares us for the unexpected moments.

b e w a r e o f t h e c o m m o n  
t h i n k i n g t r a p s



F O R T U N E T E L L I N G

Predicting how things will turn out or what people are thinking with no evidence.



T U N N E L V I S I O N

Focusing on only the negative parts of a situation while ignoring the rest.

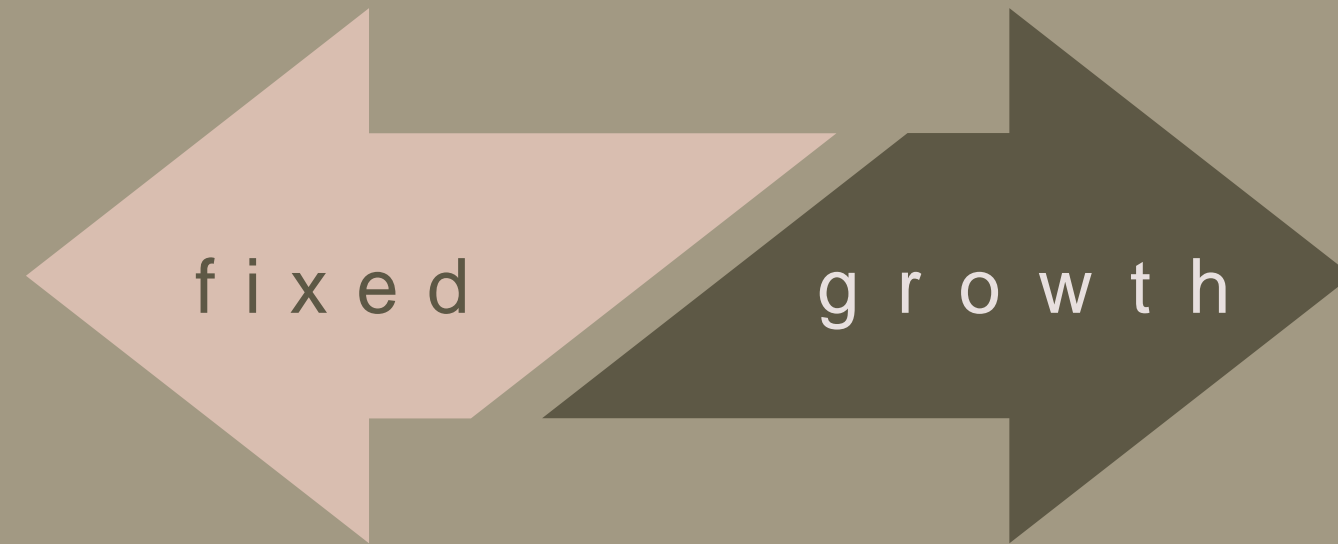


P E R S O N A L I Z A T I O N

Assuming others' actions are a result of something you've done.

# fixed vs. growth mindset

Abilities are fixed.  
You're either good  
or you're not.  
Talent determines  
success.



Effort leads to  
higher achievement.  
Improvement is  
possible. There is  
room to grow.

Dweck, Carol, PhD. *Mindset: The New Psychology of Success*. Ballentine, 2007



practice  
mindfulness



quiet • intentional • aware





w h a t i s  
m i n d f u l n e s s ?

