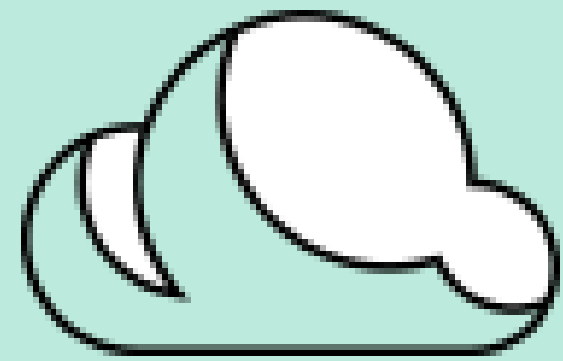
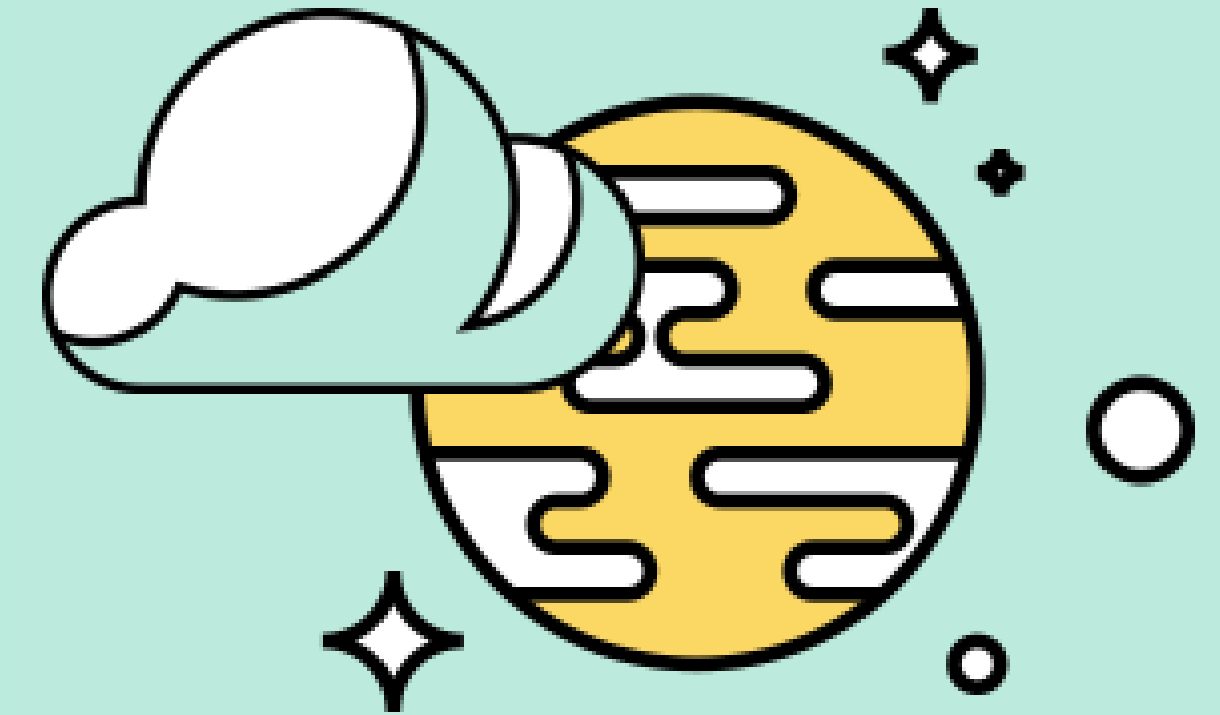
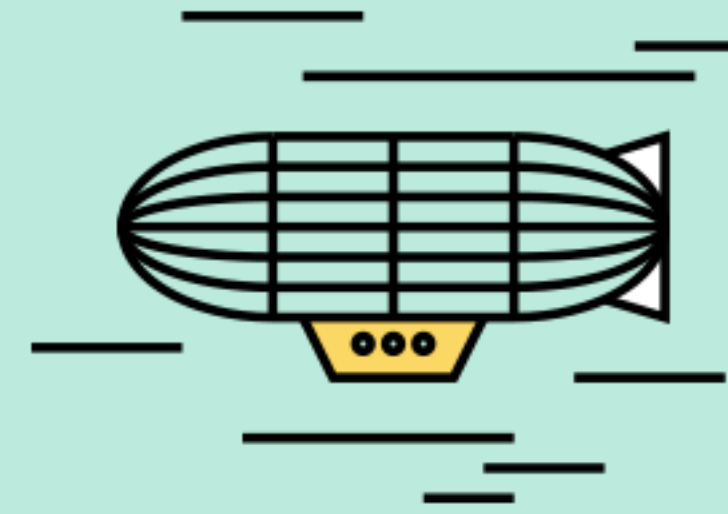




happ[®]

