



**HAPPY YOU, HEALTHY YOU: A NEW COURSE TO  
ASSIST STUDENTS' MENTAL HEALTH  
AND WELLBEING**

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IAID, COLLEGE OF ARCHITECTURE, PLANNING AND DESIGN  
KANSAS STATE UNIVERSITY**

# COURSE INFORMATION

- **Reason Teaching This Course**
- **Course Details**
- **Topics included**
  - **Positive Psychology**
  - **Mindfulness**
  - **Neuroscience**
- **Activities and Assignments**
- **Outcomes**

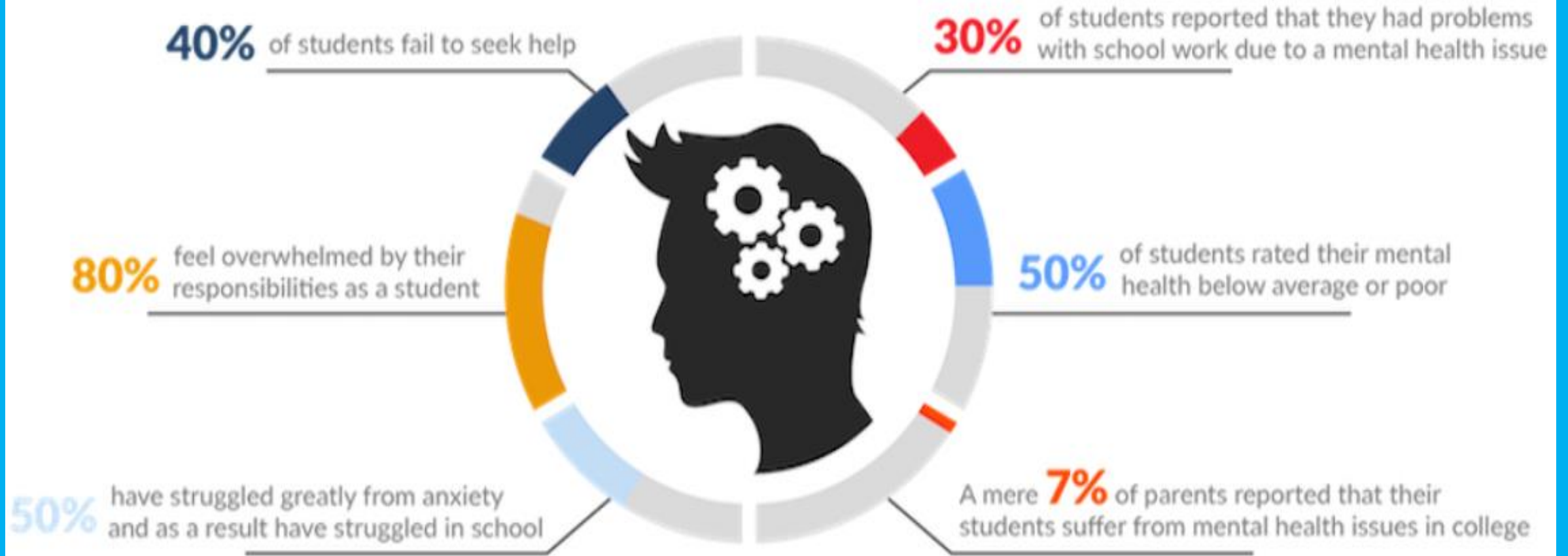
**Vibhavari Jani**  
**vjani@ksu.edu**



**Why a design educator like me, is interested in Mental Health & Wellbeing studies???**



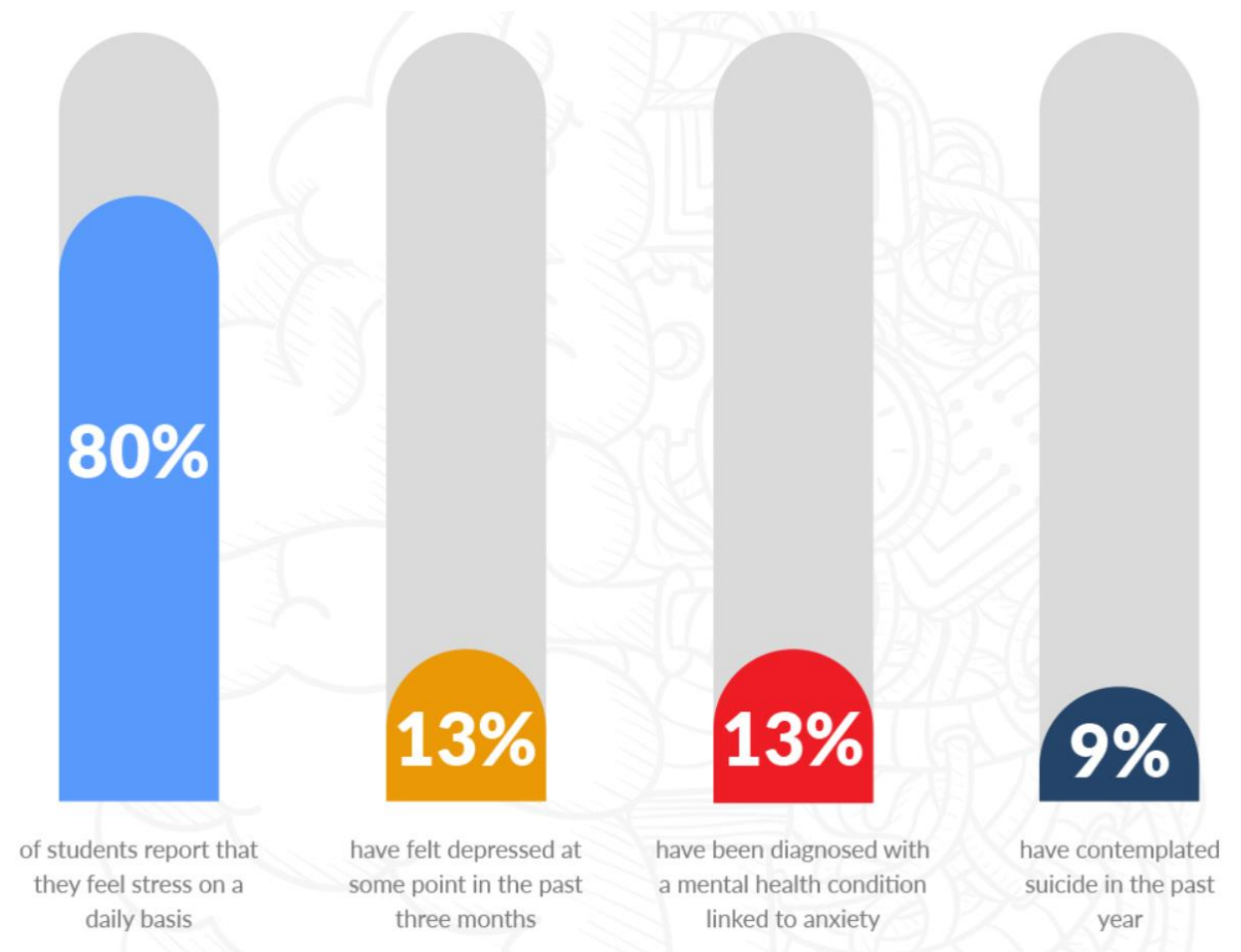
# REASON: STRESS, ANXIETY, & DEPRESSION IS RISING



# RISING NUMBERS OF STRESS, ANXIETY, DEPRESSION

Hegenauer, (2018), notes that **“the psychological effects of stress, depression, and anxiety, often referred to as “negative emotions,” lead many students down a path of hardship, often causing the abandonment of degrees”** (p. 1).

Hegenauer further states that **“though these negative emotions affect students in all majors, students in STEM fields and professional degree programs are more susceptible to the potentially unfavorable outcomes due to the intense expectations and aggrandized workload”** (2018, p1).



# HIGH COST OF MENTAL HEALTH



There are more than 1,000 suicides on college campuses each year.

This makes suicide the second-leading cause of death among people between the ages of 25-34, and the third-leading cause of death among people who are 15-24.



One in ten college students has made a plan for suicide.

**Suicide** is the second leading cause of death among college students.

The hospitalization cost for serious mental illness in Kansas exceeded

**\$167 million** in 2014.

USC Schafer Report, 2014, P1 •

**Faculty  
members  
also suffer  
from stress  
and  
anxiety!!**





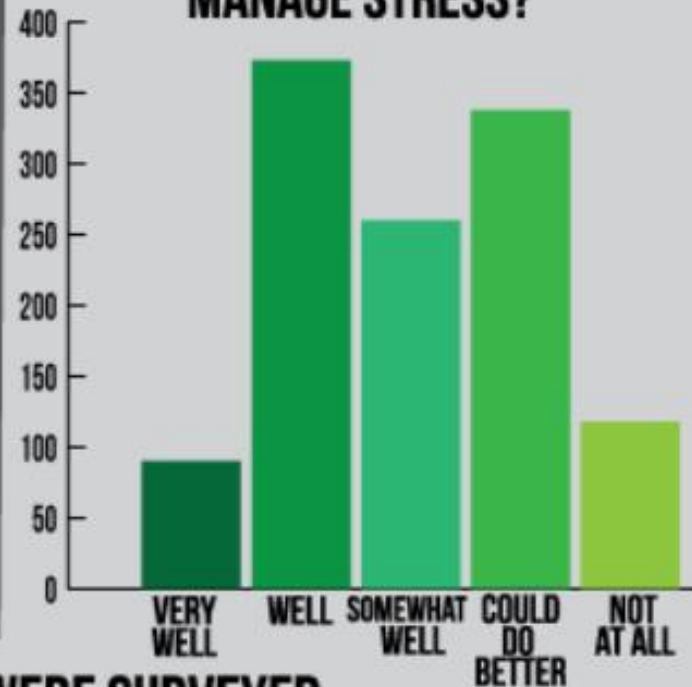
**MAIN CAUSES OF STRESS**

- 85% SCHOOL
- 6% WORK
- 6% FRIENDS
- 3% FAMILY

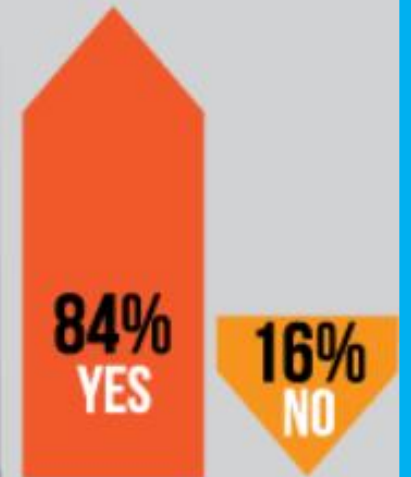
**HOW STRESSED ARE YOU DAILY?**



**HOW WELL DO YOU MANAGE STRESS?**



**UTILIZE CAMPUS SERVICES?**



**OUT OF THOSE WHO WERE SURVEYED...**



DATA TAKEN FROM A DAILY EGYPTIAN STRAW POLL OF 1,196 RESPONSES.





Mind Full, or Mindful?

**Is there a  
drug free,  
cost effective,  
side-effect free  
solution to  
assist students  
in reducing  
their anxiety,  
stress, and  
depression  
symptoms?**

# Kansas State University



## Research

### University Small Research Grants

The University Small Research Grants, or USRG, program is a seed grant program to support early research, scholarly activity, and other creative efforts. [Download USRG FAQs and instructions \(PDF\)](#)

**I applied for an  
received  
University  
Small Research  
Grant (USRG)**

# LITERATURE REVIEWS

A growing body of knowledge emphasized the impact of **Mindfulness** based practices in reducing: **Stress, Anxiety, Depression, and other mental illnesses.**

# RESEARCH ON IMPACT OF MINDFULNESS ON HEALTH



# WHAT IS MINDFULNESS?

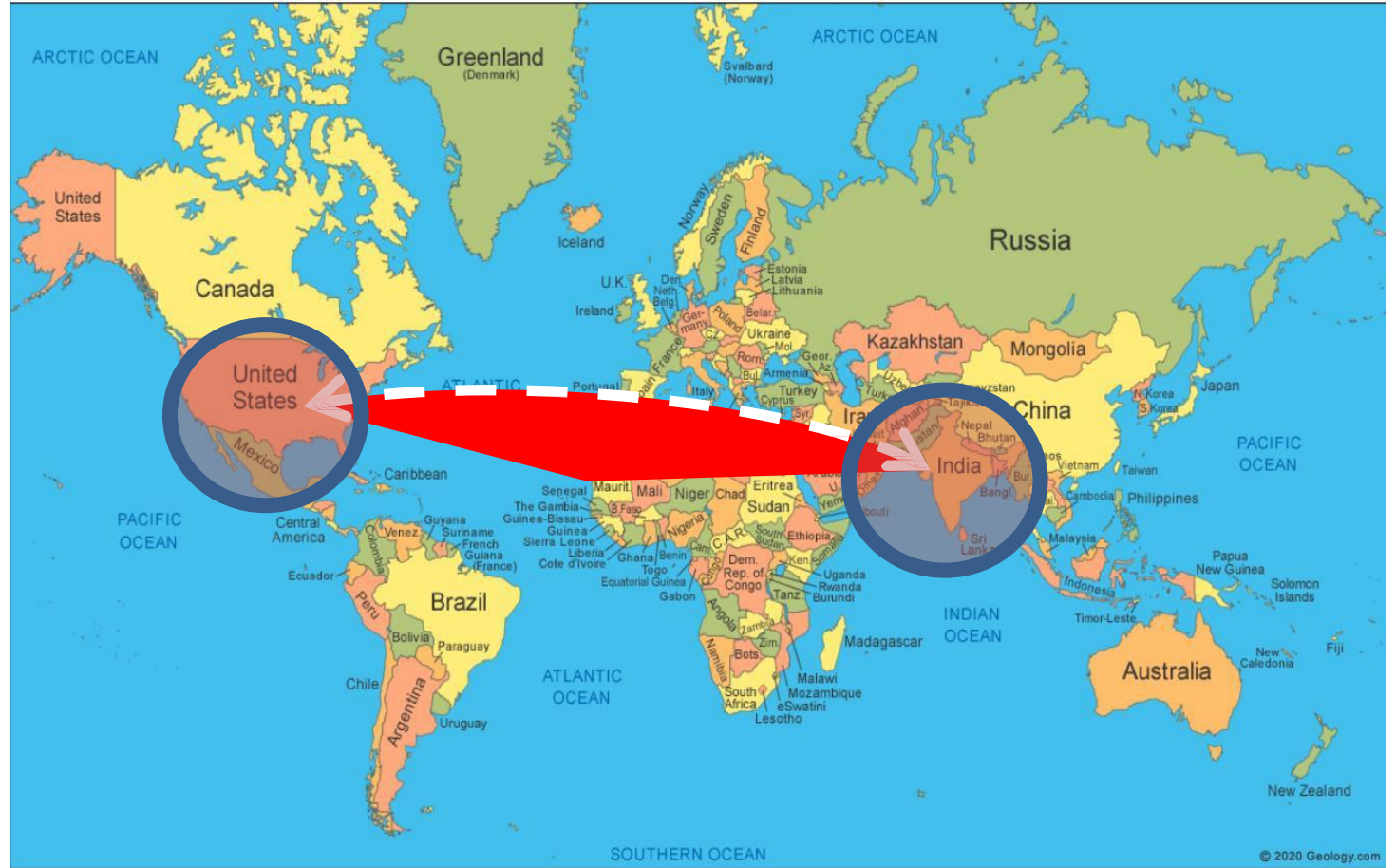
Mindfulness concept was developed based on the **Buddhist contemplative** tradition that teaches one to be **in the moment and observe each thought and feeling without judgement.**

