

# Meeting Minutes

## Fair Haven Homes Society Family Council

**Meeting Date:** September 27, 2022 (online via ZOOM)

**Attendees:** Anne Shatkin (Staff Liaison), Ann Wong, Carol Ji, David Huang, Gyanu Chitrakar (guest speaker), Hamid Fakhi, Roger Barany, Shirley Lee

**Guest:** Gyanu Chitrakar, RN, Resident Care Coordinator, Vancouver Lodge

**Facilitator:** Anne Shatkin

### Agenda

|     | <b>Agenda Item</b>                               | <b>Action</b>                     | <b>Person Responsible</b>  |
|-----|--|-----------------------------------|--|
| 1.  | Call to Order 6:20 pm                            |                                   | ActingChair (Anne S)   |
| 2.  | <b><i>“Happy for No Reason”</i></b>              | Presentation                      | Guest speaker: Gyanu Chitrakar, RN, Resident Care Coordinator, Vancouver Lodge |
| 3.  | Approval of Agenda                               | Approval                          | ActingChair (Anne S)   |
| 4.  | Review of Previous Minutes (June 28, 2022)       | Minutes not yet available.        | ActingChair (Anne S)   |
| 5.  | Standing Items                                   |                                   |  |
|     | Action Items and Outstanding Items for follow up | No items to review.               | ActingChair (Anne S)   |
| 6.  | Business Arising                                 | No business arising at this time. | ActingChair (Anne S)   |
| 7.  | New Business                                     | No new business at this time.     | ActingChair (Anne S)   |
| 8.  | Roundtable Discussion                            | n/a                               |  |
| 9.  | Next Meeting                                     | Oct 25, 2022                      |  |
| 10. | Closing the Meeting                              | Adjourned 7:30 pm                 |  |
|     |  |                                   |  |

# Meeting Minutes

## Fair Haven Homes Society Family Council

### Presentation: "Happy for No Reason" by Gyanu Chitrakar

WELCOME TO  
THE HAPPY FOR NO REASON  
WORKSHOP

*Gyanu Chitrakar*  
Let's be happy from inside out!  
Share love, compassion and happiness  
to everyone

OUR PURPOSE TODAY

- ▶ Be inspired to live a happier and more fulfilled life.
- ▶ Have practical tools you can use immediately to raise your happiness level.
- ▶ Understand the key steps to create happiness from the inside out.
- ▶ Have fun!



WE'LL COVER...

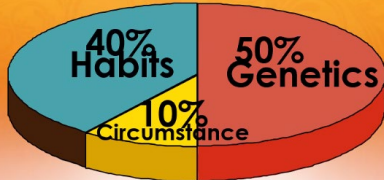
- 1. Key Concepts**
  - ▶ Happy for no reason definition
  - ▶ Happiness set point
  - ▶ Your Inner Home for Happiness
- 2. Three keys to inner Happiness**
  - ▶ The foundation
  - ▶ Pillar of the Mind
  - ▶ Pillar of the Heart
- 3. Help you create a Happiness Plan**

#### Definition:

HAPPY FOR NO REASON

AN INNER STATE OF PEACE AND WELL-BEING THAT DOESN'T DEPEND ON CIRCUMSTANCES

HAPPINESS SET-POINT



| Category     | Percentage |
|--------------|------------|
| Genetics     | 50%        |
| Habits       | 40%        |
| Circumstance | 10%        |

Happiness "set point" determined by 50% genetics, 40% habits & 10% circumstances

- Yet we attribute happiness mostly to circumstance, but that's NOT reality
- Scientists say that really 90% is outside of circumstances

#### How to change our habits?

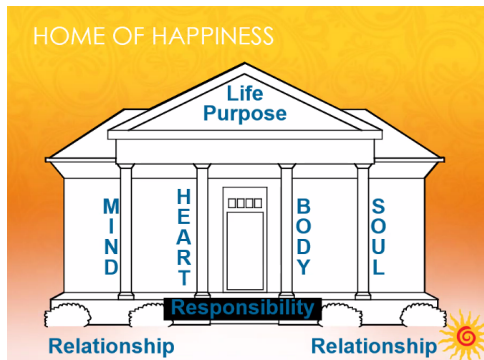
- So hard to change habits! Exercise: cross arms & fold 2 hands; which feels normal & comfortable?

#### FOUNDATION OF HAPPINESS HOUSE → Take Responsibility for Your Own Happiness!

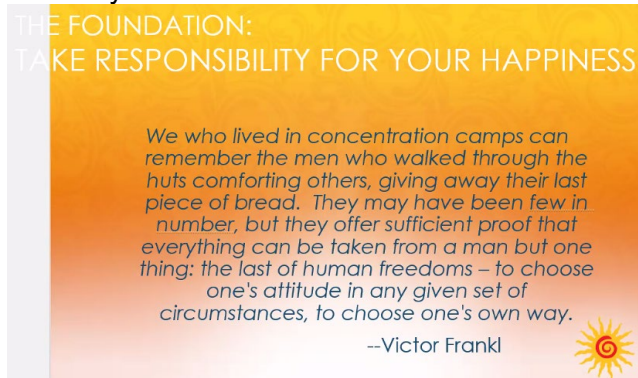
- We have to make ourselves happy; No blaming, no shaming, it's your own responsibility

# Meeting Minutes

## Fair Haven Homes Society Family Council



- Don't complain, don't blame, don't be the victim; focus on the solution, not the problem
- Are you a victim or a victor?



