

# HAPPINESS RESPONSIBILITY

## - **Sharing Keys to Happiness**

(Version 1.4)

By Mika Hartikainen /  
MH Flow Center

# Overview of the lecture

- What is **Happiness Responsibility (HR)**
- **Empathic, caring, compassion & respect** - way of seeing life (**ECCR**)
- 20 HR steps
  
- **Flow** state, secret to long-term happiness
- Four faces of me
- My past & present
  
- HR is finding a balance between your own well-being and caring for others
- Me & HR
- HR gift to you
- Individual & group assignments
  
- **Gross National Happiness (GNH)** – government and politics for peoples growth and happiness
- **Blue Zones** - world oldest peoples life advices
- **Action for Happiness** - latest science proofs for long-term happiness
- **Environmentally friendly, ethic & responsible (EER)** – values that keeps “Mother” Earth pure and healthy for next generations
  
- Summary - **HR pillars of long-term happiness**

# What is Happiness Responsibility (HR)?

- HR is **an open term, it's for everyone**. Everybody has got their individual way of seeing HR.
- HR's **purpose is to share HR values and thoughts with each other**, and help other people to create their own personal HR mindset and values.
- HR is learning to see the world in which we live in an **empathic, responsible, compassion and respecting way (ERCR)**.
- HR growth and learning **can be combined** with your **study, work** and **daily life**.
- HR is **sharing “keys to happiness”**.

# 20 HR steps

## *Inner circle*

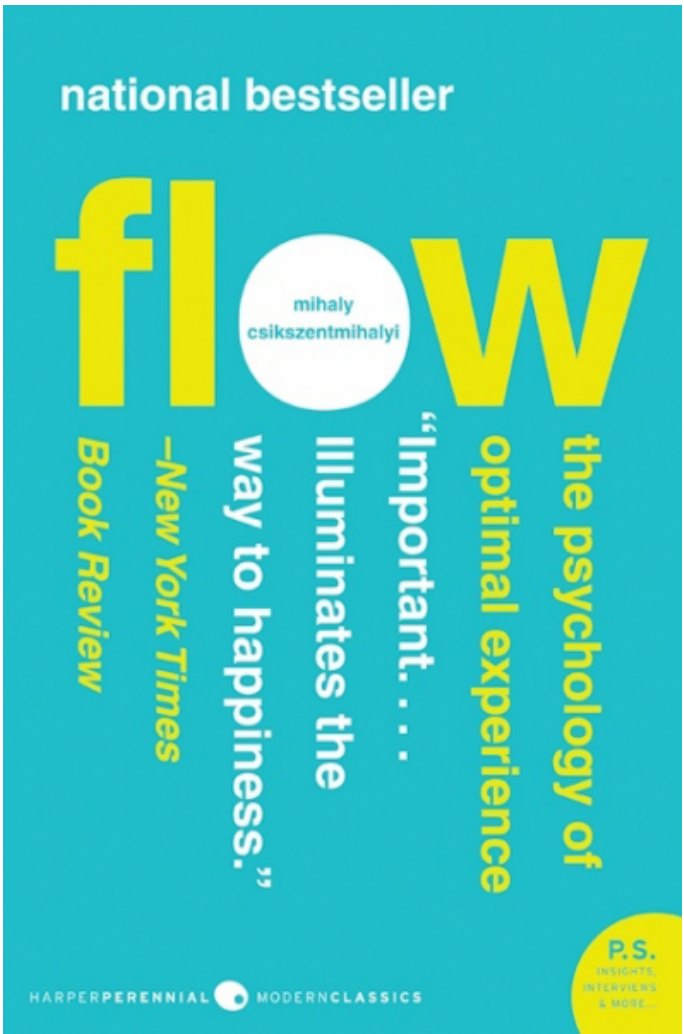
- Self (suitable diet, sport, creativity, flow activity, professional and spiritual growth, nature connection)
- Girlfriend/wife or boyfriend/husband (love, compassion, patience, support, quality time, personal space)
- Children
- Pets
- Sisters
- Parents
- Grandparents (respect, help, communication)
- Friends (heart friends, spiritual friends, friends, school/work friends, acquaintance)
- Housemates
- Relatives