**This learned behavior of acceptance is the key aspect of Mindfulness practice.**





# ORIGIN OF MINDFULNESS CONCEPT



Moment by moment  
attention to our thoughts &  
sensations

Intentional focus on our  
immediate experience

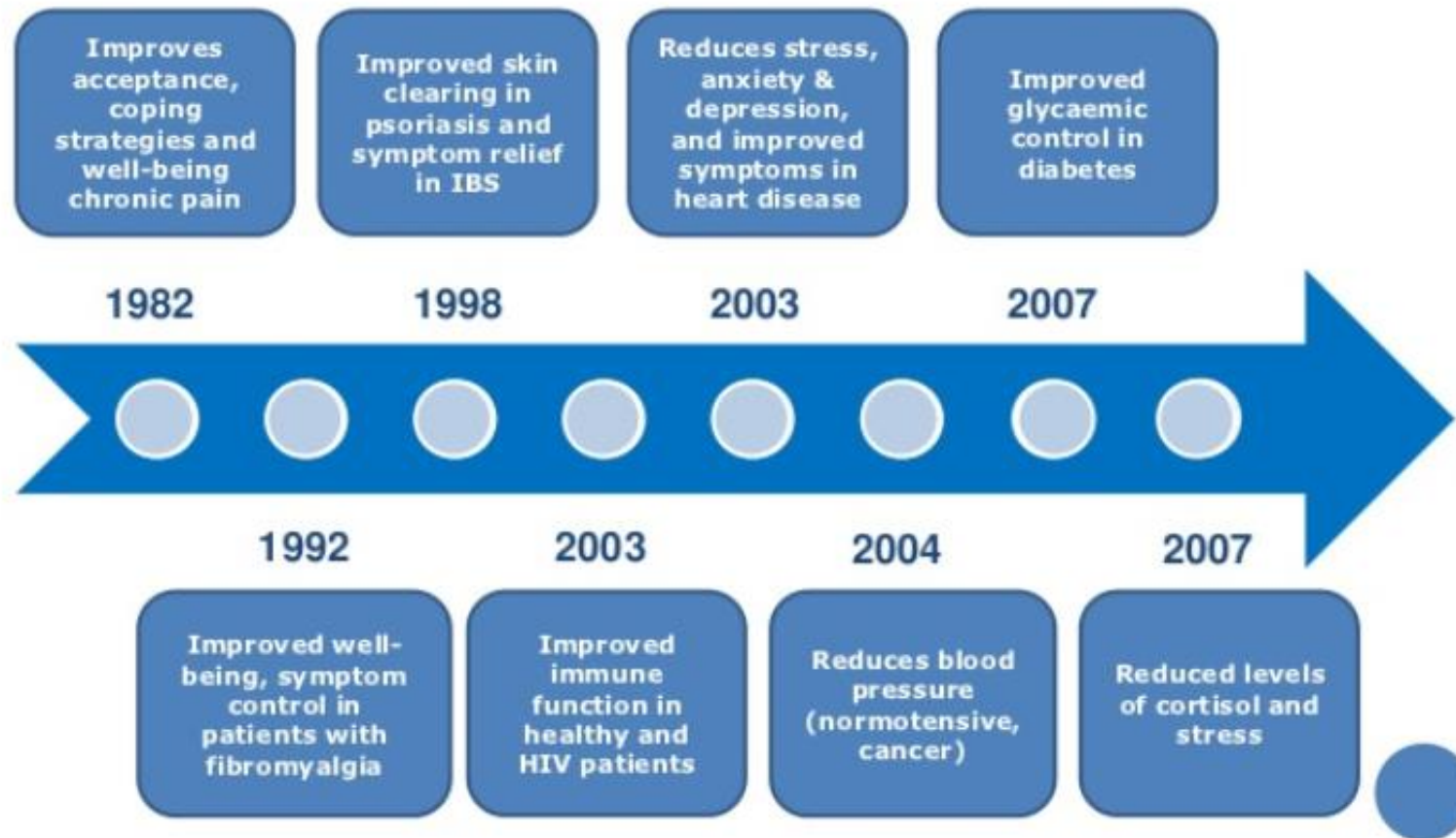


Grounded in the present  
moment

Experience less stress,  
anxiety, depression,  
pain

# MINDFULNESS & PHYSICAL HEALTH

## MINDFULNESS HAS POSITIVE EFFECT ON PHYSICAL HEALTH



**Mindfulness practice has the potential to affect self-referential processing and improve present-moment awareness.**

**Mindfulness-based interventions have been found to reduce many forms of psychological distress.**





# LITRATURE REVIEW RESULTS



**GENERALIZED ANXIETY DISORDER**



**DEPRESSION**



**SOCIAL ANXIETY DISORDER**



**ANGER**



**ATTENTION DEFICIT HYPERACTIVITY DISORDER**

**Kabat-Zinn et al.  
1992**

**Kumar et al.  
2008;  
Shapiro et al.  
1998;  
Specá et al.  
2000**

**Goldin and Gross  
2010**

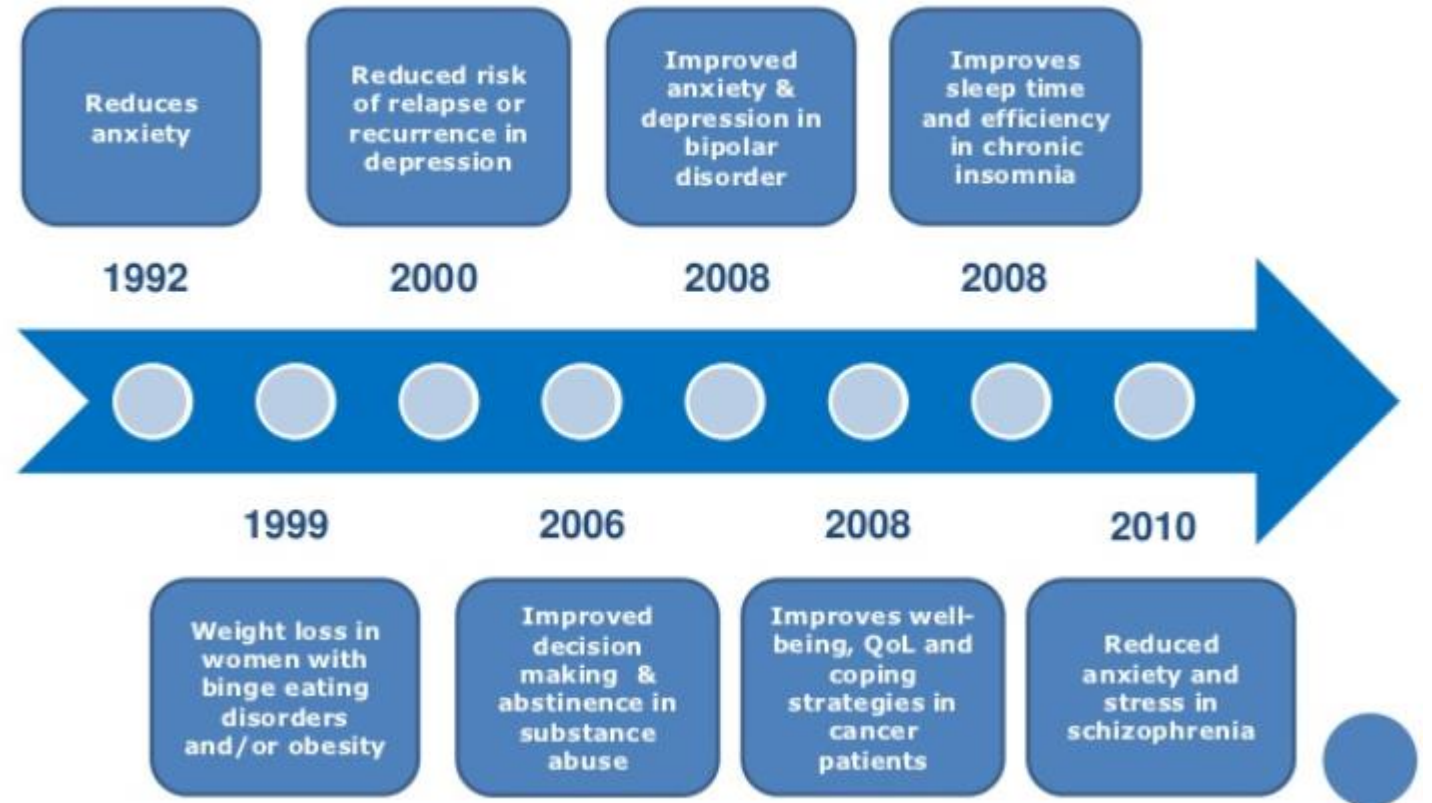
**Specá et al.  
2000**

**Zylowska et al.  
2008**

# MINDFULNESS & MENTAL HEALTH

**Mindfulness** training can alter the **default mode networks** – including the **midline prefrontal cortex** and **posterior cingulate cortex**, which support **self awareness**.

## MINDFULNESS HAS POSITIVE EFFECT ON MENTAL HEALTH



# INTERVIEWS

Psychologists

and

Mindfulness  
Practitioners



# MINDFULNESS-BASED STRESS REDUCTION THERAPY (MBSR)

# MINDFULNESS



BREATHE



BALANCE



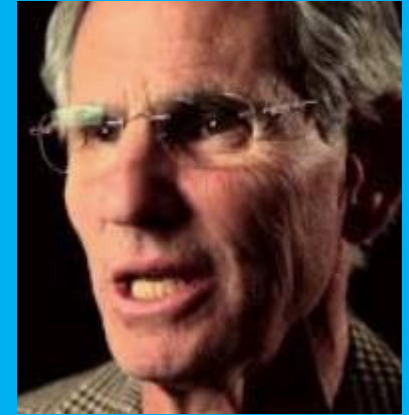
STRESS REDUCTION



AWARENESS



BODY



*John Kabat Zinn*

**Jon Kabat-Zinn** is an American professor emeritus of medicine and the **creator of the Stress Reduction Clinic** and the **Center for Mindfulness in Medicine, Health Care, and Society** at the [University of Massachusetts Medical School](https://www.massgeneral.org/education/center-for-mindfulness-in-medicine-health-care-and-society).

**Kabat-Zinn developed Mindfulness-based Stress Reduction (MBSR).**



<https://www.eater.com/2020/6/8/21283927/how-restaurants-can-help-black-lives-matter-racial-injustice-blm-protests>



<https://www.timeforkids.com/g56/california-fires-4/>



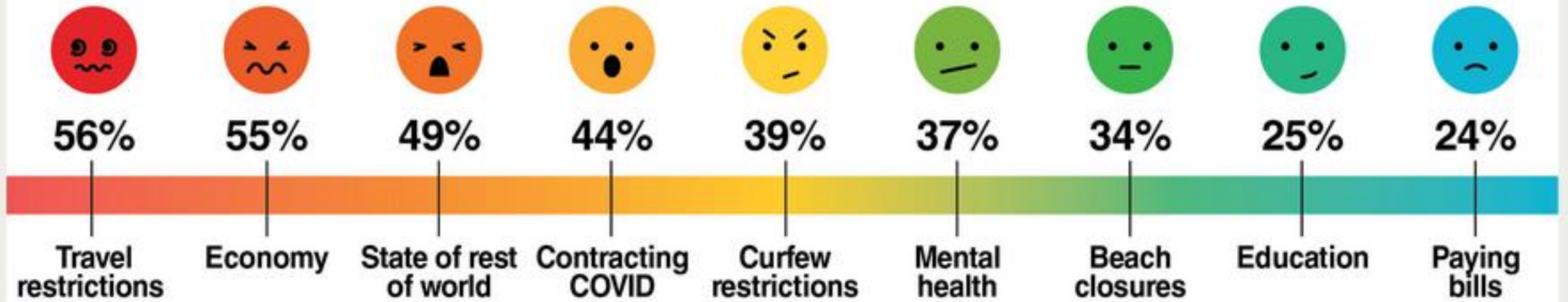
<https://www.insurancejournal.com/news/southeast/2020/02/18/558638.htm>

A detailed 3D rendering of several coronavirus particles. The particles are spherical with a textured, greyish-blue surface and a prominent outer layer of red, crown-like spikes. The background is dark, making the particles stand out. The text 'CORONAVIRUS OUTBREAK' is overlaid in the center in a large, white, bold font.

# CORONAVIRUS OUTBREAK

<https://www.ksnt.com/health/coronavirus/riley-county-has-first-coronavirus-case/>

## Major causes of stress



*Note: Users could select more than one category*

PROPER NUTRITION



PHYSICAL ACTIVITY

**HAPPY YOU, HEALTHY YOU**

REST & HOBBY





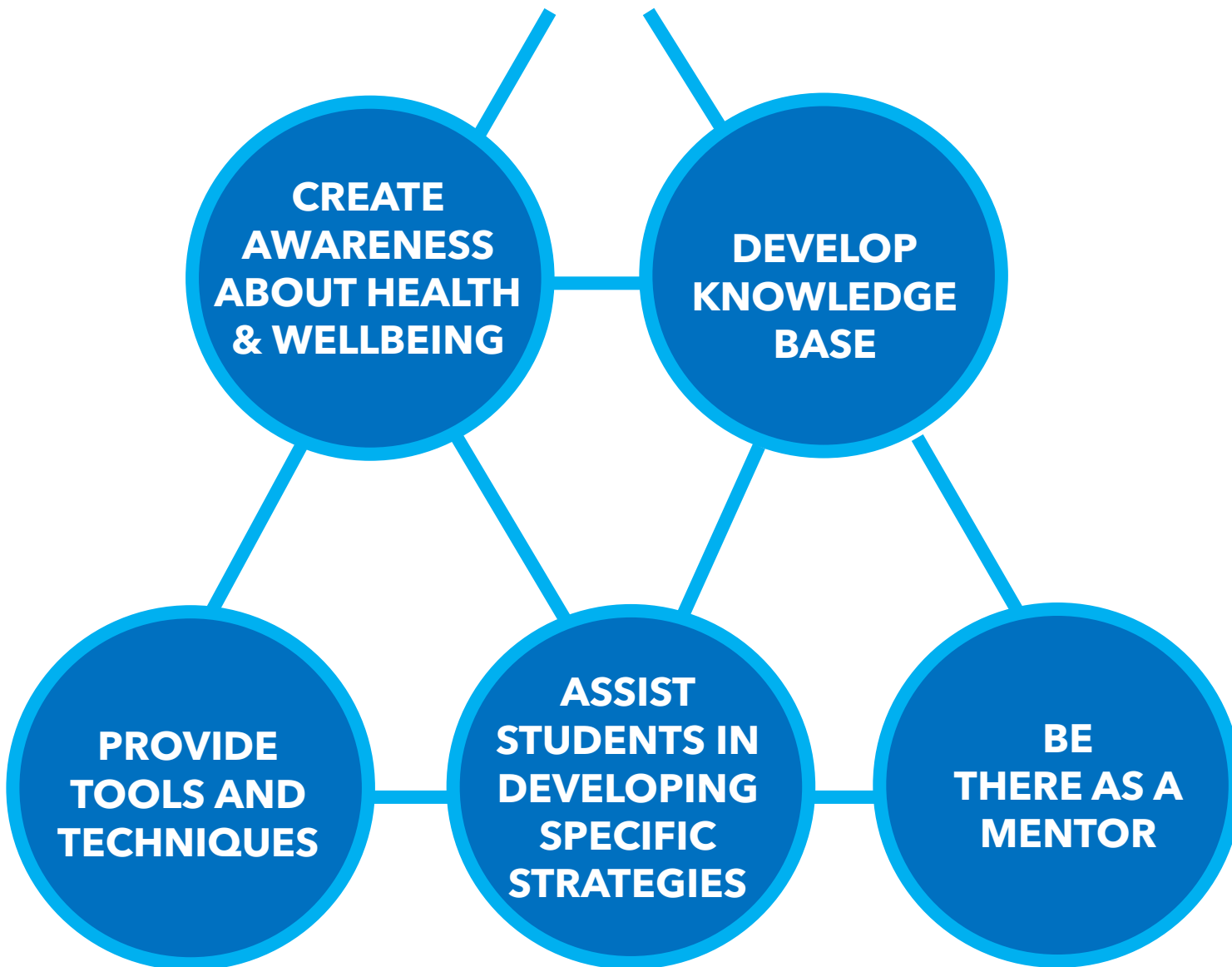
**ONLINE COURSE  
INTRODUCED IN  
SUMMER 2020**