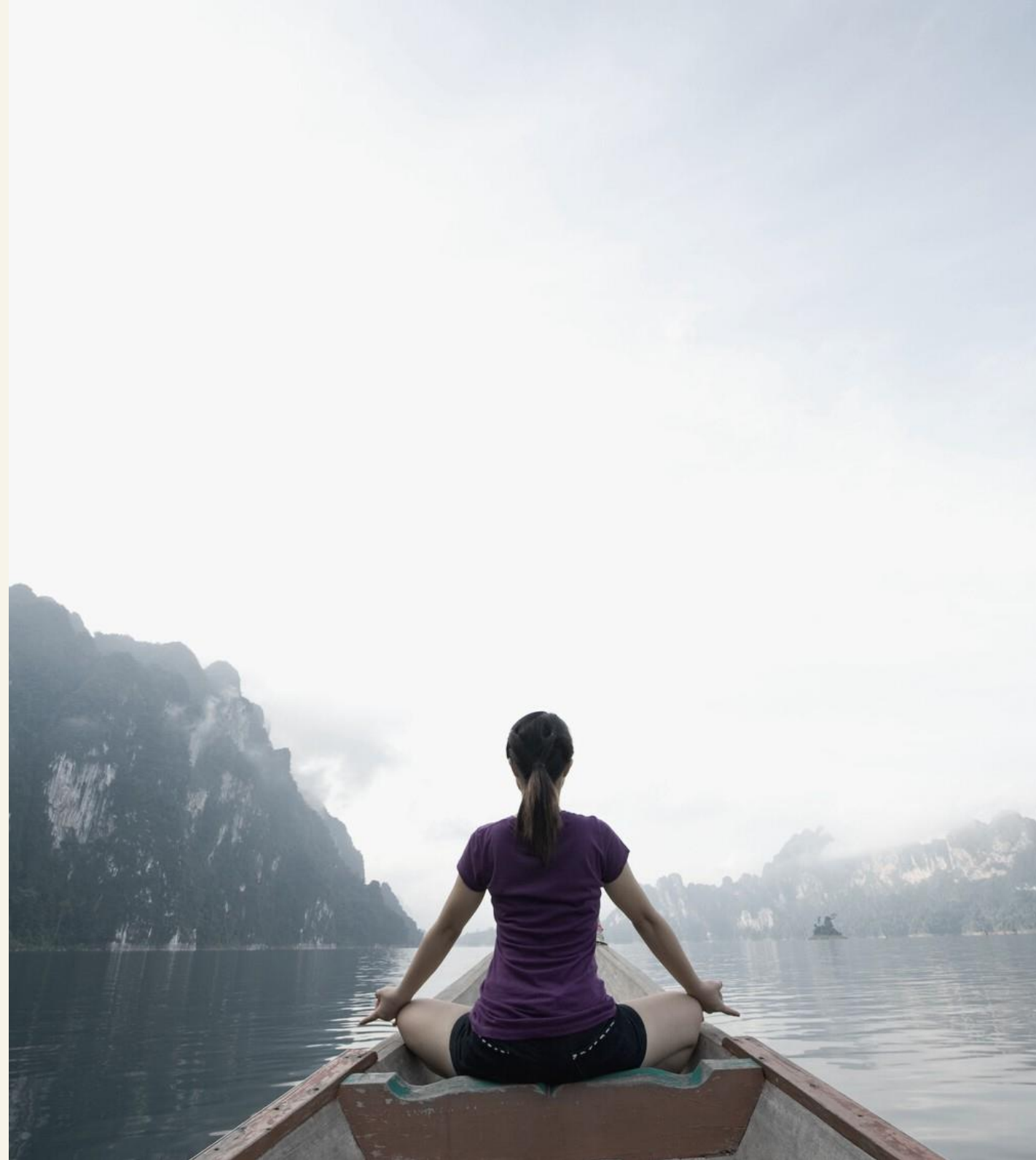
- observing the present moment without judgement
- shifts us from autopilot



# p r e s e n t & m i n d f u l

- Stop the scroll
- Five senses break
- Meditation practice





mindfulness  
meditation

- Choose a focal point (breath)
- Come back to focal point
- Improved focus and concentration
- Reduces stress and anxiety
- Increases sleep quality
  