## *Outer circle*

- Neighbours
- Community (school, work, hobbies, voluntary work)
- Society (politics, other social activity, voluntary work)
- Nature (forests, hills, mountains, jungles, Arctic)
- Animals (wild animals, fish, birds, threatened animals)
- Waters (streams, rivers, ponds, lakes, seas, springs)
- Climate (electric cars, climate harmful meat, renewable energy)
- Planet “Mother” Earth (consumption, not harming “Mother” Earth)
- Space
- Next generations (animals and humans)

# Flow state

- One important root of happiness is to **find yourself work and hobbies that give** you the possibility to be in the **flow state**.
- **Mihaly Csikszentmihalyi** - *Flow: The Psychology of Optimal Experience* (book)





Mihaly Csikszentmihalyi has contributed pioneering work to our understanding of happiness, creativity, human fulfillment and the notion of "flow" -- a state of heightened focus and immersion in activities such as art, play and work.

# Achieving flow

## or... *being in the zone*

Csikszentmihalyi defines flow as **“a state in which people are so involved in an activity that nothing else seems to matter; the experience is so enjoyable that people will continue to do it even at great cost.”**

Csikszentmihalyi identifies a number of **different elements involved in achieving flow:**

- There are clear goals every step of the way.
- There is immediate feedback to one's actions.
- There is a balance between challenges and skills.
- Action and awareness are merged.
- Distractions are excluded from consciousness.
- There is no worry of failure.
- Self-consciousness disappears.
- The sense of time becomes distorted.
- The activity becomes an end in itself.



# Four faces of me

- I'm a Cha Jin (tea person) and **Cha Dao** (The way of tea) practitioner
- I'm **musician and producer** Fellow M
- I'm a freelance **art photographer**
- I'm an peace **activist**

- My hobbies are longboarding, creative moving (parkour), intuitive stretching, Japanese gardening, dancing (street dances, couple dances).

- Important things in my life are family, friends, spiritual & professional growth, peace, love, harmony, creativity, nature, animals, travelling, spring water and curiosity towards life.

- My values are happiness responsibility (HR), **Environmentally friendly, Ethic & Responsible lifestyle (EER)**

- My religious values and wisdom come from many religions, nowadays mainly from Buddhism, but also from Taoism and Shamanism.

- I'm also influenced by Positive Psychology.

# Chajin Mika

Artistic Cha Xi (tea stage) - since 2009



# Fellow M

Musician and producer - since 1995



# Art photographer

Mika Hartikainen Photography – since 2004



# My present & past

## Present

- Founder of “Happiness Responsibility”
- International guest lecturer, community educator student working on thesis “Happiness Responsibility” - HANZE and HUMAK University of Applied Sciences
- Chajin, tea meditation and ceremony teacher - Mika Hartikainen Tea Fountain & Japanese Style Garden, Global Tea Hut
- Musician and producer - Fellow M (composing “multicultural beats” music)
- Freelance art photographer - Mika Hartikainen Photography

## Past

- Drummer in a few different bands, in Lahti and Turku (1994-2001)
- Drum teacher in elementary school, in Hollola and VSKO Pop & Rock school in Paimio (total 10 years)
- Event organizing, marketing and life values teacher VSKO Pop & Rock school in Paimio (2006-2008)
- Cultural producer degree, at HUMAK University of Applied Sciences
- Klubigalleria (Club gallery) modern young art gallery founder/producer/curator, in Turku and Pori Finland (2002-2009)
- Dj/musician/producer Fellow M (since 2004)
- Maasto Records founder/musician/producer (2007-2009)
- Guest lecturer and interim teacher at HUMAK University of Applied Sciences, in Turku (2007-2008)
- Voluntary events leadership, postgraduate studies at HUMAK, in Helsinki (2012)
- Environmentally friendly, ethic responsible life values support person at Phoenix school board (first Finnish democratic school) (2014-2015)

HR is finding a **balance between** your **own well-being and caring for others.**



# Who and what are the other HR steps?

- HR is growth through experience. **Every day is a new teacher.** You are yourself responsible for how much you can handle, while remaining in balance and being happy with yourself, as well as taking care of your own things.
- On a deeper level of the HR mindset, the HR steps are all about seeing and caring:

## **Inner circle**

self, girlfriend/wife or boyfriend/husband , children, pets, sisters, parents, grandparents, friends, housemates, relatives.