**SIX WEEKS**

**3 DAYS / WEEK**

**FOCUS ON  
DEVELOPING  
STRATEGIES FOR  
HAPPINESS,  
HEALTH,  
AND  
WELLBEING**

## **COURSE GOALS**



# SIX WEEKS ONLINE SUMMER COURSE

## PEDAGOGIES

Student -Centered

Project-Based Learning

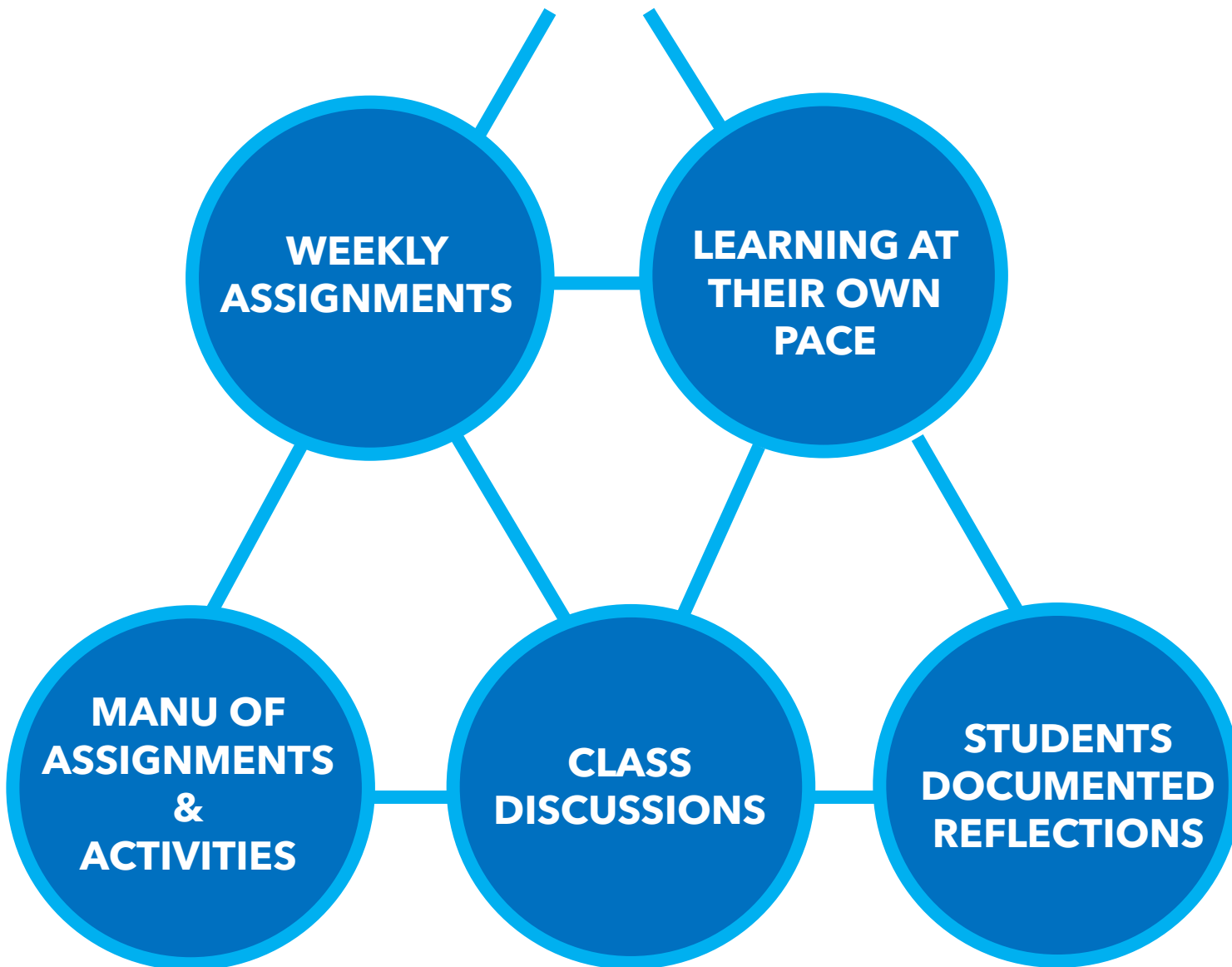
Experiential Learning

Flipped Classroom

Peer to Peer Learning

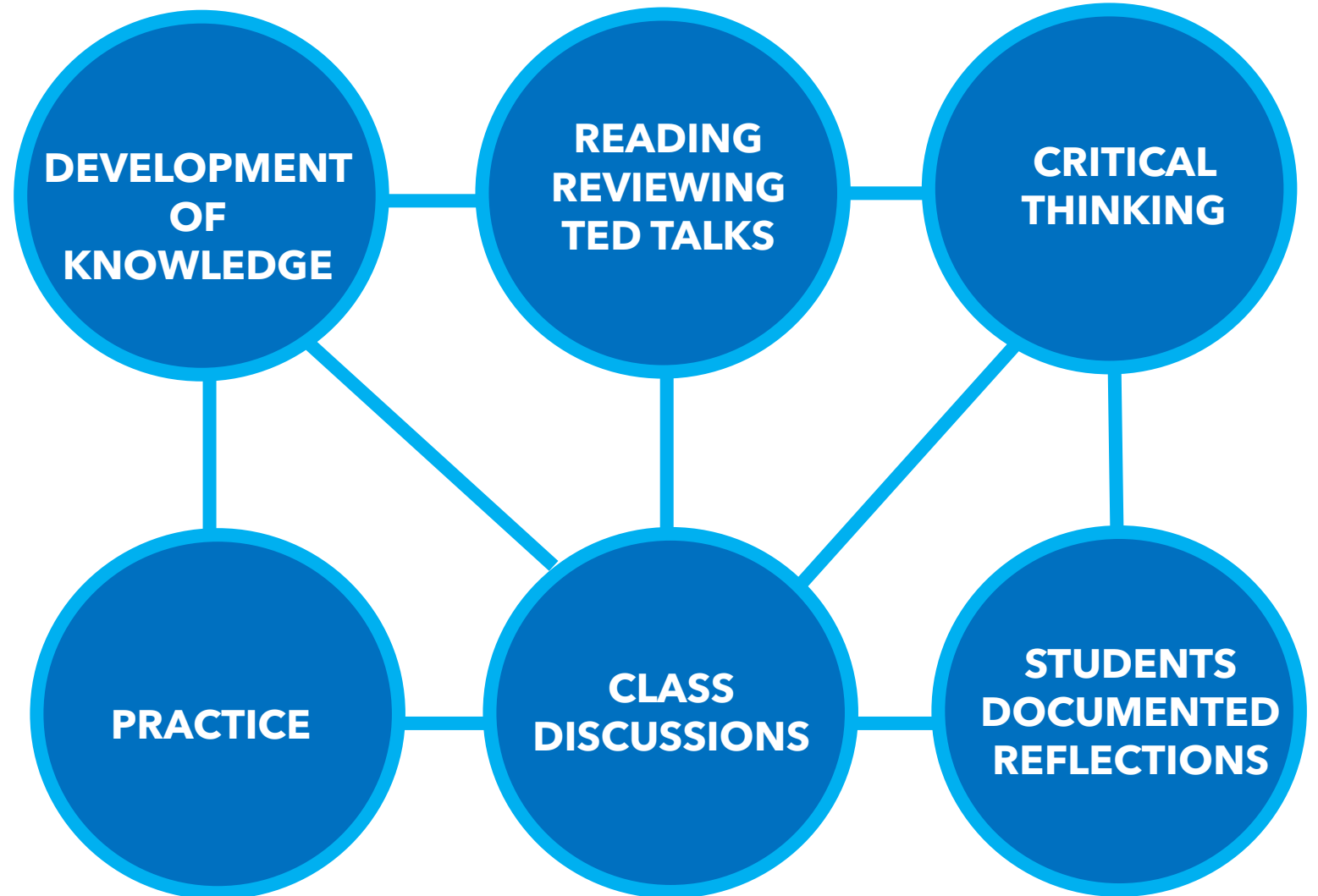
Social Learning

## COURSE DETAILS



# ASSIGNMENTS & ACTIVITIES

## COURSE DETAILS



# ASSIGNMENT 1

## KNOW THY SELF

**This assignment is designed to make you think critically about who you are.** This is an introspective exercise for you! We all think we know who we are - **but do we really?** Research shows that most of our happiness, sadness and other issues, even health issues, depend on our understanding of our selves, our bodies, and how we deal with adversities in life. **For this exercise take time this week to reflect on who you are - what makes you, YOU!**

**Think of your personality, and jot down your personality traits.**

**Now think of your character:** how would you define that? There is a **difference between your personality and your character.** I want you to document both. Here is an article to help you with this distinction: <https://www.psychologytoday.com/us/blog/happiness-in-world/201104/personality-vs-character> (Links to an external site.)

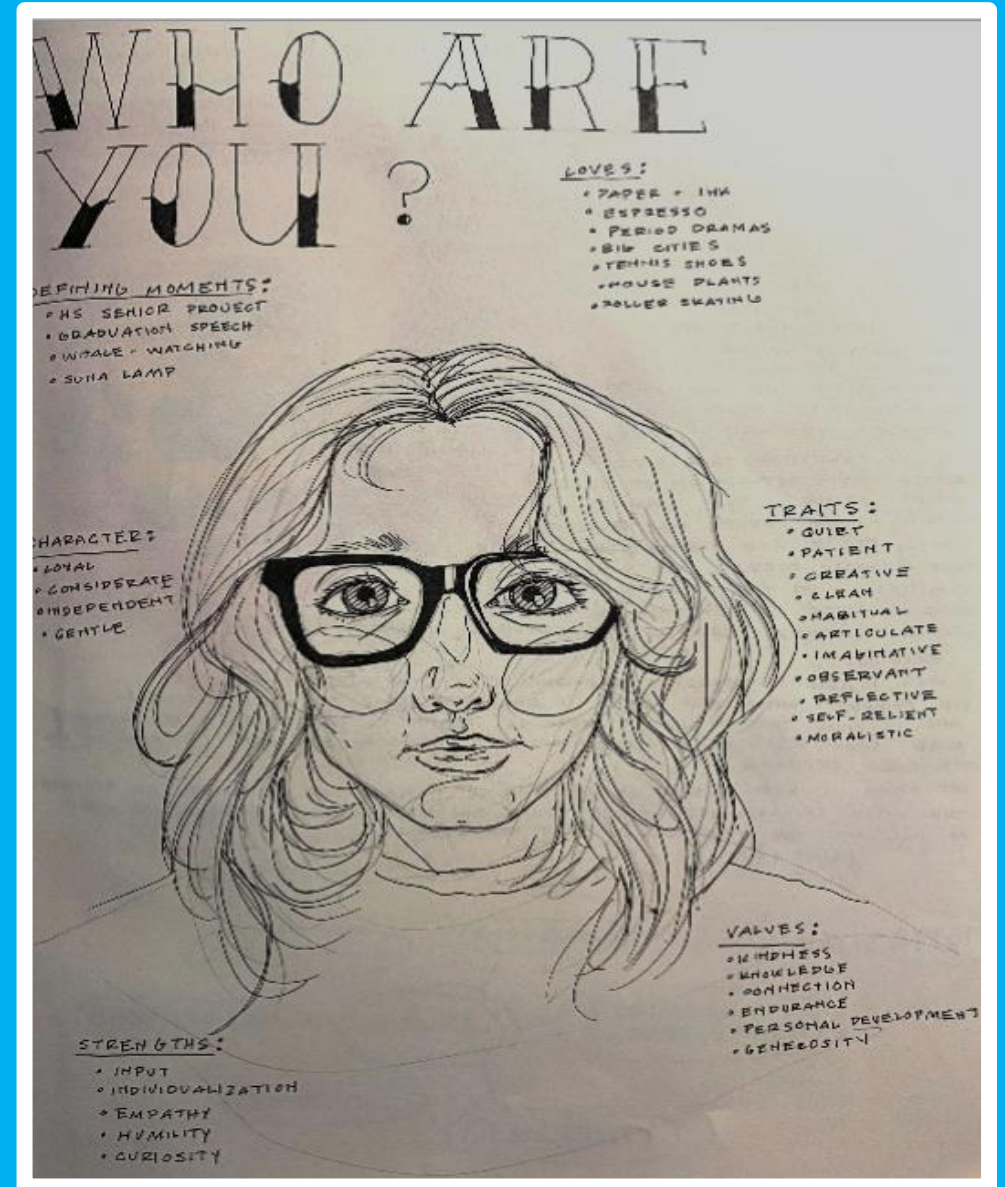
**Think of your values and document them:** here is a resource for you if you are not certain what values are: <https://soulsalt.com/list-of-values-and-beliefs/>

**Think of your strengths and document them:** Here is a resource for finding your strengths: <https://positivepsychology.com/strength-finding-tests/>

**You can also reflect on who you are now, and what you want to be in the future!**

**Then record your reflections about your personality, character, values and strengths through your drawing, writing, painting, collage, and recording your reflections as a video.**

You can select these forms of expression, or couple selected ones - choice is yours. But documenting your reflection in writing is a necessary component - so you can write and augment your writing with drawing, painting, photographs, etc.



A student's documentation of her personality and character

# A student's documentation of their reflection of who they are: Name is removed for privacy

## WHO AM I

### Where I from

My name is Tianyi Li, I'm from China. I was born in Shenyang, the capital city of Liaoning province. My family move to Shenzhen shortly after I went to elementary school. For Shenyang, I have little memory about the people and place, but it is vastly different compare to Shenzhen, which is a city with vibrant economy and leading global technology hub.



Shenyang is one of the largest city in Northeast China with a population of 6.3 million. In the 17th century, Shenyang was the capital of the Qing dynasty in 1632, it has also become the center of heavy industry in China since 1930s.

Shenzhen is located on the east bank of Pearl river on the central coast of southern Guangdong Province. Benefiting from the superior location and China's reform and opening-up policy, Shenzhen has become a modern and international metropolis since 1978. Dubbed as "China Silicon", today's Shenzhen gathers more than 14,000 high-tech companies including Huawei, Lenovo and Tencent. It also becomes the innovation hub as a new generation of start-ups emerging, which makes it the most competitive and innovative city in China.



### Personality & Character

Before I came to United States, I was planning to apply music academy, I have been playing clarinet and Piano for 10 years. In middle school and high school I join the orchestra and jazz band, and play badminton really well. After I got here, I start with Finance major, and various clubs, I was the president of Chinese Students & Scholars Union (CSSU), I plan a lot of activities, such as Spring festival gala and Mid-Autumn festival at Union court. Also work with other clubs to host joint events, such as international day with ISC and LOL competition with Gaming Club. The traits I have at that time was, Extraversion, Openness, Conscientiousness.



I join the College of Architecture on my second year because of my family, my parents want me to have some "actual skill" they think architecture will be good for me in the future, So I apply the school and got accepted.



But I have to say architecture is hard, especially for someone like me, because I always have new ideas want to explore, but a fix deadline I need to keep at the same time. Plus, architecture itself is a difficult major to study. through years of study, I start to realize that I am completely separate from my old days. I was once sociable and keep a balance between life and study, have time to meet new friend and workout daily, transfer to only have friends within the college and buying new clothes yearly because change in weight. I lose confidence every time when I'm frustrated with either design or grades. I feel like I can never achieve anything in this major or life style that I have chosen. So some bad traits start to showing, lack of confidence, time management, and etc.



