



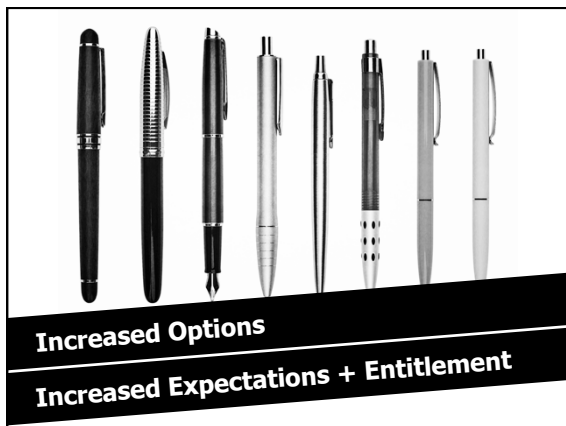
Why Is This Important For Teens Now?

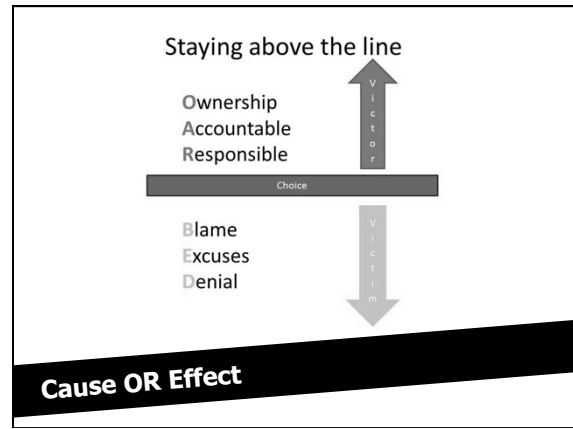
Suicide is the biggest killer of young Australians and accounts for the deaths of more young people than car accidents

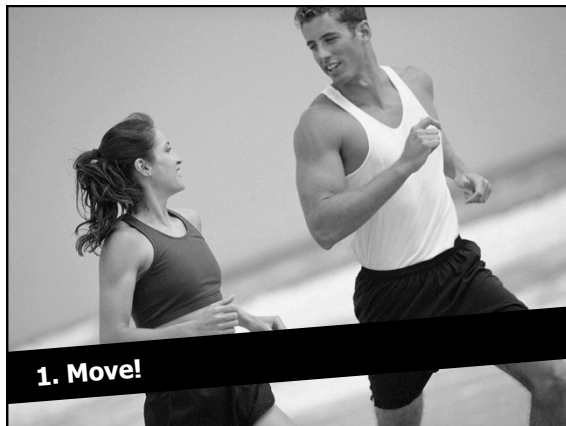
One in 16 young Australians is currently experiencing depression

One in four young Australians currently has a mental health condition

A quarter of young Australians say they are unhappy with their lives







Proteins and Endorphins released after 20 minutes of walking – increasing happiness And positive emotions

Smile Studies

1. Genuine Smiles
2. Fake Smiles
3. Shape of the mouth

- Reduction of stress levels
- Increase positive emotions
- Increase attention span
- Reduce Depression

Physiology Dictates Psychology

What you do with your body leads your mind

- Posture
- Head + Eyes
- Anchoring
- Positive + Negative



Gratitude

“Appreciation and Thankfulness for what we have or for people in our lives”

- Gratitude Journal
- 3 Things To Be Thankful For
- Strength and Stretch
- Warm Fuzzies
- Expression To Others

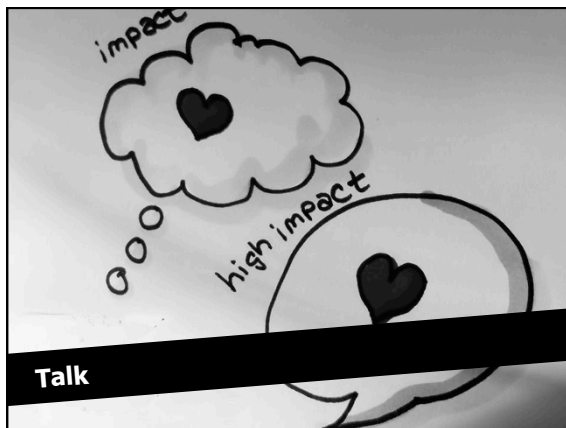


Think About What You're Thinking About

The ability to be self aware and manage your thoughts and emotions

DON'T BELIEVE EVERYTHING YOU THINK

- Internal Dialogue
- Negative Meditation
- Focus
- Meaning
- Emotional Intelligence
- Switching Off



Our Words Shape Our Worlds

To speak we must think about what we say – about ourselves and about others



- Negative v Positive
- Affirmations
- I am...
- I can...
- Share



Safety and Certainty Creates Calm

In a world full of change and a physical environment that is going through drastic shifts – Teens need elements of safety and certainty to experience positive emotions.



- Routine
- Adult Figures
- Action + Reaction
- Boundaries
- Culture



Uncertainty and Adventure Helps Teens Expand Their Horizons And Self Belief

Risk taking is a part of the brain development of teens – so scheduled uncertainty and deliberate adventure must be a part of their development.



- Comfort Zone Stretching
- Expanding Horizons
- Experiencing Different Cultures
- Facing Fears



Family and Friends Are What Really Matter Most

A study published in the Journal of Socio-Economics states that your positive relationships are worth more than \$100,000



- Learning Social Skills
- Building Trusted Bonds
- Doing Life Together
- Sharing Experiences
- IRL (IN REAL LIFE!)



Green and Growing, Ripe and...

Growth is a process of increased self awareness and self development – moving from where we are now another step closer to becoming the best version of ourselves




- Self Awareness
- Self Management
- Personal Development
- Skills and Strengths
- Spiritual Growth



Find Your Strengths and Use Them

"...people who felt they were using their strengths have more positive emotion, greater vitality and self-esteem, compared with people who did not feel they used theirs." - UK Study



- Personality Profile
- Behavioural Profile
- Strengths Profile
- Learning Style
- Doesn't Mean Ignore Weaknesses

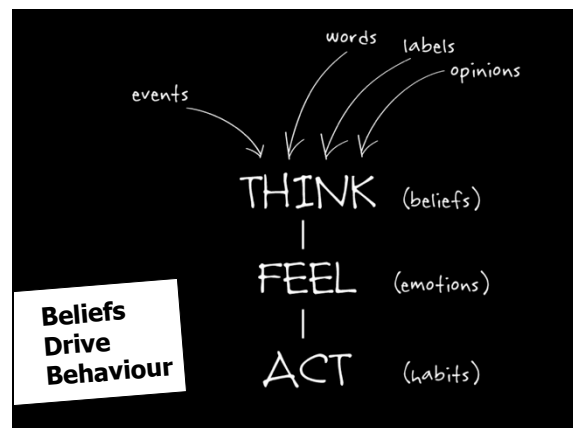


The Power Of Contribution

"...we scientists have found that doing kindness produces the single most reliable momentary increase in well-being of any exercise we have tested." - Martin Seligman, Father of Positive Psychology

GIVING
Changes Everything

- Social Contribution
- MAD Projects
- Helping Others
- Random Acts of Kindness





HAPPINESS
IS CONTAGIOUS.
BE A CARRIER

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