## **Outer circle**

neighbours, community, society, nature, animals, waters, climate, planet “Mother” Earth, next generations.

- The important thing is to **take care of yourself first**, before you might start taking care of others too much.

This is the way how you can act according to HR on the long-term, for your own future, this planet’s future, and the next generations.

Always take  
care of    
yourself first



# Me & HR

- I have practiced the HR lifestyle now in my daily life for circa seven years.
- This is not just work for me. This is a lifestyle, **I live these values daily. Every day I will learn more.**
- I've written my "**Happiness Responsibility**" **thesis** at **Humak University of Applied Sciences** in Finland, and in **Hanze University of Applied**
- Bhutan is the first country where they have the **Gross National Happiness (GNH)** index. People's happiness becomes before money.
- My **dream** is to write a "**Happiness Responsibility**" **book.**

## *Inner circle*

- Self (Giving yourself a prize every day for your daily work)
- Girlfriend or wife, or boyfriend/husband (Be patient, remember quality time)
- Children (Giving your presence of now daily)
- Pets (Giving your the presence of now daily)
- Sisters (Trying to be kind to your sisters)
- Parents (Spend time with your parents without smart phone)
- Grandparents (Remembering to keep contact with grandparents and help)
- Friends (Knowing how your friends are doing, and helping when help is needed)
- Housemates (Take care your part of house cleaning)
- Relatives (Respecting your family roots)

## SCHOOL, WORK, TRAVELLING & MONEY

- School (Respecting all the school staff who create the school atmosphere, remember to often say "THANKS!". It is the biggest word after LOVE.)
- School 2 (Can I see school in a wider picture, "school is not just school, school is also learning life")
- Work (Not working too much, remembering yourself and the people around you, as well as other people's happiness and the importance of free time and self growth)
- Earning money (What is enough money for me and the people around me, so that we can live a happiness responsible lifestyle)
- Using money (What kind of companies will I support when using money, and why)
- Using money 2 (Do I use my money environmentally consciously, do I buy food with pesticides that kill farm lands)
- Travelling (Buying products mainly from small family companies in abroad and home country)

TURN  
Knowledge  
Into Action



# Assignment

In this assignment the students' goal is to think about "HR" according to the following steps:

- Self (What is HR towards yourself?)
- Girlfriend/wife or boyfriend/husband (What is HR towards your girl/boyfriend?)
- Childen
- Pets (if you have them)
- Sisters
- Parents
- Grandparents
- Friends (What is HR towards your friends?)
- Housemates
- Relatives
  
- Neighbours
- Community (school, work, hobbies, voluntary work)
- Society (politics, other social activity, voluntary work)
- Nature (forests, hills, mountains, jungles, Arctic)
- Animals (wild animals, fish, birds, threatened animals)
- Waters (streams, rivers, ponds, lakes, seas, springs)
- Climate (electric cars, climate harmful meat, rewenable energy)
- Planet "Mother" Earth (consumption, avoiding to harm "Mother" Earth)
- Space
- Next generations (animals and humans)
  
- First, your task is to create your own view of what HR is to you. (individual work 5 min, everybody writes down 3 things for each step, there are 20 steps!)
- Secondly, we will split up in groups and combine all the results on a flip chart. Every group explains one thing to the group from every step. (group work, 10 min)
- Thirdly, every group comes to the front of the class and gives a short presentation. You can use the flip chart, and PowerPoint. (Presentation preparation time 10 min, presentation time 5 min each group)

Please, take a photo of your flip chart, and upload it to your social media school group (WhatsApp, Facebook). This way everybody can see all the groups' HR flip charts.

**Knowing is different, than living  
what you know – Mika Olavi  
Hartikainen**

# Gross National Happiness (GNH)

The phrase **Gross National Happiness (GNH)** is a phrase coined in 1972 by Bhutan's fourth Dragon King, Jigme Singye Wangchuck. It represents a commitment to building an economy that would serve Bhutan's culture based on Buddhist spiritual values instead of western material development gauged by gross domestic product (GDP).