### Values & Strengths

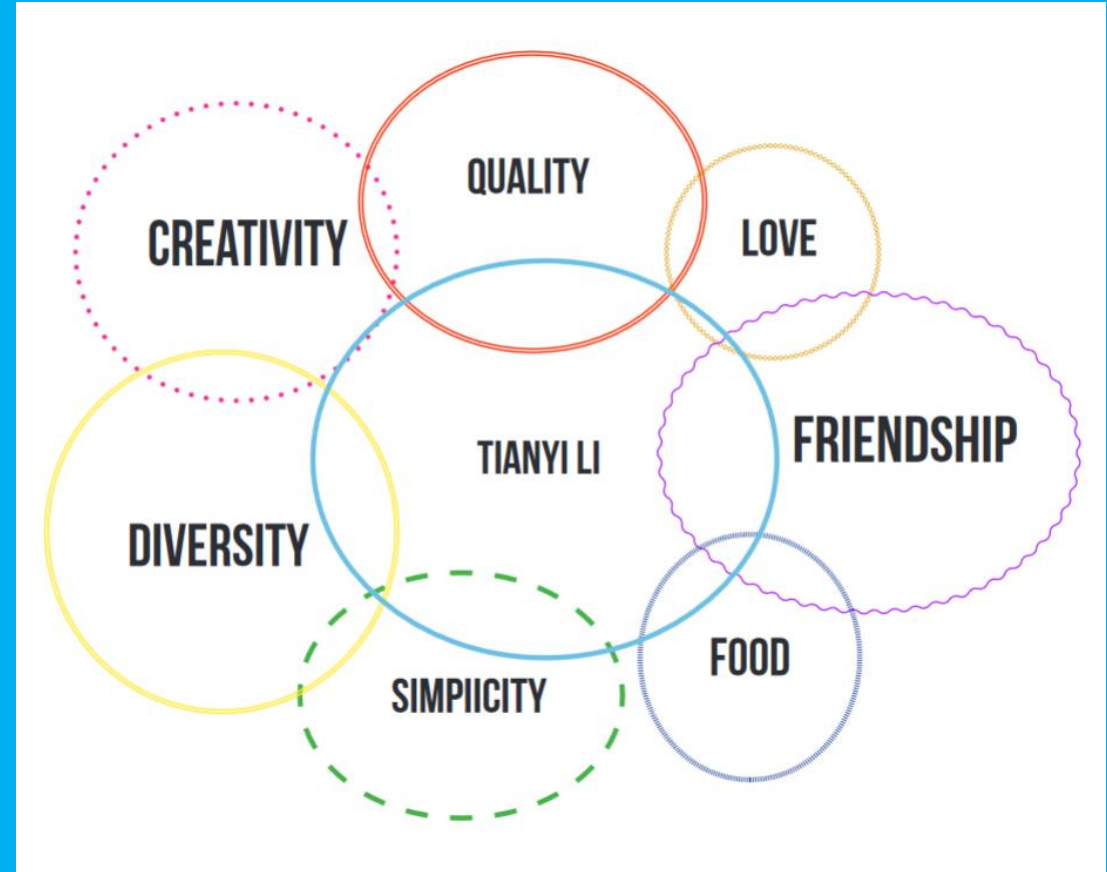
Life is like a double-edged sword, despite I feel like I lose some traits in architecture, but I also gain some important things. Critical thinking and curiosity become my source of strengths. I value creativity, learning and diversity. I find fun and adventures in the studio and classes. I think the journey is a test for me. One can not always live in their comfort zone for too long. I start to look into the welfare of the public through many different design. And start to realize as a designer how my point of view is important to the community.



# ASSIGNMENT 2

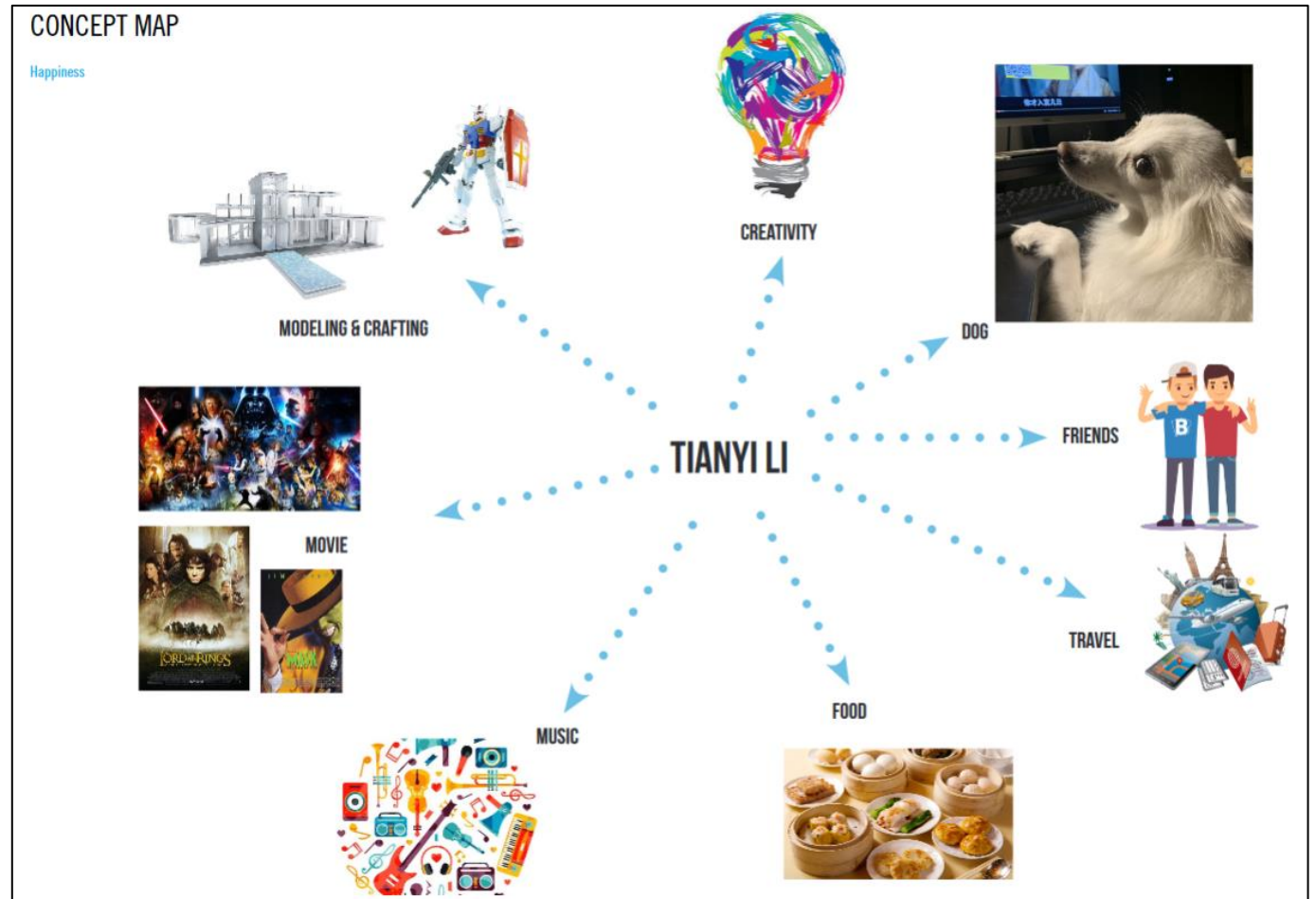
## REFLECTING AND DOCUMENTATING ONE'S VALUES, + HAPPINESS AND HEALTH MAPS

*The idea behind this assignment was to create awareness about important aspects in students' lives so that they can nurture themselves when they are not feeling well or happy.*



# ASSIGNMENT 2: REFLECTING AND DOCUMENTATING ON ONE'S VALUES AND HAPPINESS AND HEALTH MAPS

- Reflect on and develop a Concept Map of your:
  - *Happiness*
  - *Strengths*
  - *Values.*
- *Document these reflections as maps or even a bubble diagram – where you imagine being in the center of your own map and chart out activities and people around you that you value and love.*
- *Draw proportionate circles and indicate the activities and people and places that make you happy.*
- *Similarly, draw concept map for your strengths and values.*



Architecture graduate Student Tianyi Li's documentation of his happiness map.



Lectures

Videos/ Ted Talks

Research Papers

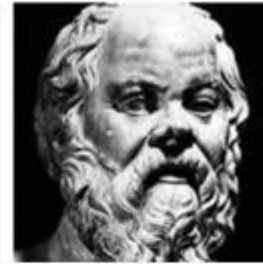
Discussions

Practice

# CULTURAL, RELIGIOUS, PHILOSOPHICAL PERSPECTIVES



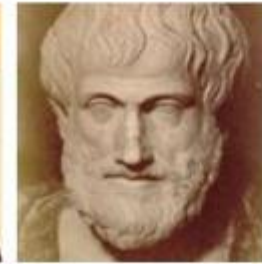
Buddha



Socrates



Confucius



Aristotle



Epicurus



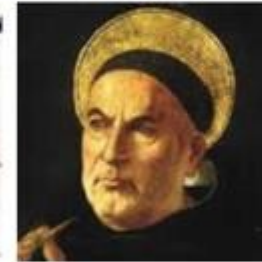
Mencius



al Ghazali



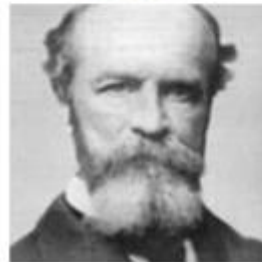
Zhuangzi



Thomas Aquinas



John Locke



William James



Abraham Maslow



Marie Jahoda



Mihaly



Martin Seligman



# POSITIVE PSYCHOLOGY



**Mary Jahoda**

<https://www.pursuit-of-happiness.org/history-of-happiness/marie-jahoda/>



**Martin Seligman**

<https://positivepsychology.com/what-is-positive-psychology-definition/>



**Roy F Baumeister**

<https://psy.fsu.edu/faculty/baumeister/err/baumeister.dp.php>



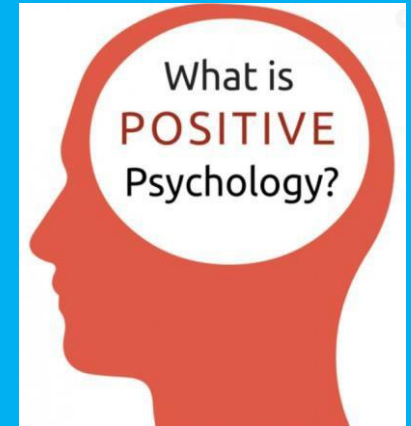
**Christopher Peterson**

<https://www.psychologytoday.com/us/experts/christopher-peterson-phd>

In 2008, Martin Seligman proposed a new field, positive health. He proposed that the World Health Organization concentrates on its Preamble to its Constitution from 1946, which states:

***"Health is a state of complete positive physical, mental, and social well-being, and not merely the absence of disease or infirmity."***

[https://positivepsychology.com/health-engagement/?utm\\_source=ActiveCampaign&utm\\_medium=email&utm\\_content=%5BPP+Round-Up%5D+Emotional+Health%3A+Real+Life+Examples+and+How+to+Enhance+It&utm\\_campaign=%5BPP+Round-Up%5D+Emotional+Health%3A+Real+Life+Examples+and+How+to+Enhance+It](https://positivepsychology.com/health-engagement/?utm_source=ActiveCampaign&utm_medium=email&utm_content=%5BPP+Round-Up%5D+Emotional+Health%3A+Real+Life+Examples+and+How+to+Enhance+It&utm_campaign=%5BPP+Round-Up%5D+Emotional+Health%3A+Real+Life+Examples+and+How+to+Enhance+It)



**Dr. Jahoda was the pioneer of happiness scholarship.**

**Dr. Seligman coined the term Positive Psychology.**

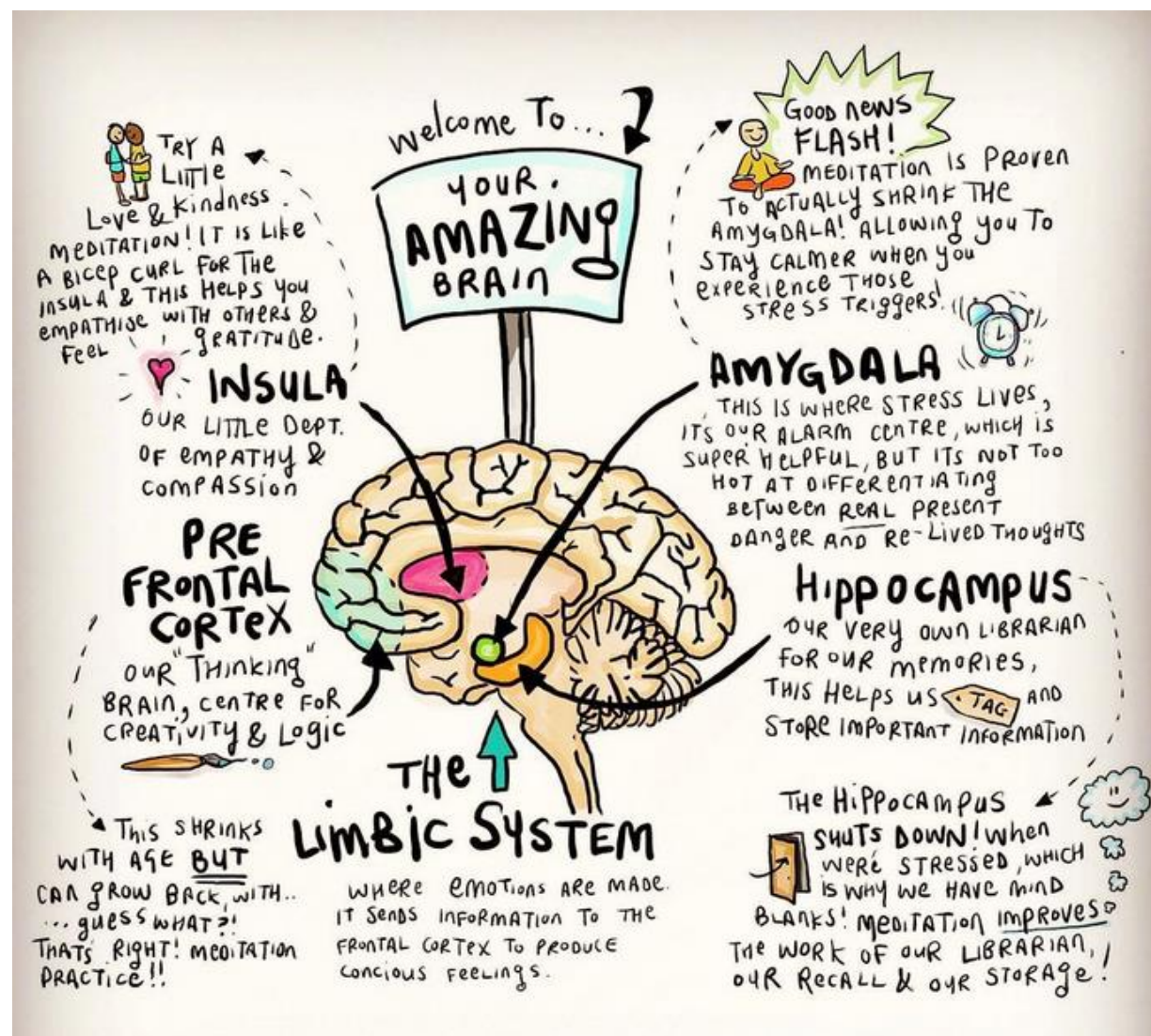
**These experts have changed the field of psychology!**

Mindfulness practice enhances attention.

Mindfulness practice improves emotion regulation and reduces stress.

Fronto-limbic networks involved in these processes show various patterns of engagement by mindfulness meditation.