APP

- andleg heilsuefling

HVER ER ÉG

Helga Arnardóttir

MSc í félags- og heilsusálfræði

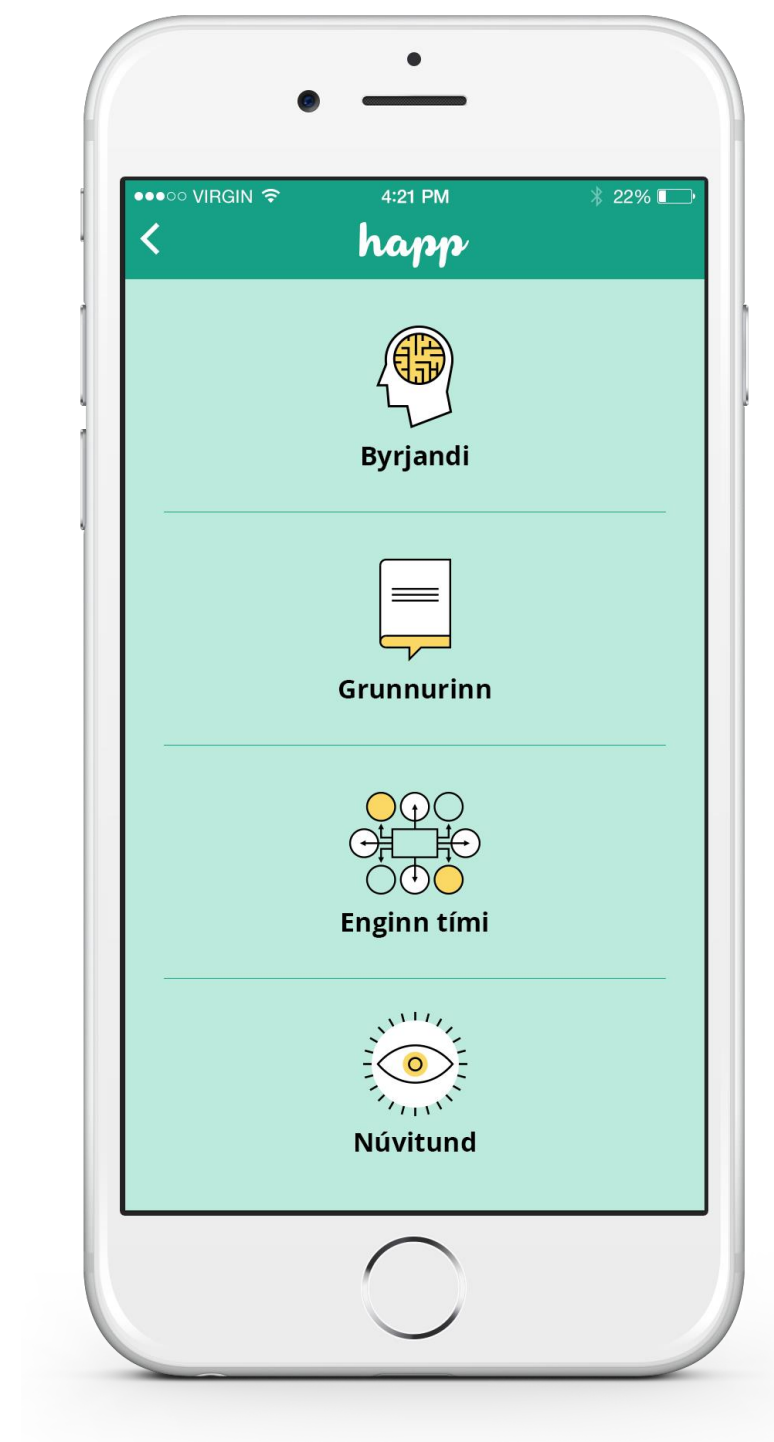
Diplomugráða í jákvæðri sálfræði

6 ár á Kleppi

Höfundur Happ App



Hvað ætla ég að
tala um?