- Accessible anywhere
- No wrong way

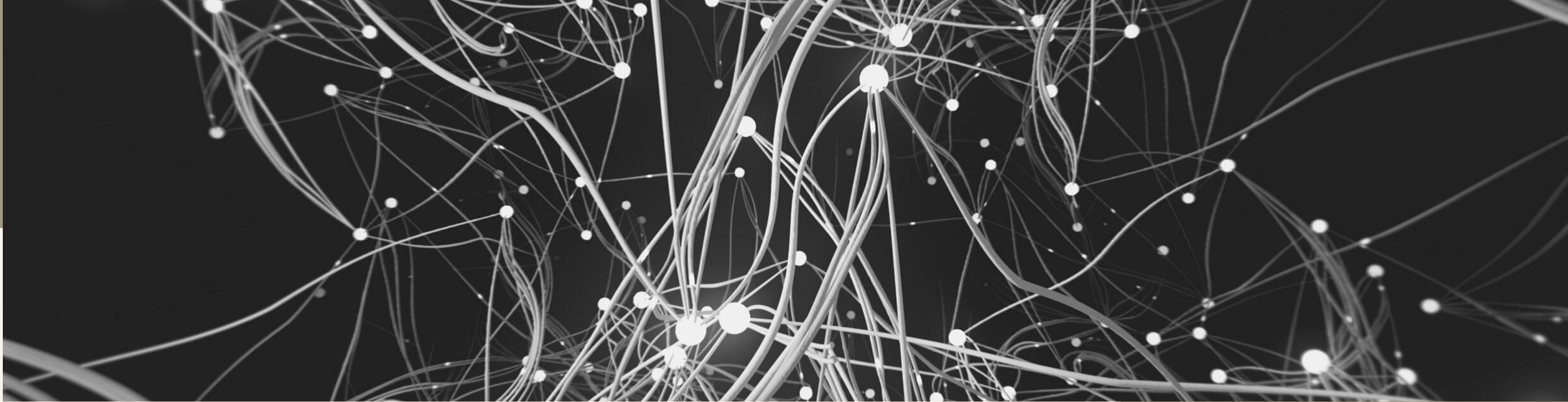
# 3 cultivate the positive



neuroplasticity • gratitude

m e n t a l  
s t a t e s  
b e c o m e  
n e u r a l t r a i t s .

-Dr. Rick Hanson on *neuroplasticity*



self-directed  
neuroplasticity

# g r a t i t u d e

- underused yet so effective
- improves physical & mental health
- boosts resilience

"If a pill could do this, everyone would be taking it."

*-Mayo Clinic "Discover Gratitude Program"*

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TRAINING



4

invest in  
relationships



family • friends • coworkers





# r e l a t i o n s h i p s

p r e d i c t t h e g o o d l i f e

- Longest running in-depth study of human happiness in the world
- Strong relationships are what determine a happy life
- Having social support makes us more resilient to stress

# key findings

**01**

Quality of your relationships is better than quantity.

**02**

Increased productivity, profitability, job satisfaction, and retention.