# MINDFULNESS & NEUROSCIENCE

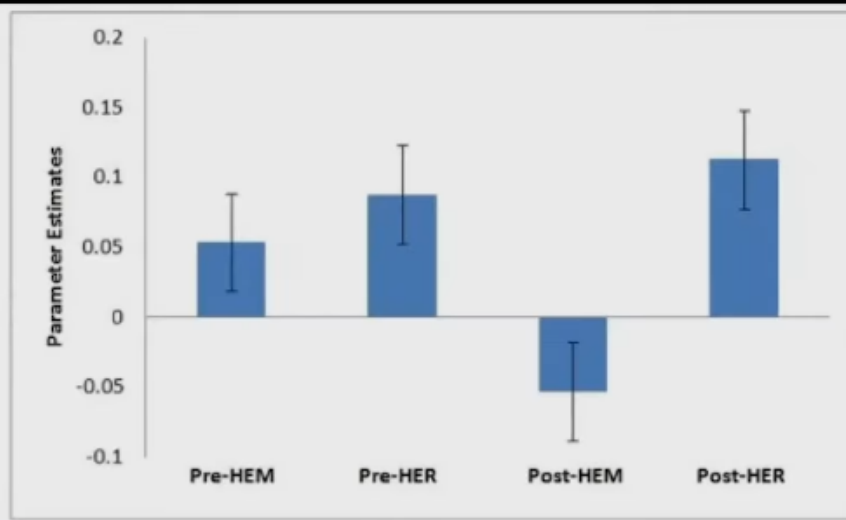
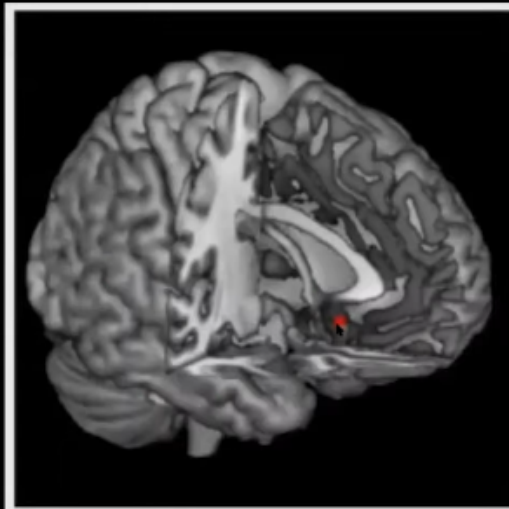


<https://twitter.com/DrKevinFleming/status/1187885013162954752>

# MINDFULNESS & NEUROSCIENCE

DEVELOPMENT  
OF  
KNOWLEDGE

Mindfulness reduces stress by attenuating connectivity between ACC and amygdala



How mindfulness changes the emotional life of our brains |...

TEDx Talks ✓  
1.4M views • 1 year ago

17:53

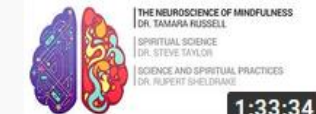


Jon Kabat-Zinn - "The Healing Power of Mindfulness"

Dartmouth ✓  
2.9M views • 9 years ago

1:52:33

SCIENCE & SPIRITUALITY #2



The Neuroscience of Mindfulness – Dr Tamara...

The Weekend University  
7K views • 1 year ago

1:33:34



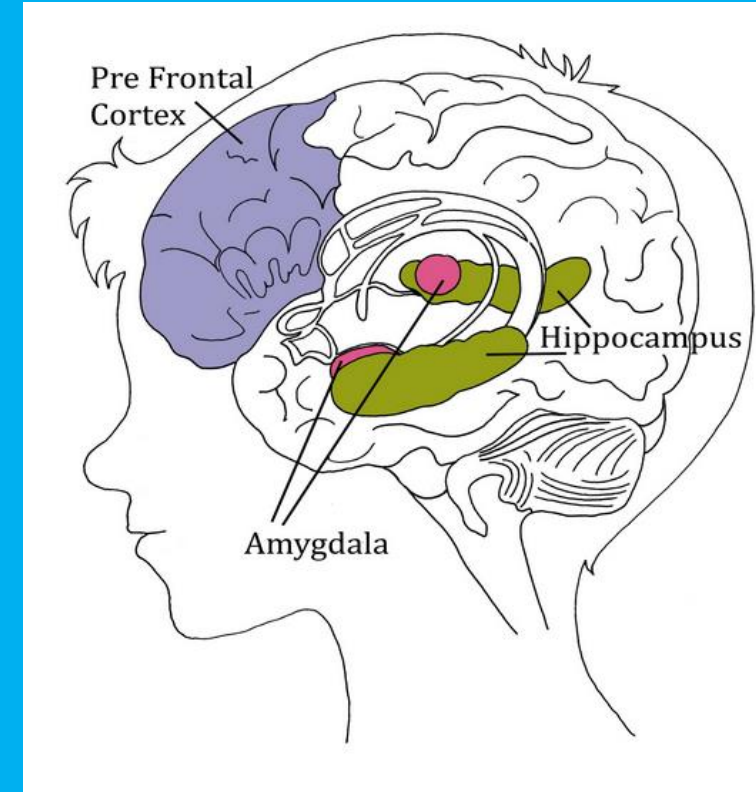
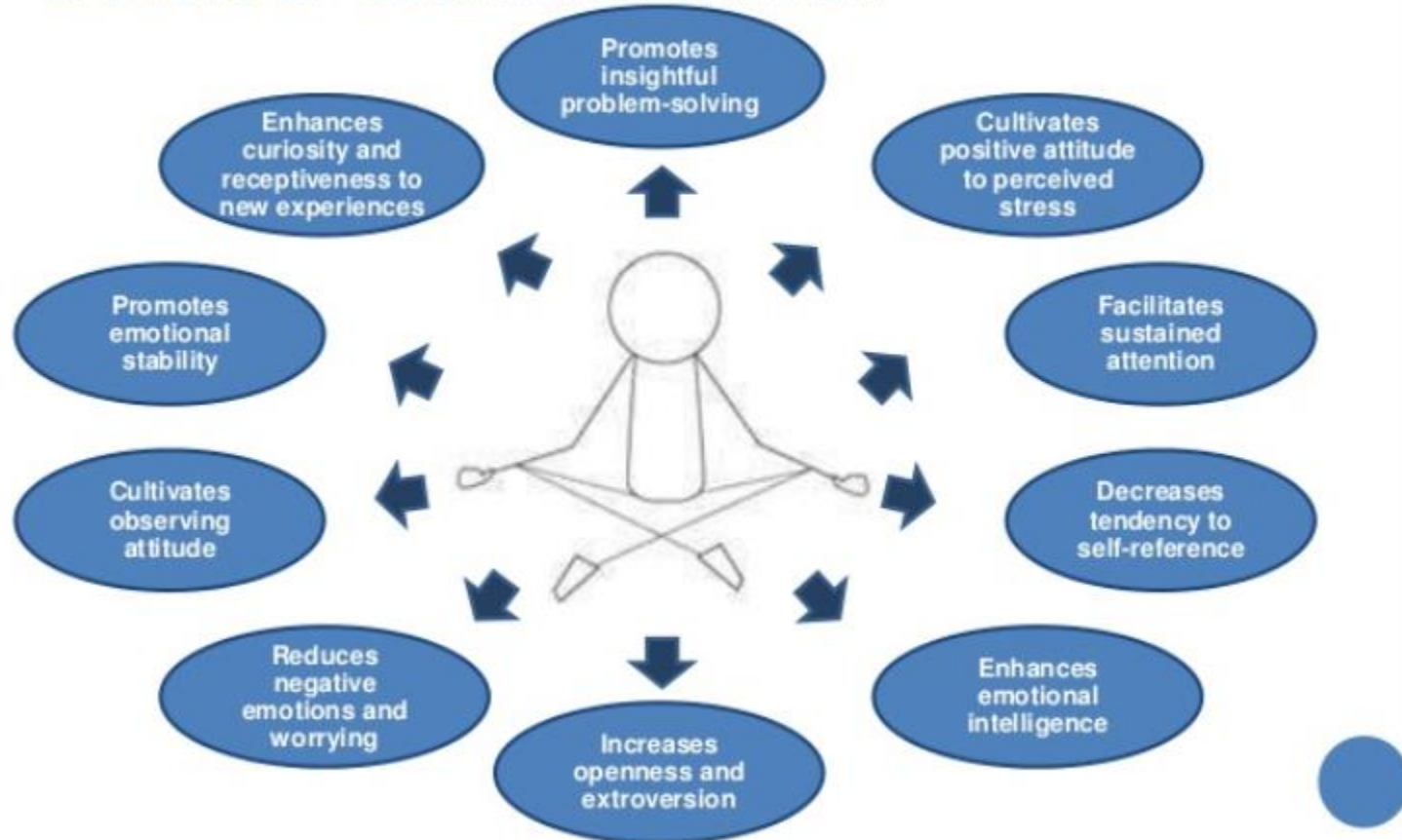
The Science of Mindfulness | Daniel Goleman

Wisdom 2.0  
30K views • 3 years ago

25:27

# IMPACT OF MINDFULNESS ON BRAIN






## MINDFULNESS PRACTICE HAS MULTITUDE OF EFFECTS OF COGNITIVE FUNCTION

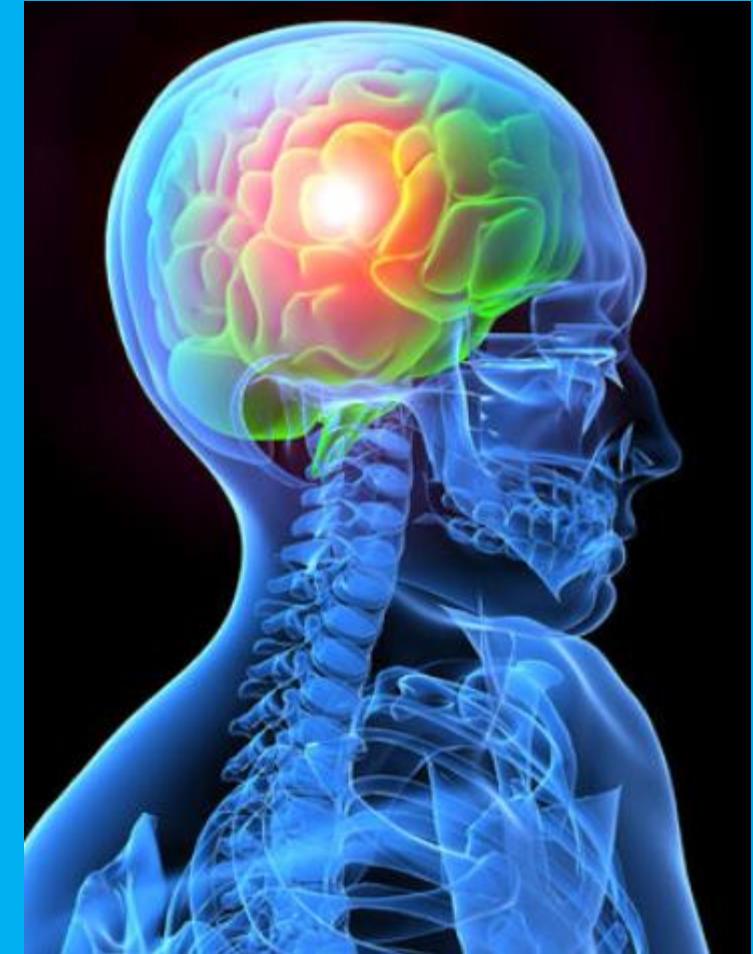


<https://teachpeaceofmind.org/neuroscience-and-mindfulness-in-early-childhood/>

# MINDFULNESS & NEUROSCIENCE

## DIFFERENT LEVELS OF CONSCIOUSNESS LINKED WITH DIFFERENT BRAIN WAVE PATTERNS

Meditative	High alpha/theta	
Panic states	High beta	
Dreaming sleep	High theta	
Hypnogogic/hypnopompic	High alpha	
Deep sleep	High delta	



Copyright 2012 Dr Shanida Nataraja, Author of *The Blissful Brain: Neuroscience and Proof of the Power of Meditation*

<https://www.psychologytoday.com/us/blog/the-athletes-way/201511/the-neuroscience-mindfulness-meditation-and-pain-relief>

**PRACTICE**

**ASSIGNMENT  
BASED ON  
NEUROSCIENCE**

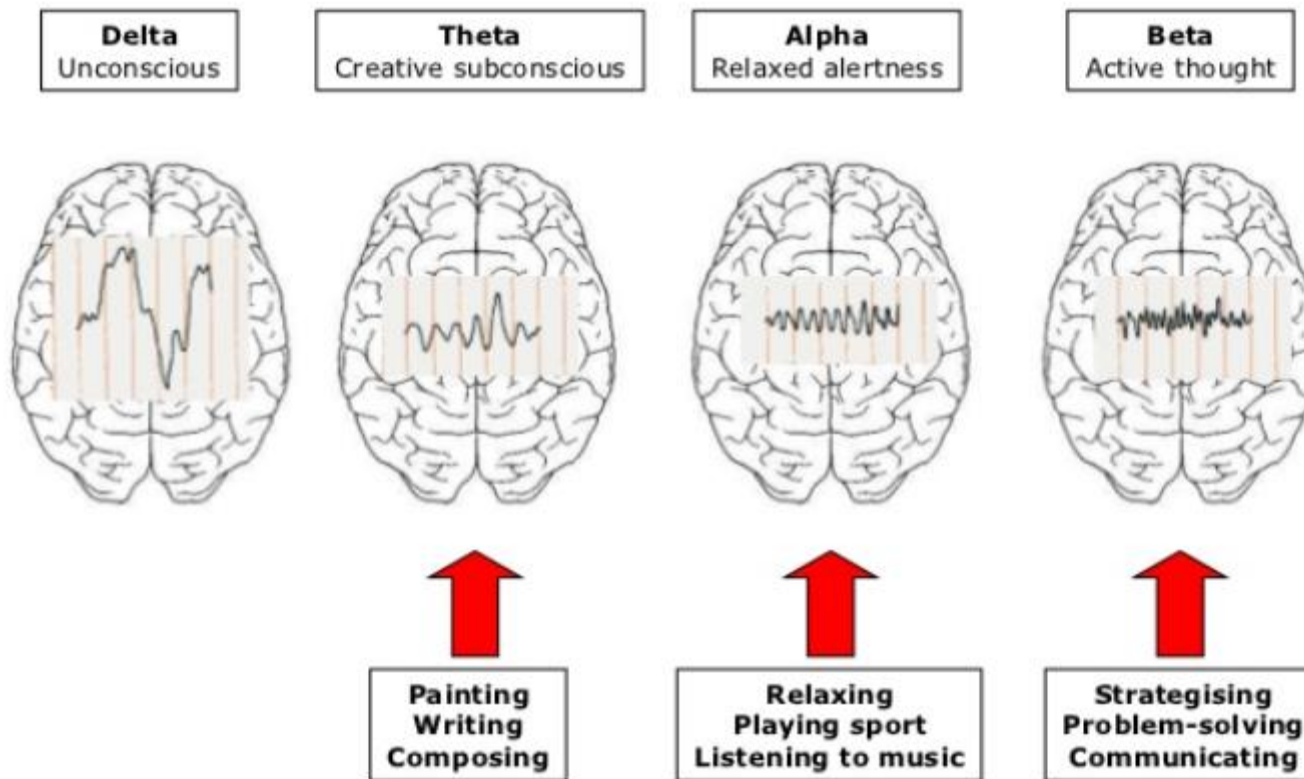
**Painting**

**Writing**

**Relaxation**

**Listening To Music**

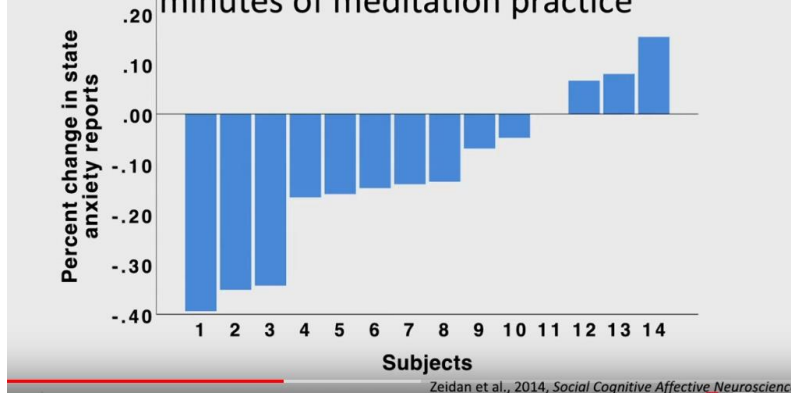
**RECORDINGS IDENTIFY FOUR MAJOR TYPES  
OF BRAIN WAVES**



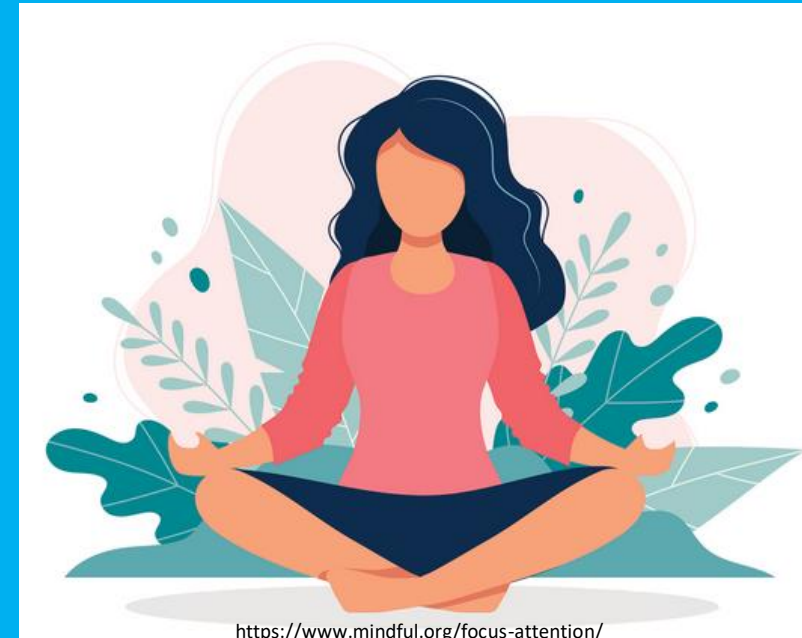
Copyright 2012 Dr Shanida Nataraja, Author of *The Blissful Brain: Neuroscience and Proof of the Power of Meditation*