### How to focus on the solution instead of the problem?

- When bad things happen in our life, we always learn something from it; focus on the lesson rather than from the problem
- What is the 'gift' that is hidden in the problem?

### Four Pillars: Mind, Heart, Body, Soul

#### I. Pillar of the Mind → Don't believe everything you think;

- we have 60,000 thoughts per day!
- 95% are the same thots you had yesterday and the day before
- 80% are happiness robbing thoughts (i.e. negative thoughts)
- What we pay attention to grows stronger in our life

#### For Neural Pathways of Happiness:

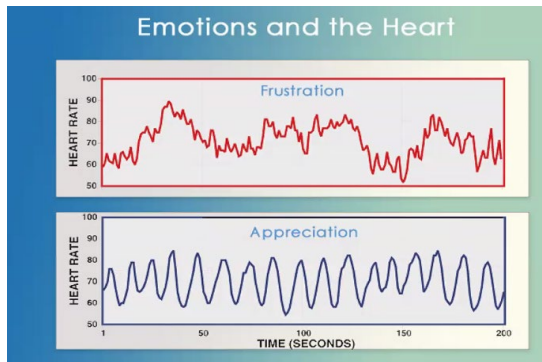
1. Look for the good (e.g. try to look intentionally for 5 good/beautiful/kind etc. things per day)
2. Savour it for 20+ seconds
3. Go for a 3:1 ratio (e.g. when we have 4 thots, usually it's 3 negative & 1 positive; so aim for 3 positives and 1 negative!)

#### II. Pillar of the Heart: Let Love Lead

- Gratitude
- Kindness
- Forgiveness

# Meeting Minutes

## Fair Haven Homes Society Family Council



### Gratitude

- People who practice gratitude & kindness tend to bring happiness into their life
- Focus on things you're grateful for, you will build up happiness inside over time.

### Kindness

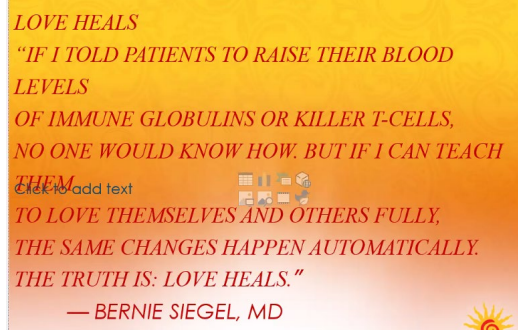
- when we extend kindness to others, we end up feeling really good ourselves
  - Also, consider letting others help you, or be kind to you; learn to receive!

### Forgiveness – if we can't forgive others, it's really hard on our hearts

- N.b. realize that when a person is hurt, they will or can hurt others
- Forgive others for your own sake, not necessarily just for the person you're forgiving.

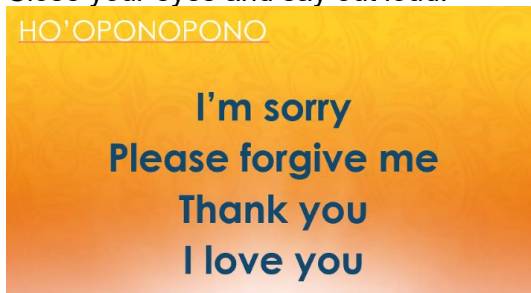
### Self Love (Self-Care)

- We are always taking care of others; but we need to focus on taking care of yourself also
- “happy people attract happy people”
- Surround yourself with happy, positive people



### Forgiveness: try this

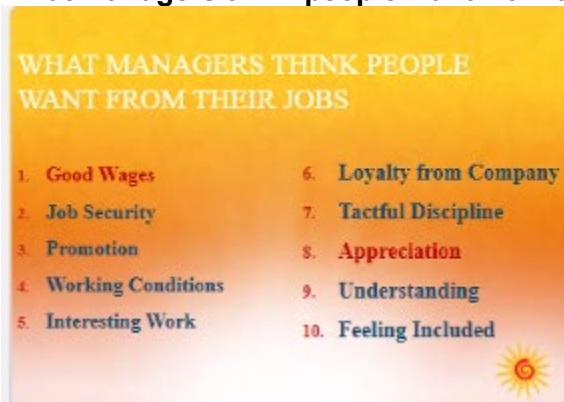
- Close your eyes and say out loud:



# Meeting Minutes

## Fair Haven Homes Society Family Council

### What Managers think people want from their jobs



### What people actually want from their jobs



N.B. when we're happy, it will extend your life by '9 years'

Try the following gratitude practice; a couple of times in a day & everyday

- Put your hand on your heart and focus on your heart
- Imagine breathing through your heart
- Think about something positive