Happ app

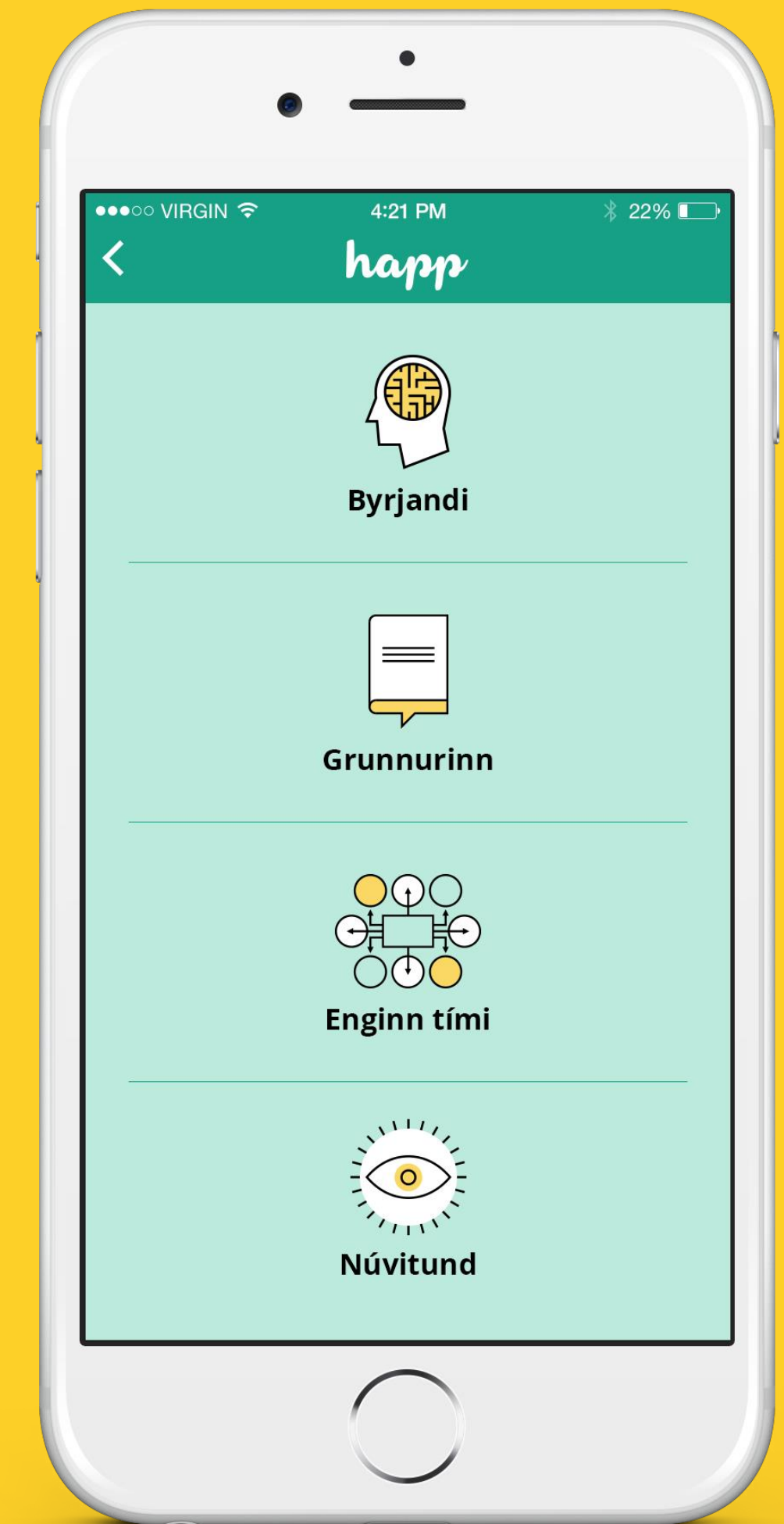


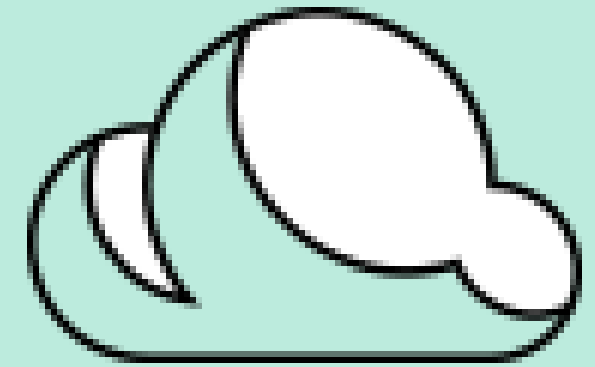
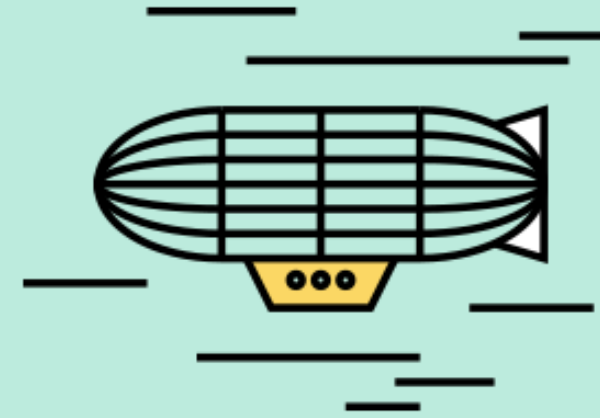
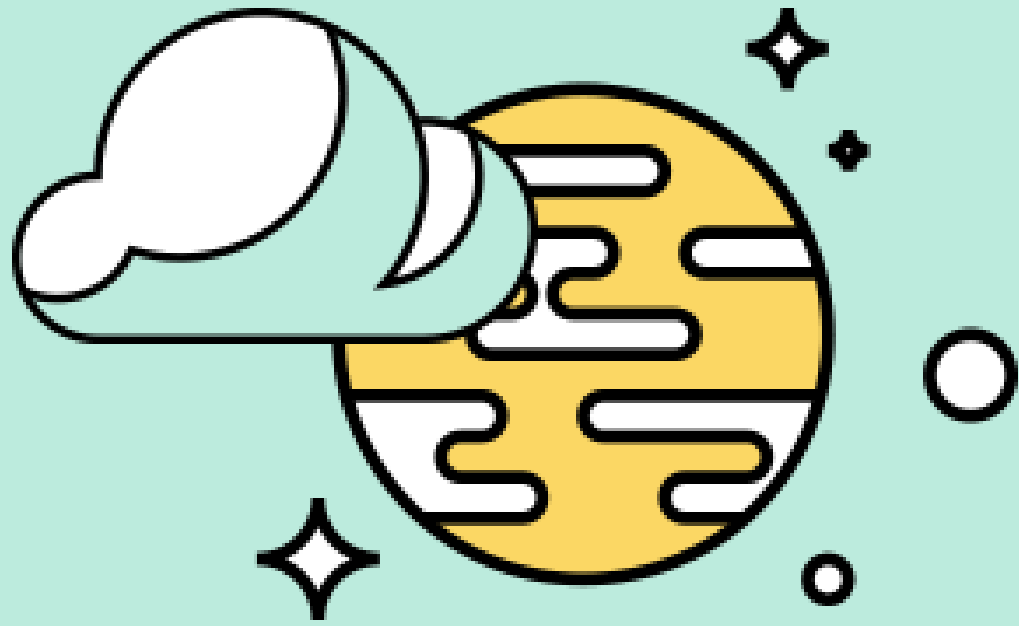
Andleg heilsuefning

Hvað er Happ App?

Smáforrit/app sem

- Heldur utan um *jákvæð inngrip* eða æfingar sem miða að því að auka andlega vellíðan notenda