# NEUROSCIENCE PERSPECTIVES

Mindfulness significantly reduces anxiety after 20 minutes of meditation practice



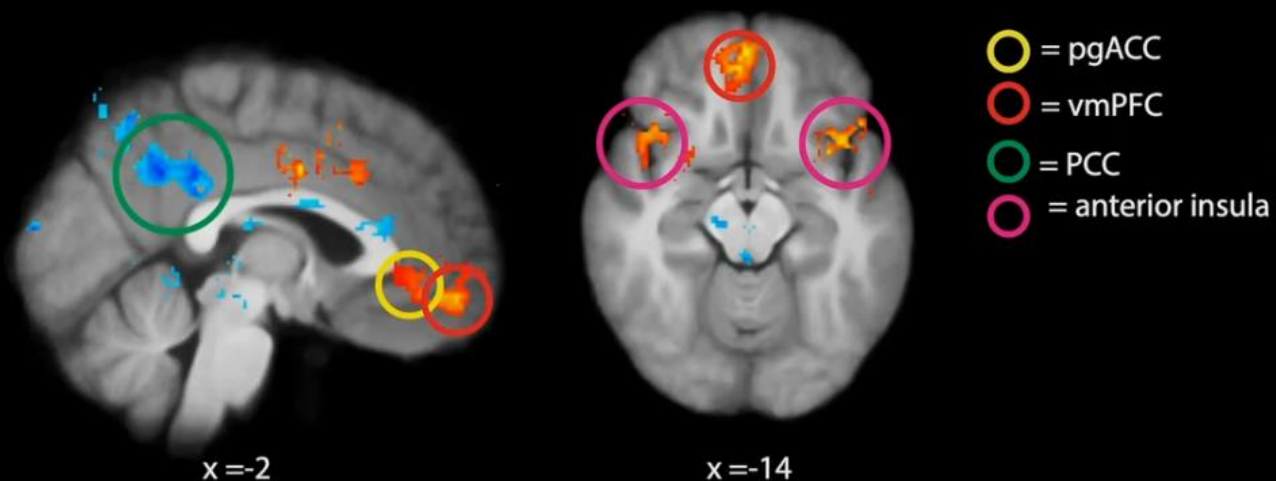
# ASSIGNMENT BASED ON NEUROSCIENCE



<https://www.mindful.org/focus-attention/>

# MEDITATION EXERCISE

Mindfulness significantly reduces anxiety after 20 minutes of meditation practice



<https://www.youtube.com/watch?v=ca0uLyRTrQ0>

Zeidan et al., 2014, *Social Cognitive Affective Neuroscience*



*John Kabat Zinn*

John Kabat Zinn has developed many mindfulness-based exercises that most cognitive psychologists use today.

KSU Counseling is now offering Mindfulness classes.

# ASSIGNMENT BASED ON NEUROSCIENCE



**BODY  
SCAN**



**MINDFUL  
SEEING**



**MINDFUL  
LISTENING**



**MINDFUL  
BREATHING**



**5 SENSES  
EXERCISE**



# MINDFULNESS AND NEUROSCIENCE

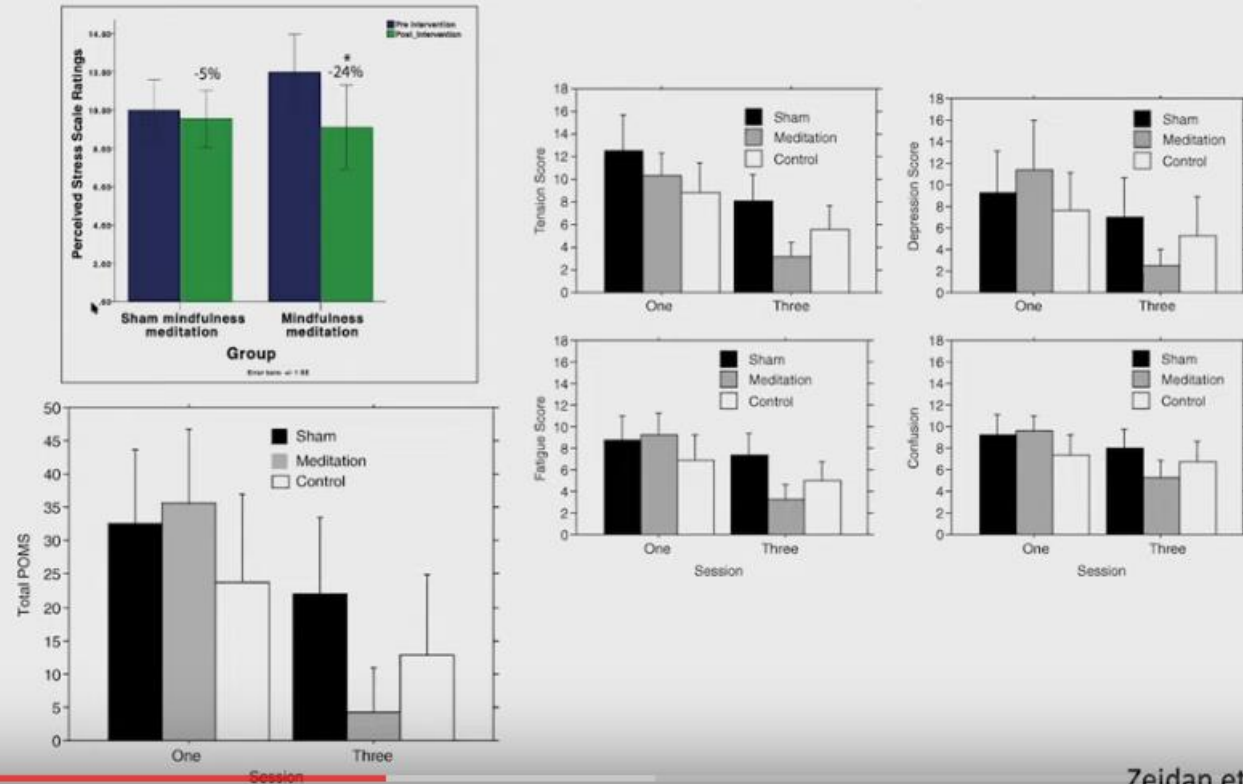
## ASSIGNMENT BASED ON NEUROSCIENCE

FOREST BATHING

MINDFULNESS  
WALK

MINDFUL EATING

### The role of brief mindfulness training in depression & anxiety



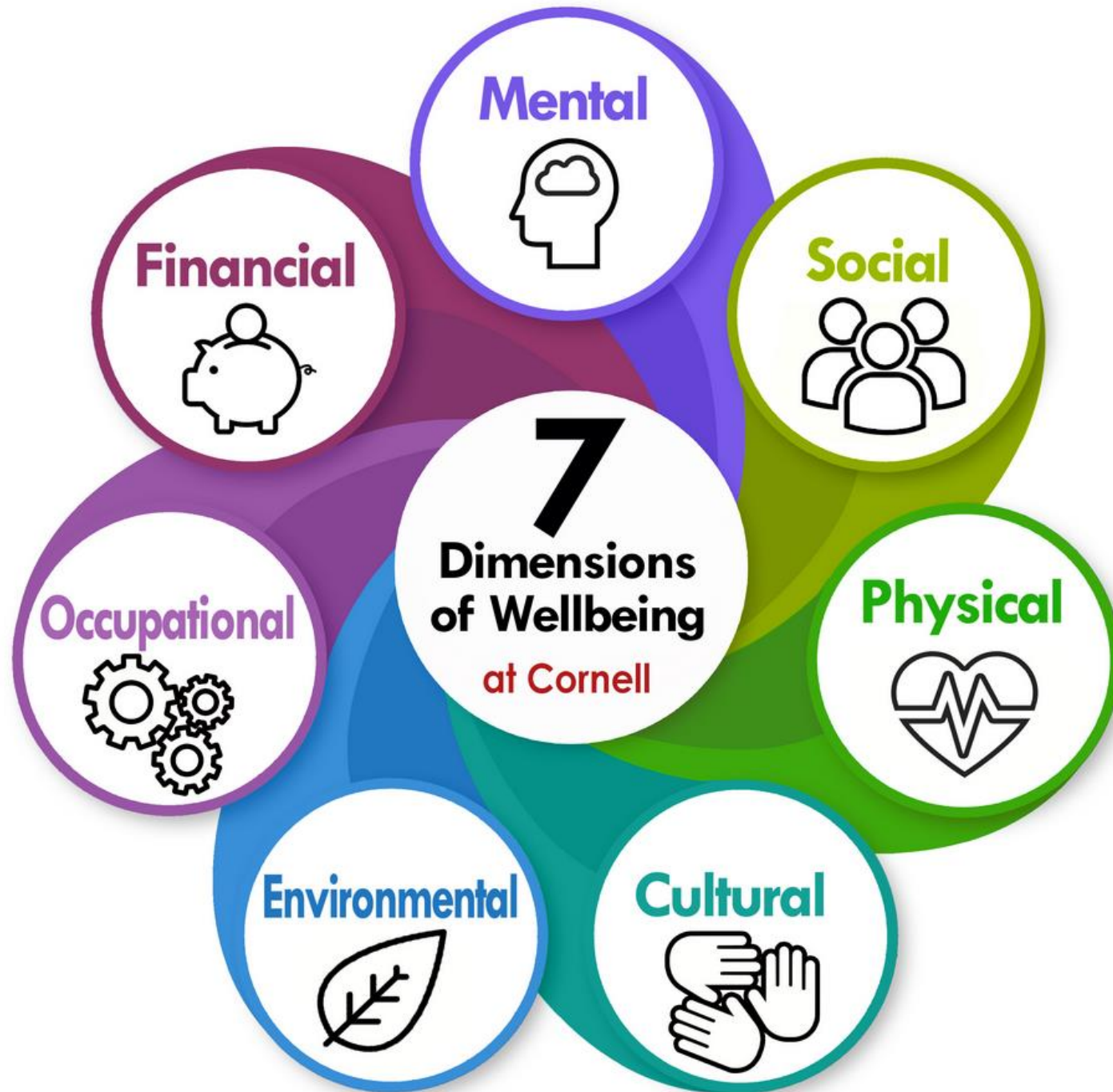
## DEVELOPMENT OF KNOWLEDGE

# WELL·BE·ING

The World Health Organization describe mental wellbeing as:

***"a state in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community".***





# WELLBEING

According to Naci and Ioannidis, "Wellness refers to diverse and interconnected dimensions of physical, mental, and social well-being that extend beyond the traditional definition of health."

It includes choices and activities aimed at achieving physical vitality, mental alacrity, social satisfaction, a sense of accomplishment, and personal fulfillment". [1][2][3]

# CONCEPT OF WHOLE - BEING

## Whole Person + Well Being



**Whole Being concept is developed by Megan McDonough and Tal Ben-Shahar**



**HOW CAN ONE BE HAPPY AND HEALTHY?**

**PRACTICE**

## **HEALTH RITUALS**

**Sleep**

**Bathing**

**Massage**

**Cooking**

**Tea / Coffee**





Acupressure



Acupuncture



Aromatherapy



Art Therapy



Ayurveda



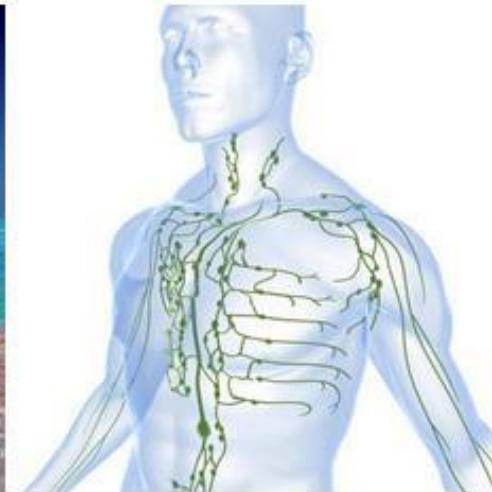
Forest Bathing



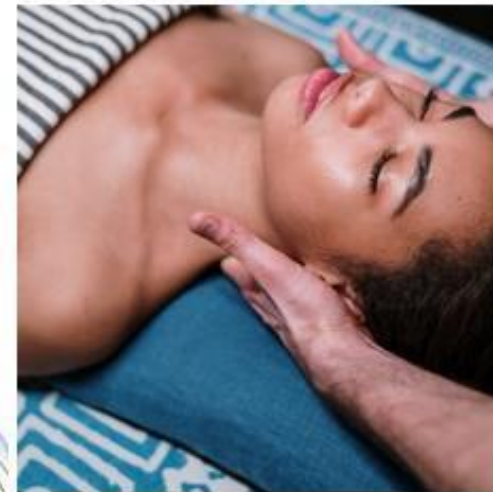
Halotherapy/Salt Therapy



Hydrotherapy



Manual Lymph Drainage



Massage

<https://globalwellnessinstitute.org/wellnessevidence>

# ALTERNATIVE THERAPIES THAT CAN HELP IN IMPROVING ONE'S HEALTH AND WELLNESS



Meditation



Music Therapy



Nutritional Counseling



Optimism



Pilates



Relaxation Therapy



Sauna



Sleep Health



Tai-Chi



Stress Management

<https://globalwellnessinstitute.org/wellnessevidence>

# ALTERNATIVE THERAPIES THAT CAN HELP IN IMPROVING ONE'S HEALTH AND WELLNESS



# HEALTHY FOOD



**PRACTICE**

**Documentaries on  
Nutrition and  
Health**

**Meal Preparation**

**Recipe Share**

**PRACTICE**

**PHYSICAL EXERCISE**

**Yoga**

**Walking / Running**

**Zumba**

**Thai Chi**

**Pilate**





GLOBAL WELLNESS  
INSTITUTE™  
EMPOWERING WELLNESS WORLDWIDE

2018 RESEARCH REPORT

# Build Well to Live Well

WELLNESS LIFESTYLE REAL ESTATE  
AND COMMUNITIES



[WWW.GLOBALWELLNESSINSTITUTE.ORG](http://WWW.GLOBALWELLNESSINSTITUTE.ORG)