The four pillars of the GNH philosophy are:

- Sustainable development
- Preservation and promotion of cultural values
- Conservation of the natural environment, and
- Establishment of good governance

**At present, we are stealing the future, selling it in the present, and calling it GDP.**

**—Paul Hawken**

“Gross National Happiness  
is more important than Gross  
National Product.”

By: HM. Jigme Singye Wangchuk.



# The Blue Zones

- These are said to be the places where the oldest and happiest people on earth are living.
- Dan Buettner has spent years visiting areas of the world, that seem to have amazing number of centenarians, to figure out what makes these people live so long. He's researched and written a cover article for National Geographic on longevity and elaborates on that article in his book called *The Blue Zone: Lessons for Living Longer from the People Who've Lived the Longest.*

PERSONAL BLUE ZONE GUIDELINES INSIDE

"A must-read if you want to stay young!"

—DR. MEHMET C. OZ

New York  
Times  
Bestseller

# THE Blue Zones

SECOND EDITION

**9 LESSONS FOR  
LIVING LONGER**  
from the people who've  
lived the longest

**DAN BUETTNER**

*Author of Thrive*

# Longevity Hotspots



# BLUE ZONES Life Lessons





## Move Naturally

## Right Outlook

- Purpose Now
- Downshift

## Eat Wisely

- 80% Rule
- Plant Slant
- Wine@5

## Belong

- Right Tribe
- Community
- Loved Ones First

# Suffering is growing

- Please, don't block your feelings. It is important to understand, that sometimes suffering is growing. This growth and understanding of life gives us better possibilities to become happier and to **respect happiness** in the future. – Mika Olavi Hartikainen

# Action for Happiness

## Ten keys to happier living

- Action for Happiness has developed the 10 Keys to Happier Living based on a review of the latest scientific research relating to happiness.
- Everyone's path to happiness is different, but the research suggests that these Ten Keys consistently tend to have a positive impact on people's overall happiness and well-being.  
**The first five (GREAT) relate to how we interact with the outside world** in our daily activities.  
**The second five (DREAM) come more from inside us** and depend on **our attitude to life**.



**“ I WILL TRY TO CREATE  
MORE HAPPINESS  
IN THE WORLD AROUND ME ”**

**ACTION FOR HAPPINESS**





**Map of Action for Happiness Members worldwide (57,092 - September, 2015)**

# What can you do?

## 10 Keys to Happier Living

 <b>GIVING</b> Do things for others	 <b>DIRECTION</b> Have goals to look forward to
 <b>RELATING</b> Connect with people	 <b>RESILIENCE</b> Find ways to bounce back
 <b>EXERCISING</b> Take care of your body	 <b>EMOTION</b> Take a positive approach
 <b>APPRECIATING</b> Notice the world around	 <b>ACCEPTANCE</b> Be comfortable with who you are
 <b>TRYING OUT</b> Keep learning new things	 <b>MEANING</b> Be part of something bigger

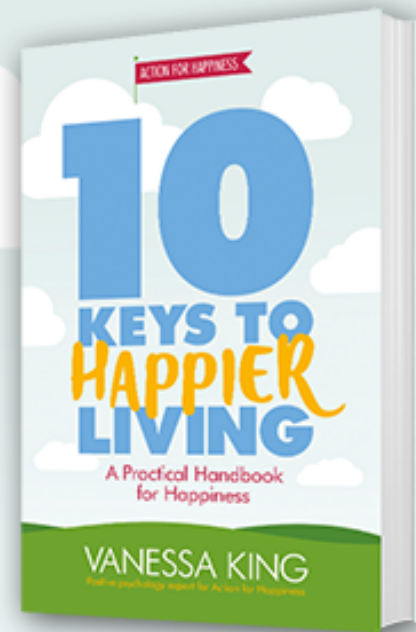
Developed by Vanessa King for Action for Happiness  
[www.actionforhappiness.org](http://www.actionforhappiness.org)