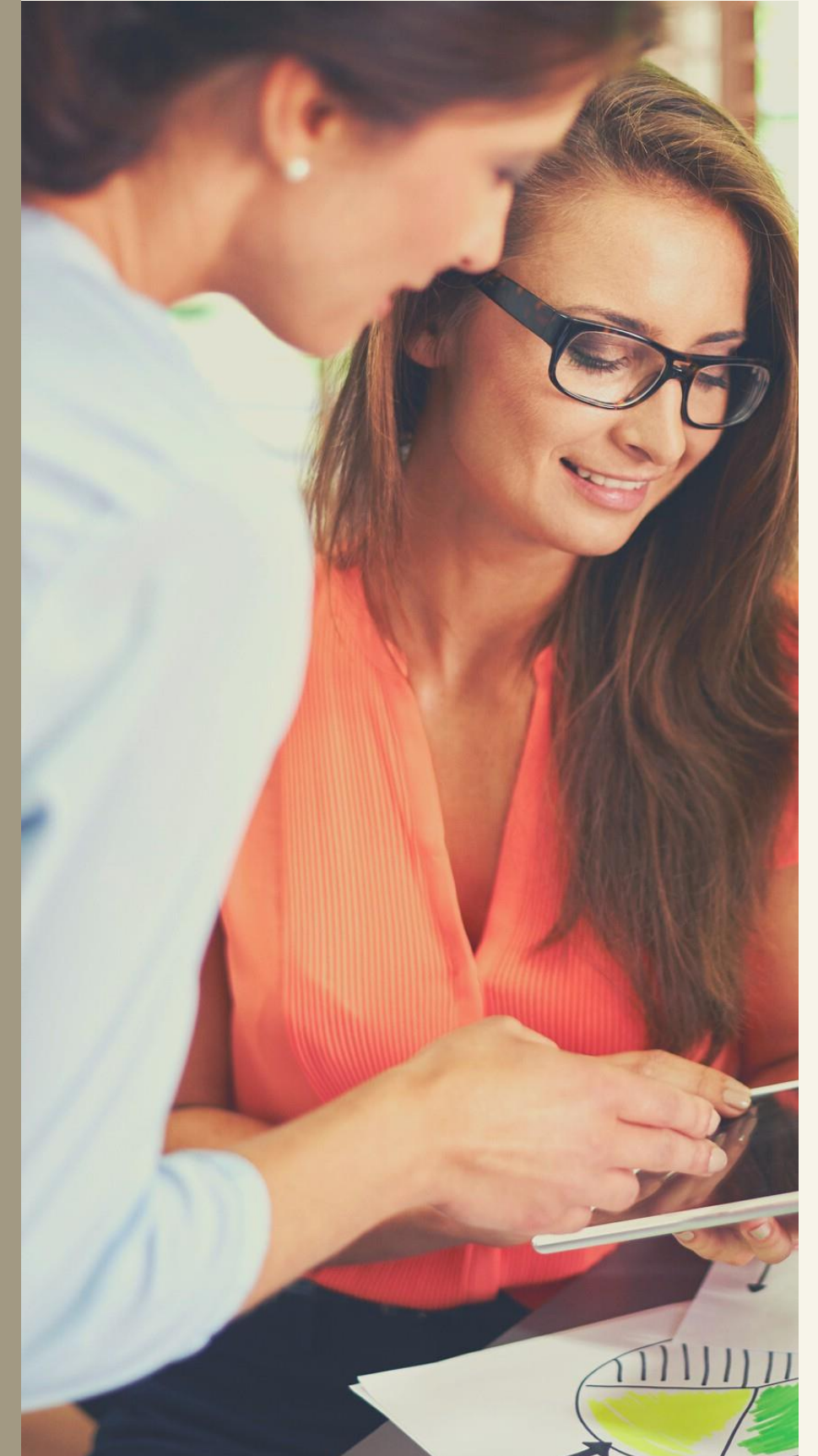
**03**

Synchronistic communication builds more trust and support than asynchronistic.

**04**

Relationships require active maintenance and attention.

Clifton, Jon. (7 Oct 2022). *The Power of Work Friends*. HarvardBusinessReview.com, <https://hbr.org/2022/10/the-power-of-work-friends>



# 5 goal getting



meaning • intention • action

"If you want to be happy, set a goal that commands your thoughts, liberates your energy and inspires your hopes."

-Andrew Carnegie, Carnegie Steel Company



# setting & achieving meaningful goals

- Evaluation of what's most important
- Provides a blueprint to get there
- Boosts resilience as you work towards them



m a k i n g t h o s e  
g o a l s s t i c k

- Be positive and specific
- Use visualization
- Utilize your strengths
- Distill big goals into daily action
- Celebrate wins

"If you take care of the  
minutes,  
the years will take care of  
themselves."

-Tibetan Proverb

# keep in touch!



linked-in



services



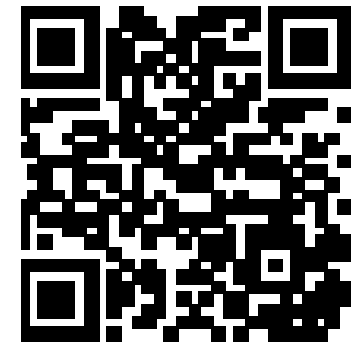
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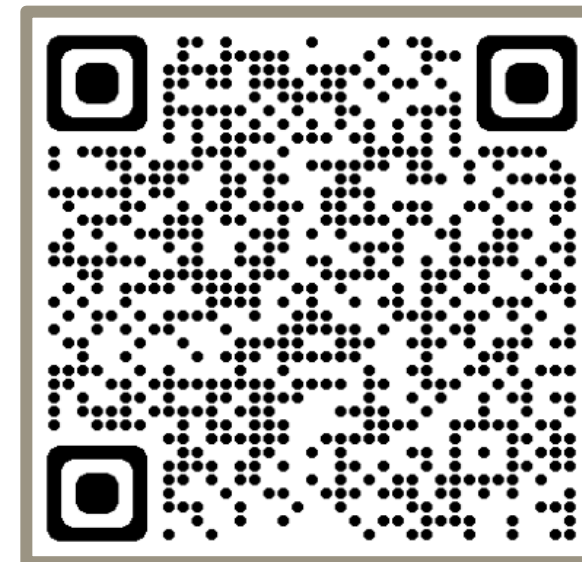
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Resilience  
Toolkit



Scan this QR code to visit **NFP's Wise & Well Training Center** to view recordings of past events!



Scan this QR code to register for **NFP's second Wise & Well Seminar of 2024: Fueling Well-Being: Optimizing Your Life through Performance Nutrition**  
March 12<sup>th</sup> | 12:00-1:00 ET