DEVELOPMENT  
OF  
KNOWLEDGE

## GLOBAL WELLNESS

The Global Wellness Institute defines wellness as **the active pursuit of activities, choices and lifestyles that lead to a state of holistic health.**



# WHAT IS IMPORTANT TO INCLUDE FOR EMOTIONAL HEALTH AND WELLBEING?

## Environmental Factors

Air and Water Quality

Light

## Sensorial experiences

Temperature

Colors

Textures

Materials

Aromas

Sounds

View to Nature



# OUTCOMES: HAPPY MEAL

As discussed in class today, **make a healthy weekend meal**: It can be a breakfast smoothie, or lunch, or dinner for you. You can share it with your family member or friend if you like! But I want you to document the making of the meal and enjoying this meal. So, take a photo or video and share the recipe. **In your written documentation, include the following:**

**Recipe of the meal you decided to make**

**Describe the location of the activity:** -Where did you make the meal, where did you share or consumed the meal

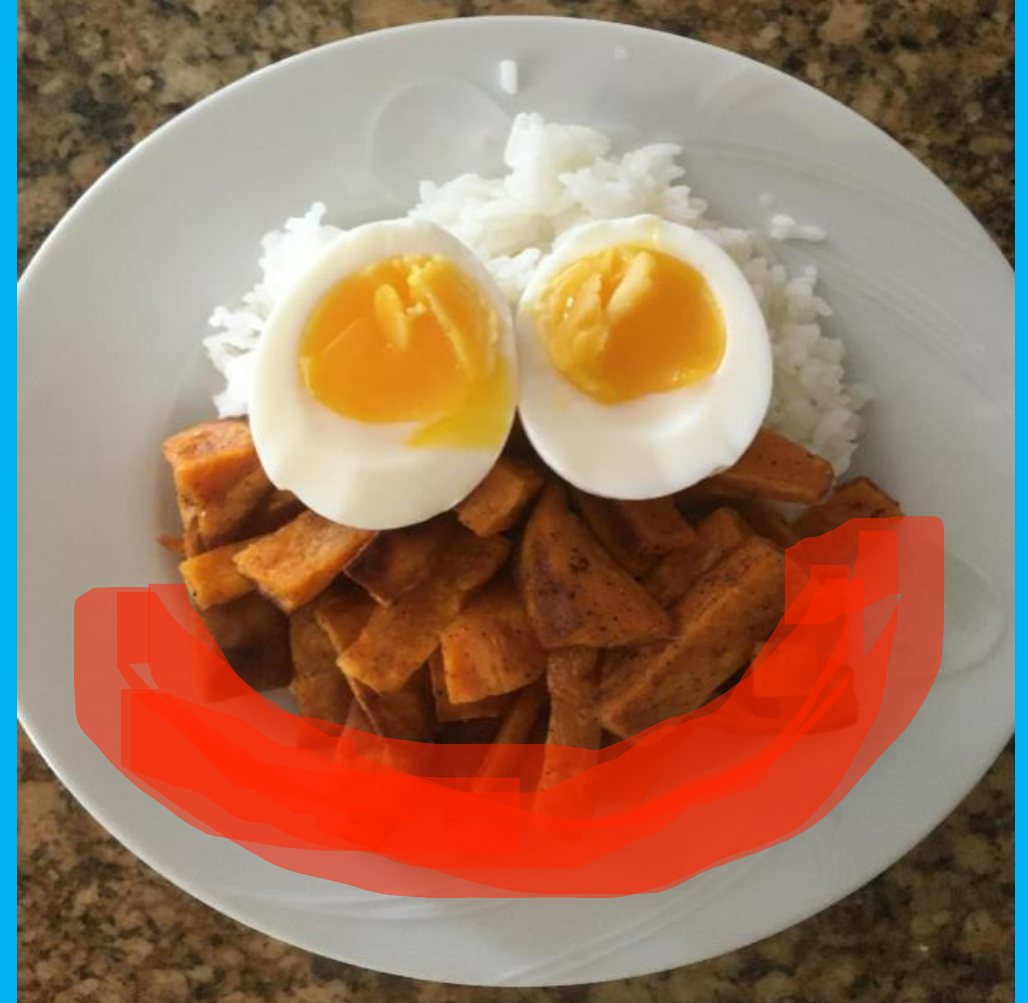
**Reason for the location selection:** Why did you select this environment to dine in or share it with others

**Did you enjoy the cooking experience? If yes, why, if not, why not?**

**Did this activity make you happy? If yes, why, if not, why not?**

**Would you continue this activity in the future?**

**Again, remember, you do not have to follow my style of documentation! This is your documentation, so you can document it in a form you love the most** - Take a photo of your meal, and then document the feelings in writing. Here is the recipe for the salad I made for lunch and my explanation of above points.





## BLUEBERRY BANANA SMOOTHIE BOWL

Susana Cerda Torres

1. In a blender, add the almond milk, frozen blueberries, cauliflower, and banana.
2. Blend until smooth (depending on the blender, you may need to periodically stop and mash the frozen fruit with a spoon or other utensil in order to make it easier for the blender to smoothen).
3. Pour smoothie into a bowl.
4. Add your choice of toppings to the smoothie, garnishing as desired!

### INGREDIENTS

- 1/2 frozen banana, sliced
- 3/4 cup of frozen blueberries
- 1/2 cup of frozen cauliflower
- 3/4 cup of sweetened vanilla almondmilk

Along with fruit or nuts of your choosing for the toppings



### Recipe

1. Pour seldom oil until pot heated.
2. put pork belly into the oil until the pork changed to light yellow. and then fry Mushroom, onion, Clam in the pot until the clam open
3. Put the water and oyster into the pot.
4. After the water boiled, put noodles into the water.
5. When the water boiled again, Put the Cabbage into the pot until the water boild one more time.
6. Put the seasoning into the dish if you think the taste is not good.
7. Eat!!!



Putian Lumein

### My Weekend Healthy Meal

#### WHY THIS IS YOUR FAVORITE DISH?

This dish is one of my hometown famous cuisine - Putian traditional food. It is mixed with a lot of food materials that come from whatever moutain, land or ocean. The taste of the dish is originated from materials themselves. It is delicious and helathy . However, even though the process is simple, but it is hard to cook well.

#### DESCRIBE THE LOCATION WHERE YOU HAD YOUR MEAL REASON FOR THE LOCATION SELECTION

I rent a small apartment that is in 4th floor and next to the busy street in Shanghai. I cook it in my small kitchen. I ate my food in my place. I like to hear noise because it give me a sense of activity. Every morning I wake up following the street lives. It makes me to be a member of the society.

#### DID YOU ENJOY THE COOKING EXPERIENCE?

Yes, I enjoied the cooking experience. The food is my favorite and I cannot eat the dish in Shanghai becasure no restaurant can cook it.

#### DID THIS ACTIVITY MAKE YOU HAPPY?

Yes, it made me happy. After I cooked, I share my dish to my friends and introduce our interesting class. Even though most of my friends know how to cook, they still like to give me comments whatever good or bad. But, At least, I enjoied it. this can be a topic with my friends

#### WOULD YOU CONTINUE THIS ACTIVITY IN THE FUTURE?

Yes, I'd like to. When I was taking studio in the US, sometimes I felt suck in some moments. at this situation, I would like to go back home and do something that helo me relax. Cook is one of my methods. It helped me to calm down and relax. Also, it can help me to train my patience.

#### Main Ingredients:



Clam



Chinese Cabbage



Noddle



Mushroom



Pork Belly



Oyster



Clam

#### The Seasoning



Oil



Salt



Oyster Source



Chicken Essence

# PHYSICAL EXERCISE

## ANAEROBIC EXERCISE

Susana Cerda Torres



### A SERIES OF ANAEROBIC EXERCISES

#### LOCATION: BEDROOM

I like to complete my workouts in my room during the evening. I like working out in my room since I can not go to the gym right now and I like the sense of privacy that comes from being in there. I also enjoy working out in the evening because it tends to wear me out and I sleep like a baby at night!

### WHAT DO YOU ENJOY ABOUT THIS ACTIVITY?

I've been trying to get into the habit of working out every day for my health and so I feel more confident. I try to target specific areas that I feel need some extra love. I enjoy this activity because of the outcome that I know will come from exercising consistently.

Although the workouts that I do are a bit intense, I do get a feeling of satisfaction when I'm done as I am anticipating the results that will gradually appear.

### HOW DO YOU FEEL DURING AND AFTER?

During the workouts, I get a feeling of satisfaction as I feel the burn of every workout style that I do. I enjoy the music and videos that I watch while completing the exercises.

After I complete everything, although I am physically tired and sore, mentally my mind is clearer and I feel more focused.

### DOES THIS ACTIVITY MAKE YOU HAPPY?

Although this activity does wear me out, I feel content knowing that I am getting physical benefits from it. Not only do I feel better knowing that I am doing something to improve my physical appearance, this also improves my physical health.

As I mentioned before, I started doing specific exercises to target areas of my body that I felt did not look like I wanted them to. Doing this makes me excited to start to gradually see the results and start to feel more confident.

Aside from physical benefits, I do feel mental benefits as well. Like I mentioned, my mind feels refreshed and clear when I complete my workouts. Doing these has different benefits for me.

So yes, despite feeling worn out and physically tired, this activity does make me happy in a way.