1. Give up your seat
2. Hold a door open for someone
3. Give a (sincere) compliment
4. Make someone laugh
5. Give someone a hug
6. Take time to really listen to someone
7. Make someone new feel welcome
8. Let one car in on every journey
9. Give directions to someone who's lost
10. Have a conversation with a stranger
11. Pick up litter as you walk
12. Let someone in front of you in the supermarket queue
13. Tell someone they mean a lot to you
14. Let someone have your parking spot
15. Read a story with a child
16. Offer your change to someone struggling to find the right amount
17. Treat a loved one to breakfast in bed
18. Buy cakes or fruit for your colleagues
19. Invite your neighbour round for a drink and a chat
20. Offer to help with someone's shopping
21. Tell someone if you notice they're doing a good job
22. Pass on a book you've enjoyed
23. Say sorry (you know who to)
24. Forgive someone for what they've done
25. Visit a sick friend, relative or neighbour
26. Buy an unexpected gift for someone
27. Bake something for a neighbour
28. Pay for someone in the queue behind
29. Do a chore that you don't normally do
30. Help out someone in need
31. Offer to look after a friend's children
32. Offer to mow your neighbour's lawn
33. Donate your old things to charity
34. Give food to a homeless person and take time to talk with them
35. Visit someone who may be lonely
36. Give blood
37. Get back in contact with someone you've lost touch with
38. Organise a fundraising event
39. Volunteer your time for a charity
40. Plan a street party

ACTION FOR HAPPINESS

**'HAPPINESS IS NOT SOMETHING READY MADE.  
IT COMES FROM YOUR OWN ACTIONS'**

*The Dalai Lama* patron of ACTION FOR HAPPINESS



# Why do good and kind acts

- o Doing good and kind acts towards other beings and Mother Earth is not just about achieving good karma, or because it is right thing to do. I do these acts, because I want to show my gratitude towards the gift of life. **Living here, on this beautiful planet, and having the possibility to grow to be better human being is the biggest gift.** – Mika Olavi Hartikainen

# Environmentally friendly, Ethic & Responsible lifestyle (EER)

What are environmentally friendly life values and acts?

What are ethic life values and acts?

What are responsible life values and acts?

**Write down three things to each question, whatever first comes to your mind!** (Individual work 5 min)

This way you will learn to create and activate your own EER values!

# My TOP 12 EER life values

1. Please, use reusable canvas grocery bags. (food, fruits, roots, clothes, etc.)
2. Please, don't keep your TV, computer and other devices on standby mode. Shut them down in the night time, when you don't use them.
3. Please, wash your laundry at 40 degrees. It saves a lot of electricity in one year, if you normally use 60 degrees.
4. Please don't keep lights on, if you are not in the room.
5. Please, buy organic food, because in many other foods pesticides are used. In the long run, pesticides will kill the farm land, and it is not good for your health.
6. Please, use Fair Trade products, so that people in (developing) countries will get paid fairly for their work.
7. Please, use water in a responsible way. (buy a shower filter)
8. Please, change your electricity company to a company that uses environmentally friendly energy. (Solar, wind)
9. Please, don't travel by airplane, if it is possible to use the train, bus, car or boat. Short flights are very bad for the climate. There is always the possibility to hitchhike.
10. Please, don't invest money in stocks that harm this planet. Be a conscious EER investor.
11. Please, know who you will support when you buy things from the shops. Conscious consumers try to get to know the owners, and what kind of values are behind the business. Please, support your local organic food markets, farms, little family shops and companies, who really need your money, and are grateful for your support. Learn EER conscious shopping!
12. Please, don't use paper, if it is possible to use computer files. Please, start to use eBills. We don't need to waste anymore paper, and cut trees.

**Please, try to take up one of these EER values in your life monthly.** After one year your life values are much more EER conscious. Nature, animals, Mother Earth and next generations will thank you!

## HR pillars of long-term happiness

- **20** HR lifestyle **steps** – activating steps in daily life
- **E**mpathic, **c**aring, **c**ompassion & **r**espect - way of seeing life (**ECCR**)
- **Flow** state, secret to long-term happiness
- **G**ross **N**ational **H**appiness (**GNH**) – government and politics for peoples growth and happiness
- **Blue Zones** - world oldest peoples life advices
- **Action for Happiness** - latest science proofs for long-term happiness
- **E**nvironmentally friendly, **e**thic & **r**esponsible (**EER**) – values that keeps “Mother” Earth pure and healthy for next generations



# THANK YOU! KIITOS!

- Like a ripple of a wing, a small change is made by one person, the impact of which could potentially **change** oneself, family, community, society, nature, climate, and eventually **this planet**.
- Positive change can be like a wave gathering strength.

