



Myths about Happiness

- Happiness must be found (rather than created).
- Happiness lies in changing our circumstances.
- You are either happy or you're not.

Myths about Resilience

- Resilience means always having it all together.
- Resilience means never crying, blowing up or doing anything that doesn't "look resilient."
- Resilience means having all the answers.
- You are either born with resilience or you aren't!

Happiness Set Point