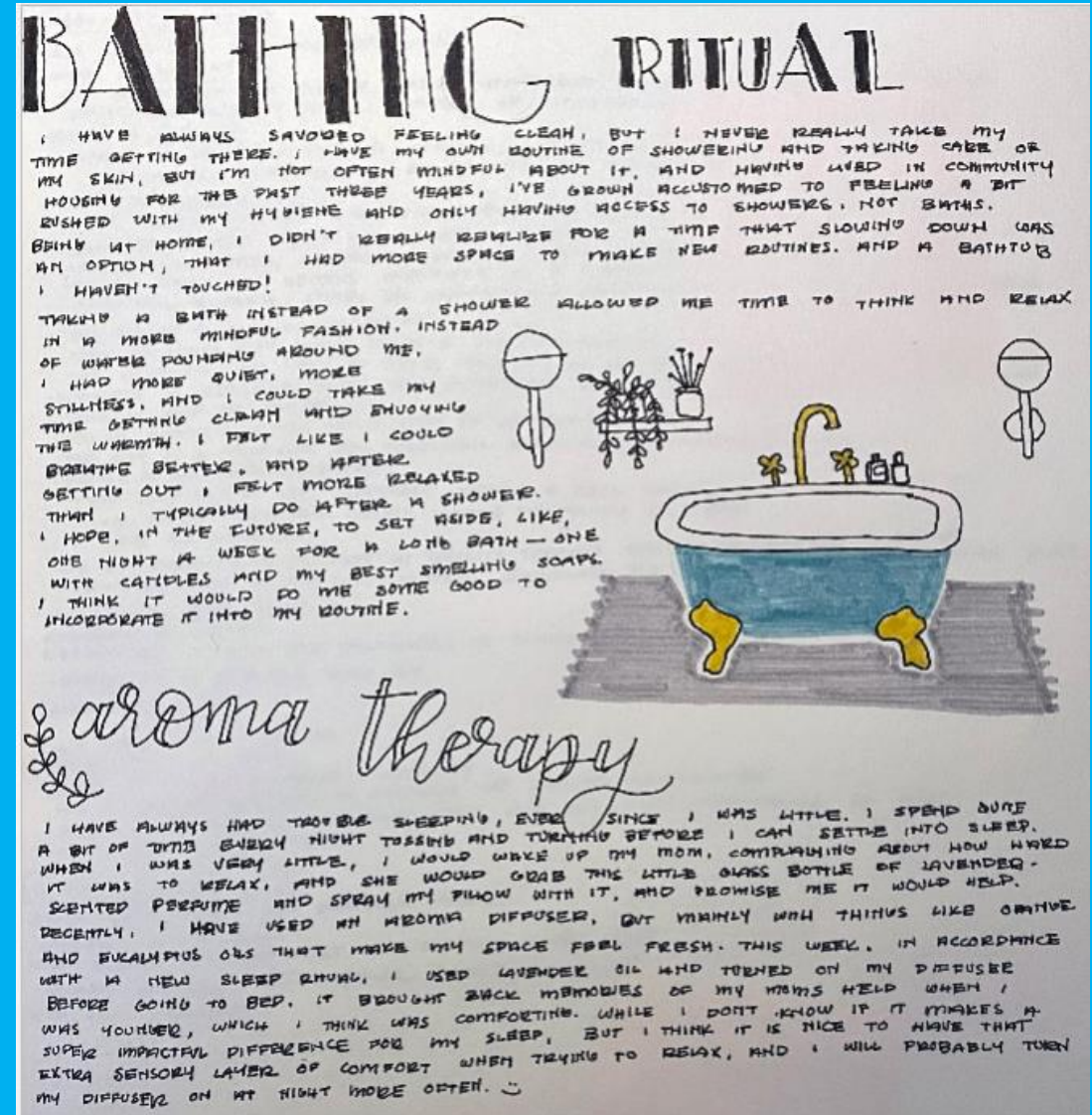


# REFLECTION AND DOCUMENTATION OF HEALTH RITUALS

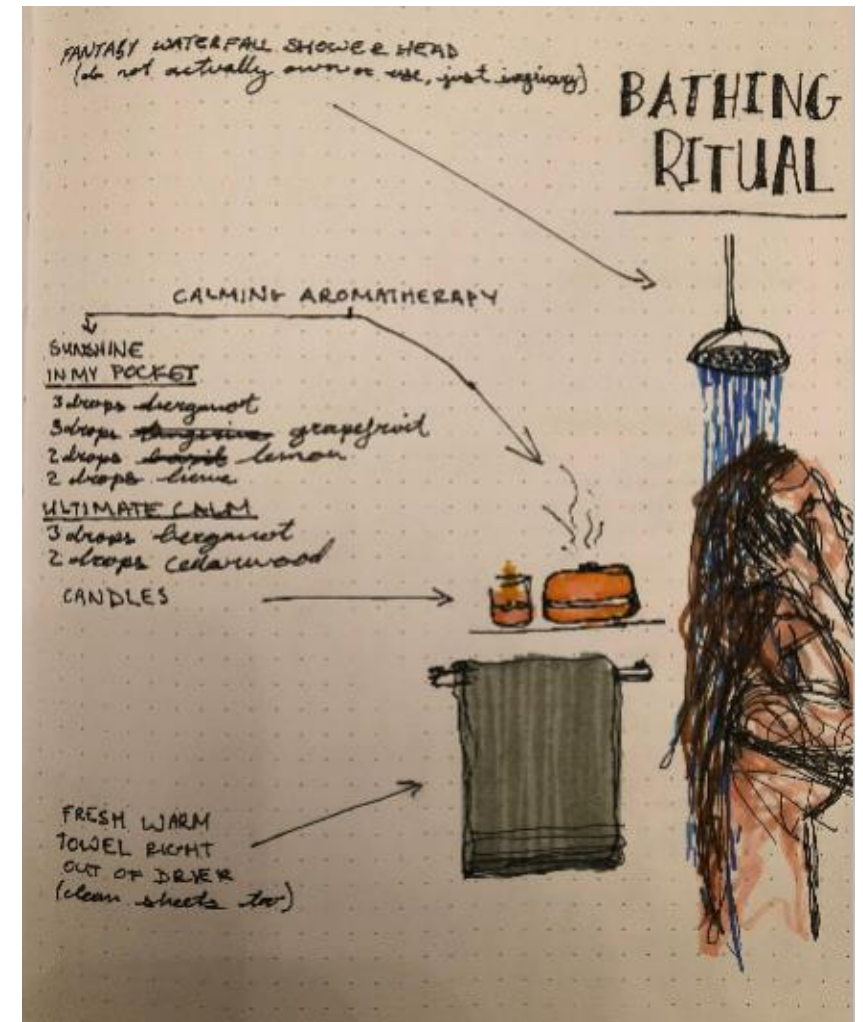
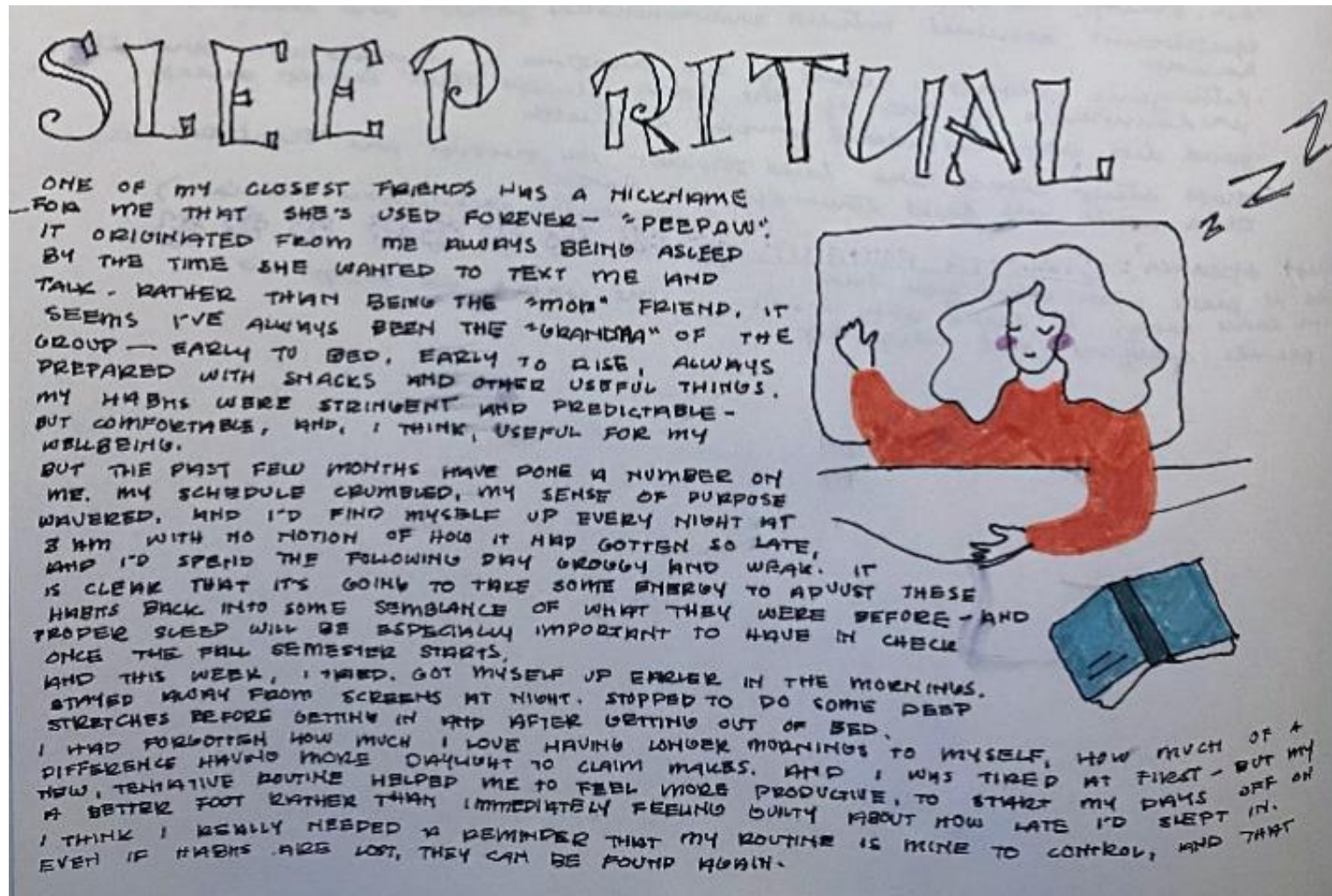
Rituals play a great role in our lives. We only think of them in terms of religious traditions. However, if one learns to honor their own personal health and wellbeing and treat it as rituals and follow it like we do so with religious rituals, it can truly help one in re-setting the mind and develop good habits.

The Health and Happiness Rituals assignment was designed to help students in developing good habits. They were given a list of rituals to select from, and these rituals were developed to make it easy for the students to select and follow these rituals during the semester.

My hope was that by the end of the semester, if they keep doing these assignments, they would form good habits to boost their happiness and health. Most students enjoyed these rituals and documented their reflections as part of this assignment. Some students also added sketches (as shown on the right) in their journals.



# REFLECTING AND DOCUMENTING HAPPINESS AND HEALTH RITUALS



# REFLECTION

## A JOURNALING ASSIGNMENT TO DOCUMENT ONES' THOUGHTS ON HEALTH

### REFLECTION

THIS CLASS COULD NOT HAVE COME AT A MORE WELCOME. THE EVENTS OF THIS YEAR SO FAR HAVE NOT BEEN EASY FOR ANYBODY, BUT THE OPPORTUNITY TO LOOK INWARD AND CHALLENGE MYSELF AND THE EFFECTS OF CURRENT CIRCUMSTANCES WAS A REALLY VALUABLE TOOL FOR SOME MUCH-NEEDED PERSONAL GROWTH.

ENJOYING IN DIFFERENT ACTIVITIES EACH WEEK WAS, I THINK, ONE OF THE MOST USEFUL THING ABOUT THIS COURSE. IT KEPT ME OPEN TO ALL MY EXPERIENCES, AND KEPT ME CONSISTENTLY RUMINATING ON MY PERSONAL HABITS AND PERSPECTIVES. THIS ENRICHED SO SPECTACULARLY MY UNDERSTANDING OF MY OWN WELL-BEING, AND PROVIDED CLARITY FOR MY FUTURE GOALS.

LEARNING ABOUT THE HISTORY OF HEALTH AND HAPPINESS THROUGHOUT THE COURSE WAS A REALLY FASCINATING ~~AND~~ APPROACH TO THE TOPIC, TO UNDERSTAND HOW DEEPLY ROOTED SO MANY OF THESE PHILOSOPHIES ARE IN TRADITION AND HISTORY IS, I THINK, A TESTAMENT TO THEIR VALUE.

AND FINALLY, THE CONSTANT ENRICHMENT OF PERSONAL INTERVIEWS, GUEST SPEAKERS, AND FREEFORM DISCUSSIONS SOLIDIFIED MY CONFIDENCE IN BELIEVING I HAD MADE THE RIGHT DECISION TO TAKE THIS COURSE. IT IS RARE TO WORK WITH A PROFESSOR WHO BELIEVES SO PASSIONATELY IN WHAT THEY TEACH AND SHARE, AND I AM TRULY SO GRATEFUL TO TAKE PART IN THAT FERVOR.

I FEEL, GOING FORWARD, I HAVE A NEW TOOL-KIT FOR STRENGTHENING SOME PERSONAL HABITS AND TAKING MORE ACTION WITH MY WELLBEING. AND TO SHARE IT WITH OTHERS.



# REFLECTION AND DOCUMENTATION OF HEALTH RITUALS

## WAKE UP WITH A SMILE

I like this practice. I have never done this before. It gives me a very positive effect of beginning of my new day even though it just took me couple seconds to do this

## BREATHING EXERCISE

I like this exercise. I have done this before. It can help me to calm down for a second when my brain become mess or in bad situation. I can deeply feeling of the air come and out of my body and also my body's movement

## Mindfulness Meditation

It is hard to say whether or not I like this exercise or not. But it is fun experience. When I closed my eyes and try to make me to have connection with my surrounding and accept everything come out my mind. Because I am living next to the busy street, the noise becomes more loudly, however, I kind of enjoy the moment. I push me feeling like my soul have more stronger connection with my surrounding.

## Mindfulness Walk

This is tough exercise. I walked out at cool night along the street about 1 hours. I tried to focus on the walk itself and enjoy walking. However, without the music, it made me feel strange. Also, when I concentrated on walking itself, I can feel about feet have stronger connection with ground. This is special feel for me. Thus, I mean this is about like or dislike, it is about different experience when I walk on the street without music.

## Tea Ritual

I like this, but I didn't do this this week. I did this before. As a Chinese, tea is a stuff which we treat our guest. I have learnt it the process to make a good tea requires me to concentrate every step of the tea. The water temperature, the amount of tea, and on avoid to spoiled the water from cups or pot. I like to have tea with my friends, it bridges relationship between my friends or other relationship.

## Mindfulness Eating

A very strange feel because I always play my phone when I eat. I have never paid my attention on the eating itself. I order a delivery this weekend. The food is spicy and called Malatan. A Chinese cooking style food. Saturday is very hot, my air conditioner is broken. But I like the moment, the hot and spicy food makes me sweat. I focus on every ingredients, their texture, their smell, their shape.

## Doing Nothing-Take a nap

This is a busy week for my office, I always feel tired at noon and almost fall sleep. Thus, I would take 30 minutes break with doing nothing so that help me my brain fresh and my energy can be recovery for the afternoon's work. It works and help me more effective on my work.

# STUDENTS' ACCOLADES AND THANKS RECEIVED FOR TEACHING THIS COURSE

Mary Winzer  
Tue 7/14/2020 1:38 PM

Hello!

I hope you are doing well. I would really like to thank you!

It really touched me how passionate you were about our class, and how openly you displayed it. You are an incredible and inspiring professor and I am so grateful to have finally had a chance to take a class under your instruction. And I have every intention of holding onto what I've learned during our six weeks and maintaining several of the activities we've discussed. I feel refreshed and excited for this upcoming semester and whatever else follows.

Below is a picture I thought I'd share that brings me lots of joy! I convinced my parents to go on an adventure with me this past weekend, and we booked a hiking and zip-lining tour near where we lived. It was a first for all of us, but we had so much fun hiking through the woods and riding lines over the trees. It was a much needed dose of adventure and adrenaline, and **I really believe I was motivated to seek it out through the openness and sense of action the Happy You, Healthy You course has instilled within me.**

**Thank you so, so much for the happiness you brought me during the course, and I hope you are having a wonderful day!**

Mary Elizabeth Winzer  
She/Her  
Industrial Design Major 3rd Year | Entrepreneurship Minor  
Input | Empathy | Discipline | Intellection | Individualization  
winzermmary@ksu.edu  
(913) 940 5305

*“I am sad this will be the last week of class.....I have learned that I need to take an active role in my happiness....There have been a number of things introduced to me through this class that have had a positive impact on my life and will continue to help me throughout the rest of my life.*

*One of the biggest thing I will take way from this class is the journaling. ....the simple act of reflecting on my days ...have been a huge help to me.”*

Activities Week 8  
Michael Harms

I am sad this will be the last week of this class. Overall my eyes have been opened to a lot of new possibilities and ways of being happy. I have learned that I need to take an active role in my happiness and it is not something that will simply fall into my lap. There have been a number of things introduced to me through this class that have had a positive impact on my life and will continue to help me throughout the rest of my life.

This week I went on walks, did some yoga, ate some healthy meals... Overall it has been a great week. Tomorrow will also be the start of a small vacation to see some of the national parks in the U.S. I am quite excited for this as I will get to walk through a lot of beautiful nature. Coming back from the trip I hope that I will be able to find a job and start my new life in a refreshed and happy way. Of course that is not to say I am going to be happy from here on out. I won't fall for that pitfall. I recognize that I still have plenty of work to do in order for myself to stay as happy as I can be. However, I believe that your class has given me the groundwork in order to maintain my happiness for the rest of my life.



One of the biggest things I will take away from this class is the journaling. While I haven't been journaling every single day the simple act of reflecting on my days and weeks whenever I can has been a huge help to me. It shows me what went right and what went wrong on a regular basis. This reflection really allows me to shape the days ahead of me for my own benefit. Another thing that I will take away from this class is the importance of exercise. Everytime I exercise I always feel so amazing. While I did take a large break from exercising while in college I now need to carve out some time everyday for it.

Thank you Vihba for everything you have taught me. You have always been kind and compassionate and I wish every teacher could be more like you.

***“What I learnt from your class is that your happiness is first crucial for your success, and even small things can help you calm your mind.....***

***Throughout this class, I have found ways to calm my mind and help me stay focused through meditation, cooking, and exercise....I start to enjoy life more and give my gratitude to my parents and friends. Before your course, all these seemed impossible to me.***

***I can simply say thank you so much for helping me and saving my life!”***

**Dear Prof. Jani:**

Before I took this class, I was in a mindset that I want to take a break from school. The spring term was not easy for me, I had a hard time with studio project, and since spring break we change to online, my struggle grows even bigger than before. During that time, I feel depressed and helpless, with little confidence, and always questioning why I enter this major. With the rest of the world going crazy, I think I have separated from the rest of the world and stuck in my own world.

The summer break is an important period for me. I am facing the transition from school to the real world without the witness of the graduation ceremony. In such time, with the great unemployment rate and uncertainty, I need to find my happiness and direction more than ever.

After your class begins, from the first day, I knew this will be a fun and exciting class. We were always being told by other professors about what to do when we are facing challenges, and because you're an architecture student, you have to be stronger and be able to handle more pressure than others. However, the truth for me is the pressure increase every year, but no one told us how to digest it and treat it with positive attitudes.

What I learnt from your class is that your happiness is first crucial for your success, and even small things can help you calm your mind, and what you only need to do is to believe it and keep doing it. Throughout this class, I have found my way to calm my mind and help me stay focused through meditation, cooking, and exercises. A good example will be cooking. Before I only cook to feed my stomach, but now is more about enjoy my life and promote healthy diet not only to me, but also to me friend who are always around me and support me. I start to enjoy life more and give my gratitude to my parents and friends, before your course, all this seems impossible to me. Although initially, it takes time to turn this little things you taught me to add to my daily routine, but after a while, I can see the difference and start to move in a new direction and have more confidence when I need it.

I can simply say thank you so much for helping me and saving my life! – Tiyan

I absolutely loved this class. While I had learned a good amount of this before, the class made me put it all to use. Before this class I really struggled to be happy during school and didn't have a good balance. This class has taught me to better balance school with personal and to take more time for the things that bring me joy. Vibha's constant joy has always rubbed off on me when she is around and I am so thankful that she shared with us how she maintains her own happiness. Moving forward, I firmly believe I will consistently stay happier and better balance my life due to the schedules I have created and the techniques I have learned in this course.

***"Thank you so much for a great class. I hope K-State begins to offer it on a regular bases. I think it is critical for the mental health of students in our learning environment at Seaton. Have a good summer!"***

***- Sarah Kirchgessner (As noted in her email on July 16<sup>th</sup>, 2020)***

***"I absolutely loved this class. While I had learned a great amount of these things before, this class made me put it all to use. Before this class I really struggled to be happy during school and didn't have a good balance. This class has taught me to better balance school with personal and to take more time for the things that bring me joy. Vibha's constant joy has always rubbed off on me when she is around, and I am so thankful that she shared with us how she maintains her own happiness. Moving forward, I firmly believe I will consistently stay happier and better balance my life due to the schedules I have created and the techniques I have learned in this course."***

***- Regan Heske (As noted in her journal)***





## STRATEGIES TO KEEP STUDENTS MOTIVATED

- **Develop goal specific assignments**
- **Develop engaging presentations and related information.**
- **Provide students with information, tools, technologies, and materials needed to make them successful.**
- **Be a role model.**
- **Promote nurturing relationships with your students.**
- **Set time for goal setting, planning, problem solving, and reflective conversations.**
- **Develop Mindful Memorandums.**
- **Do not be afraid to approach students who seem to be struggling - keep the communication channels open.**



Vibhavari Jani  
[vjani@ksu.edu](mailto:vjani@ksu.edu)



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