- Leiðbeinir notendum í gegnum æfingarnar
- Minnir þá á að gera æfingarnar
- Hrósar notendum og hvetur þá áfram





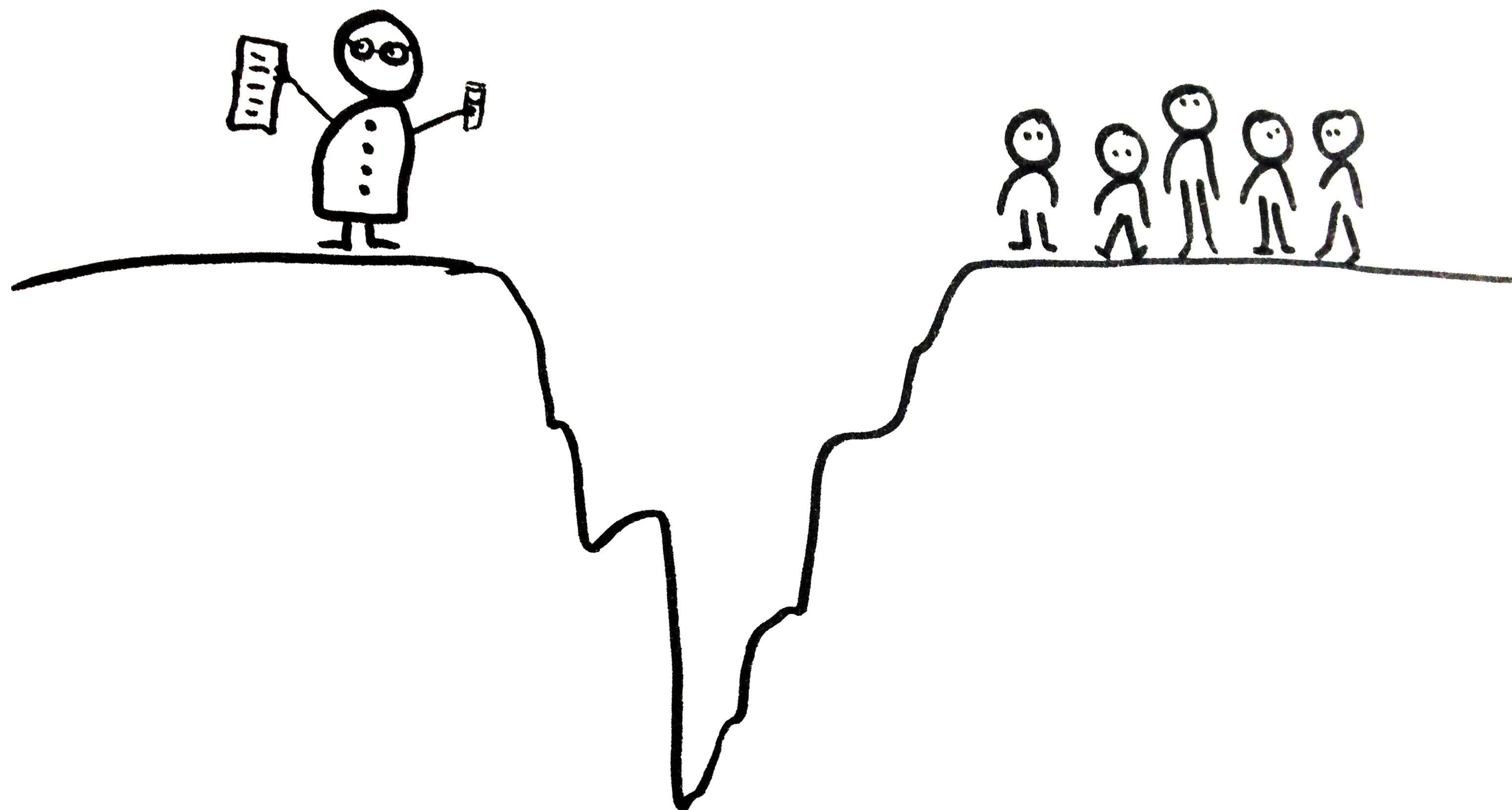
JÁKVÆÐ INNGRIP

*Aðferðir, byggðar á vísindalegum rannsóknum
sem miða að því að auka hamingju
og efla andlega heilsu.*

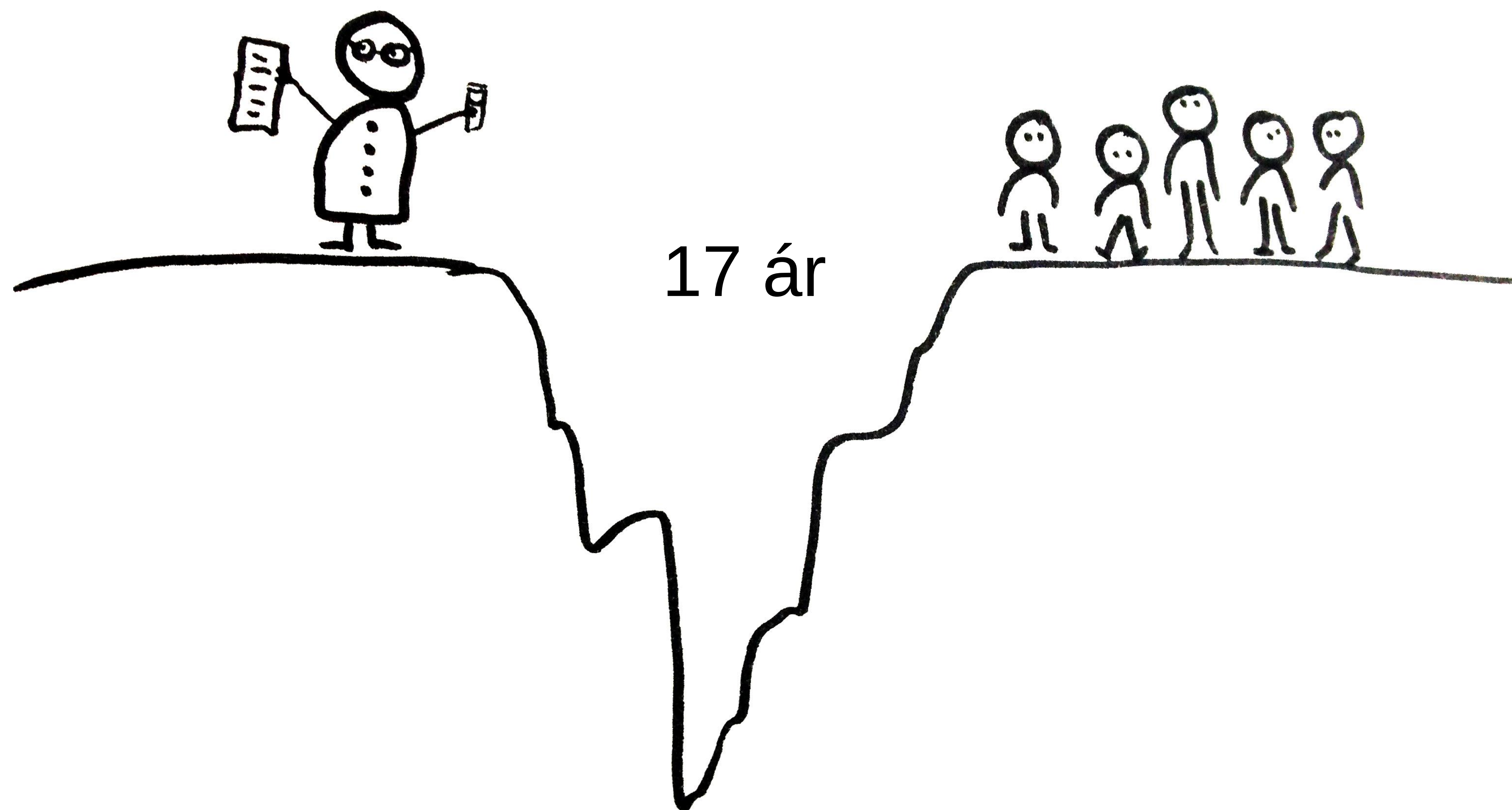
HEILSUEFLING

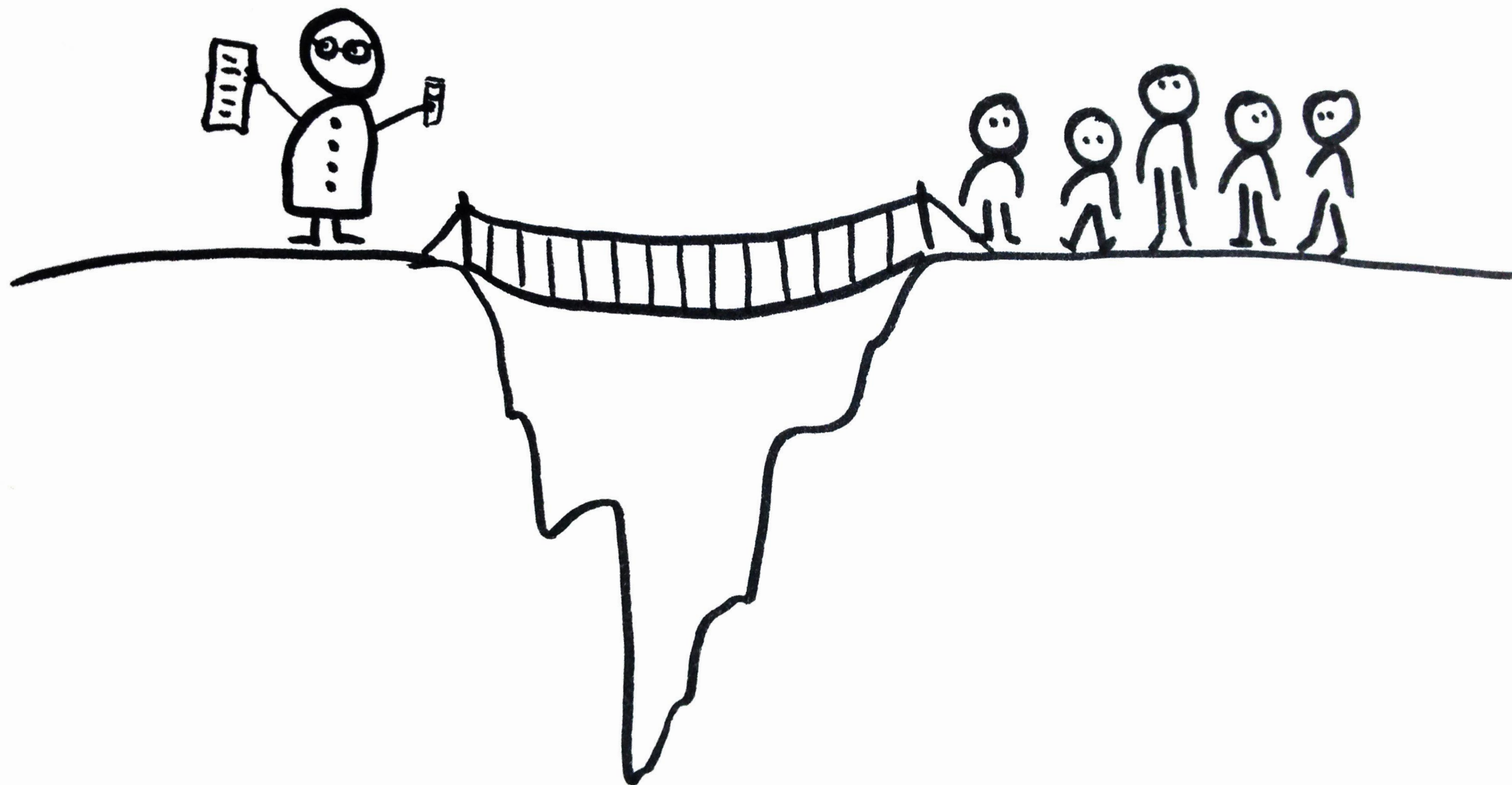


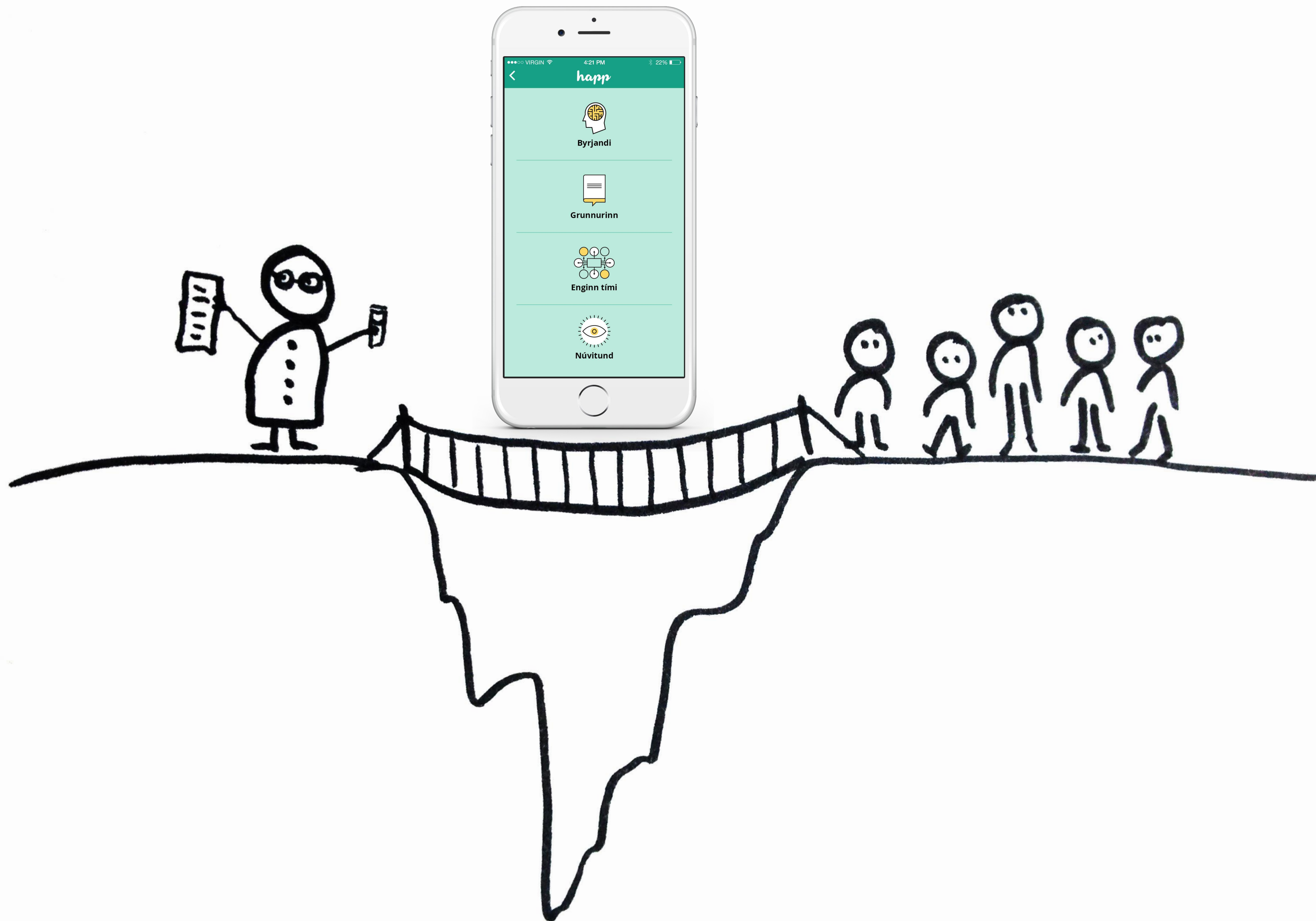
Hvernig fáum við fólk til að hugsa um
eigin heilsu?



hett-Levy, J. (2014). Delivering the 'H' in NHMRC: the case for implementation research







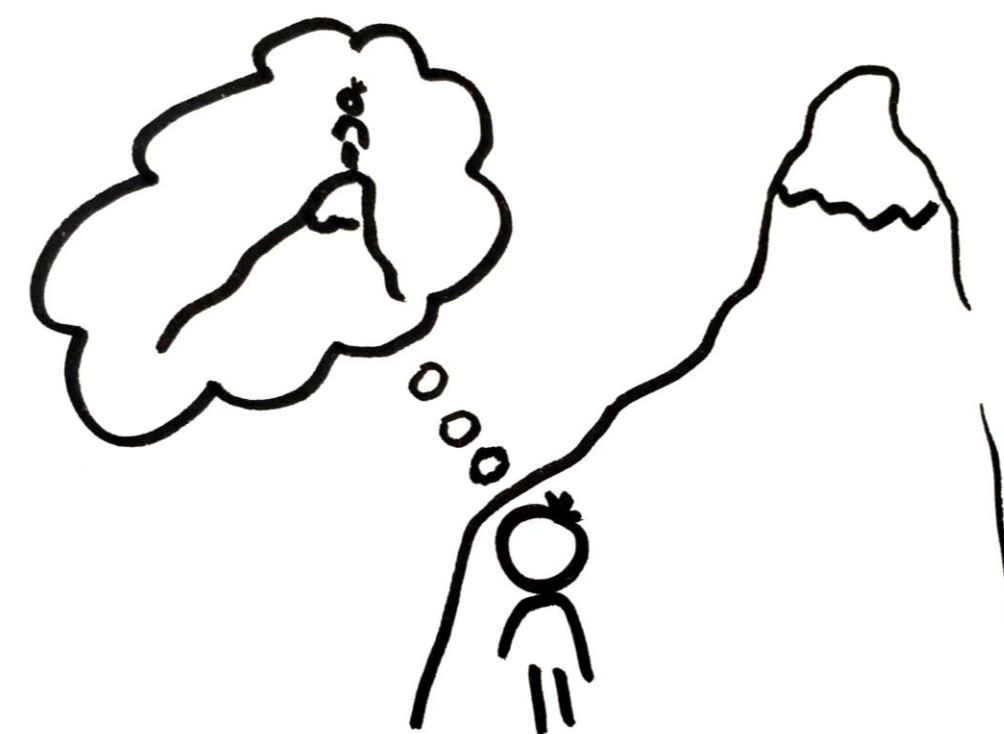
JÁKVÆÐ INNGRIP



Núvitund



Þakklæti



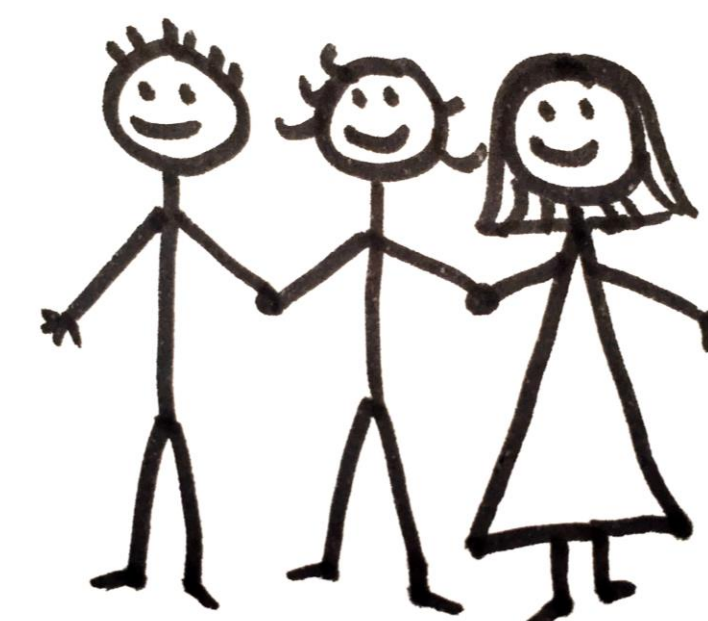
Jákvæðni



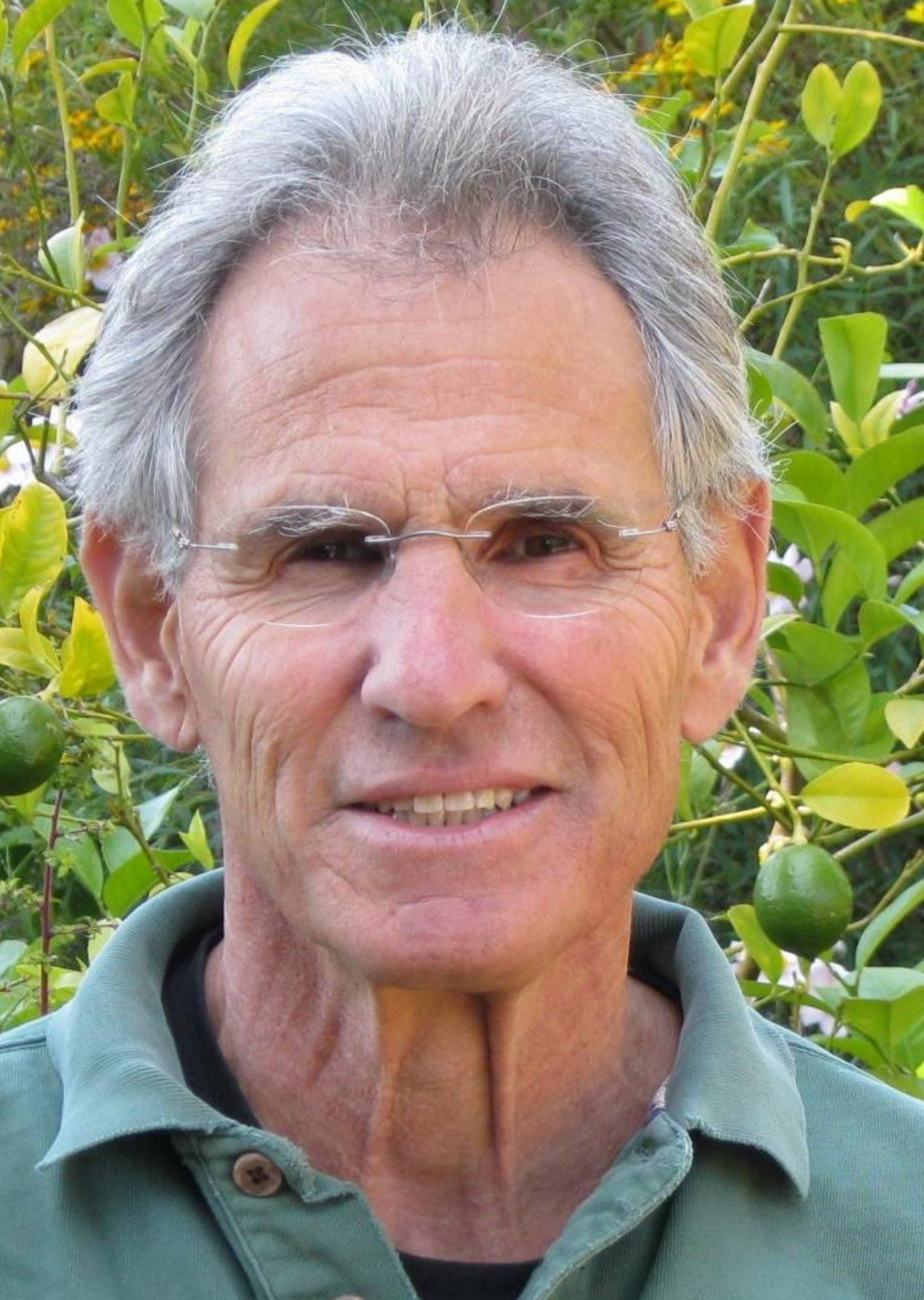
Styrkleikar



Hreyfing



Félagsleg tengsl



NÚVITUND - MINDFULNESS

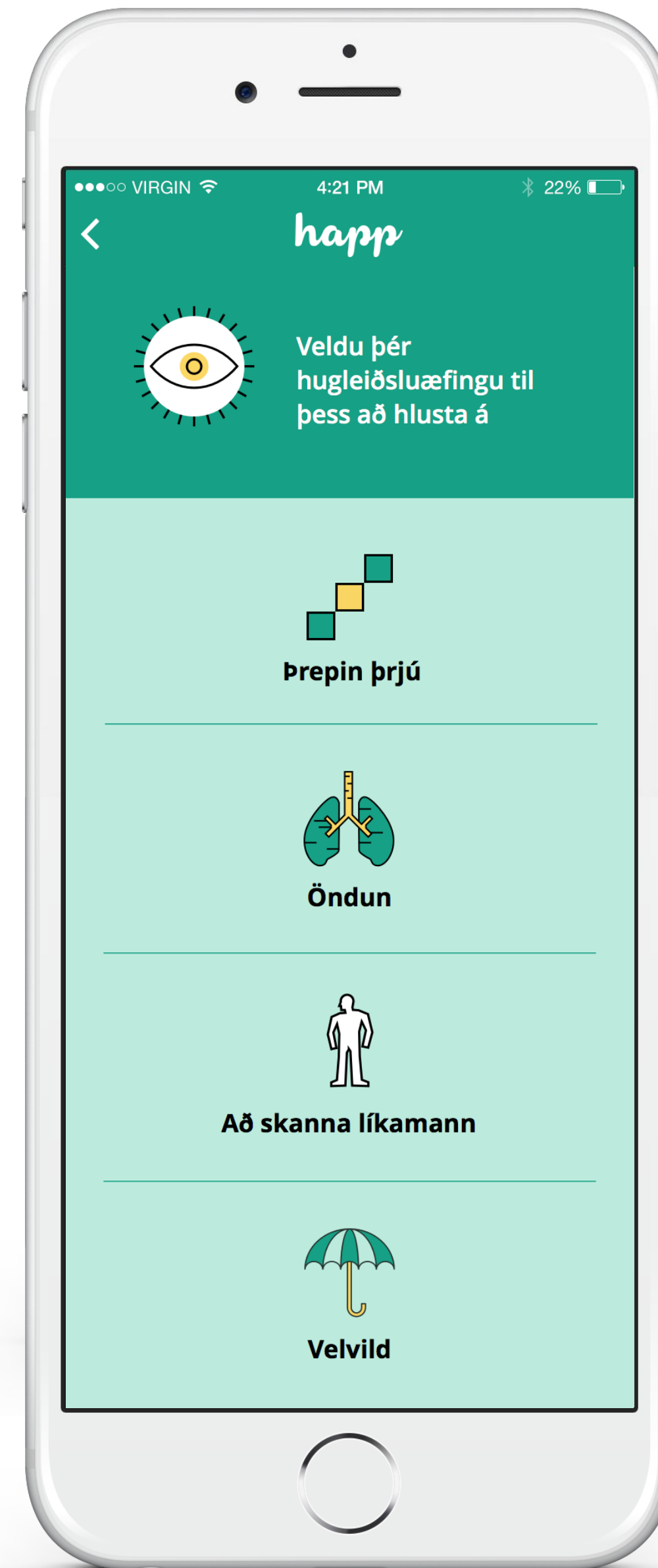
“Sú upplifun sem á sér stað þegar
við beinum athyglinni meðvitað
að núlíðandi augnabliki
án þess að dæma.”

Jon Kabat-Zinn



... lokađu augunum ...

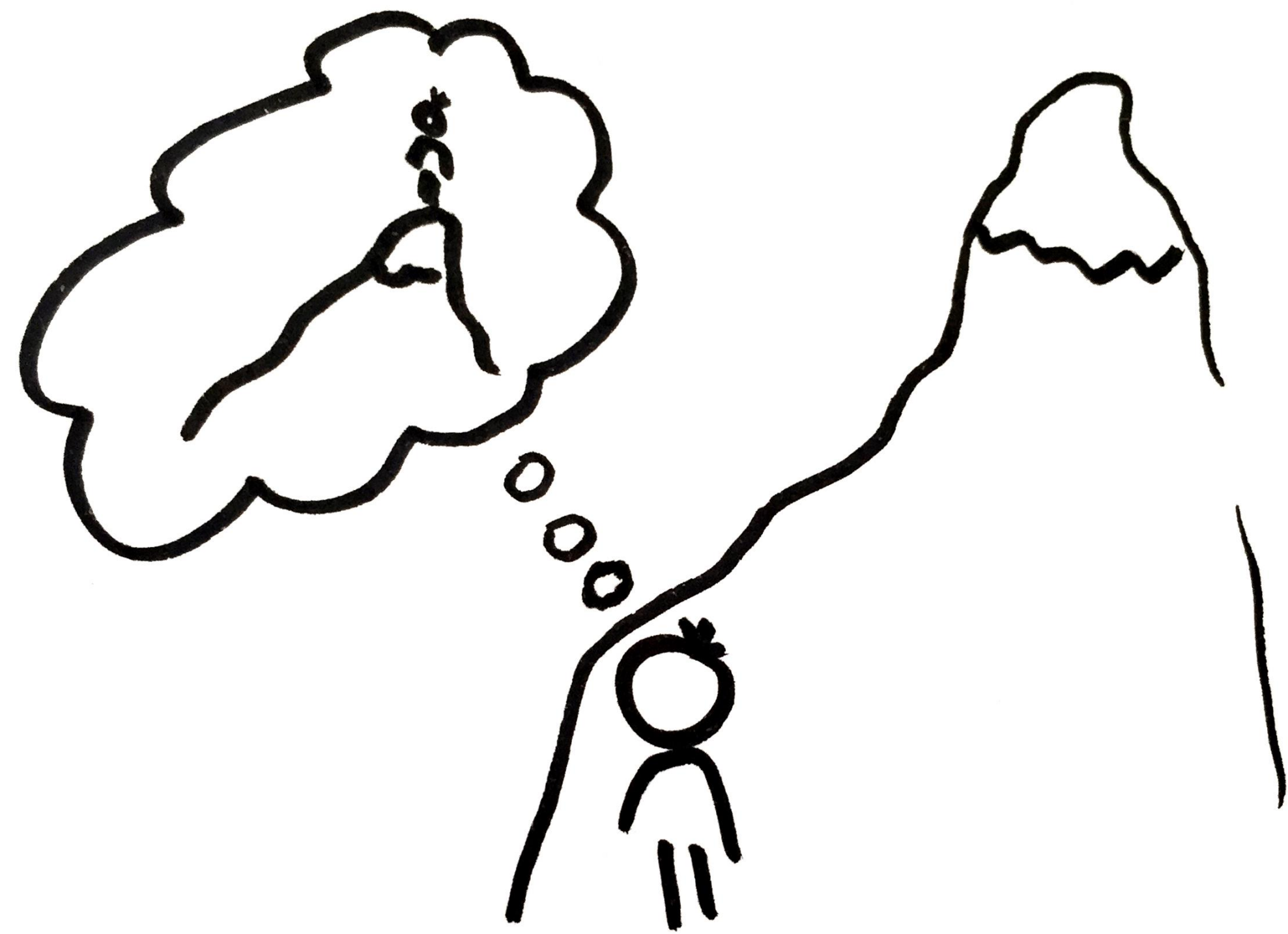
NÚVITUNDAR- HUGLEIÐSLA

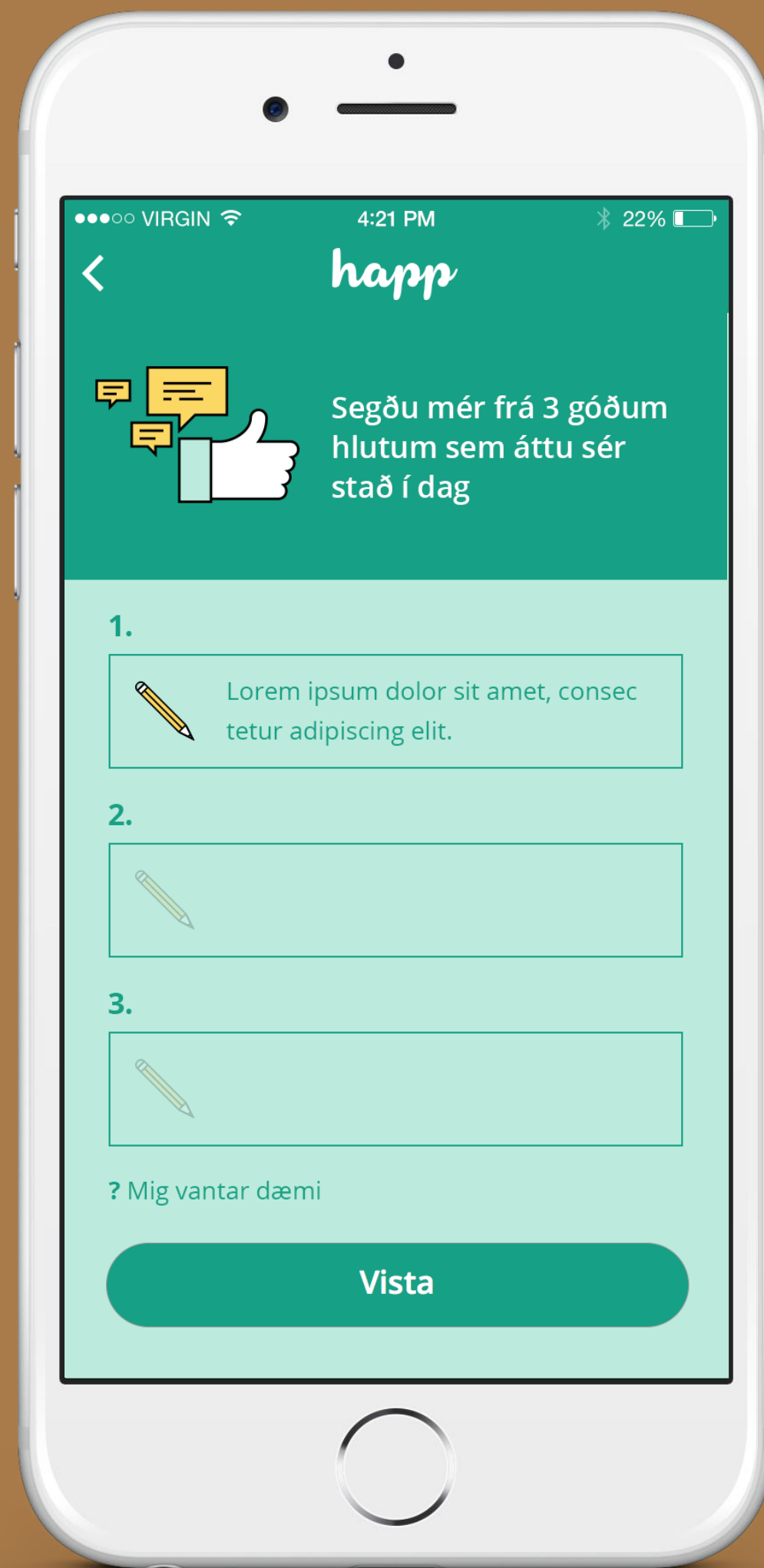


JÁKVÆÐNI

*Að taka eftir góðu
hlutunum í kringum
okkur*

*Að hafa trú á því að við
getum haft áhrif á eigin
framtíð*





3 GÓÐIR HLUTIR

Segðu mér frá 3 góðum
hlutum sem
áttu sér stað í dag og
hvaða þátt þú áttir í því
að þeir gerðust.

ÁHRIFIN

Hugur þinn verður næmari
fyrir jákvæðum hlutum í
kringum þig og þú ferð að
taka betur eftir þeim.



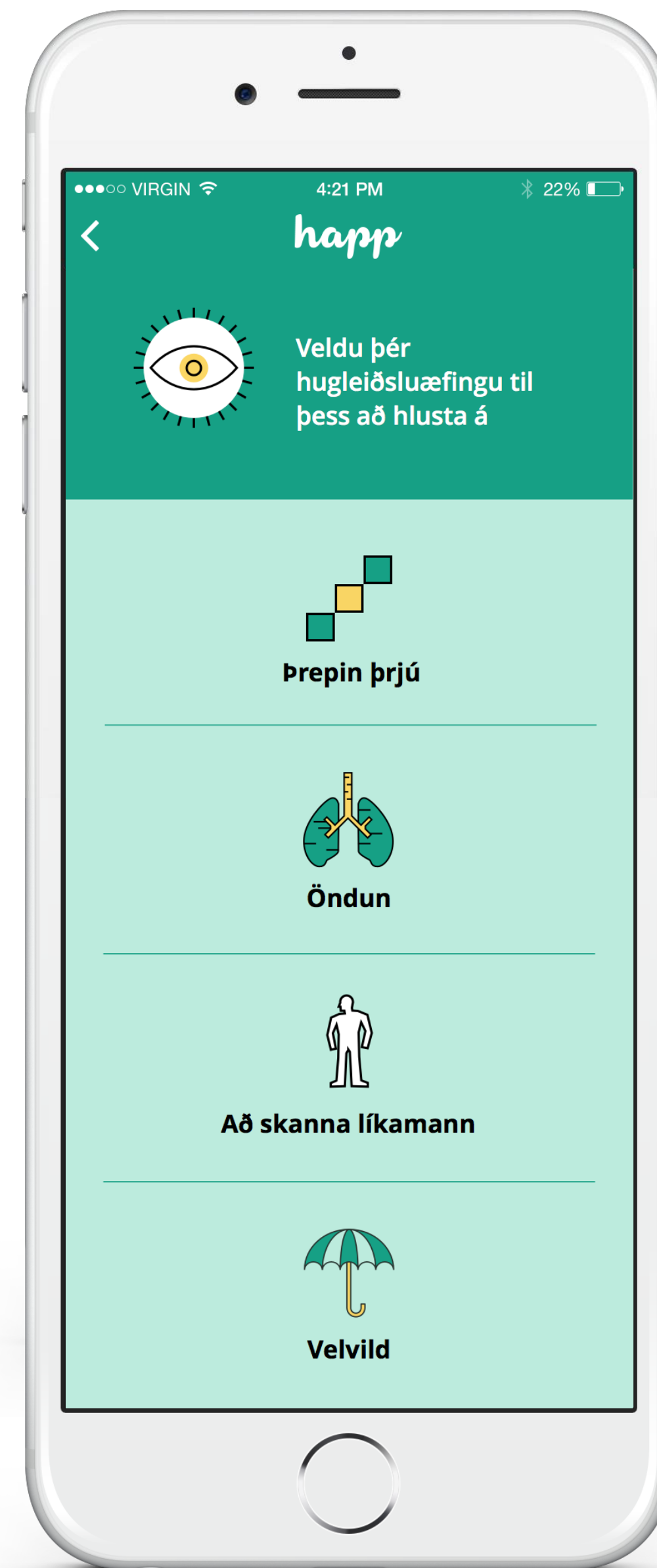
happ[®]

APP

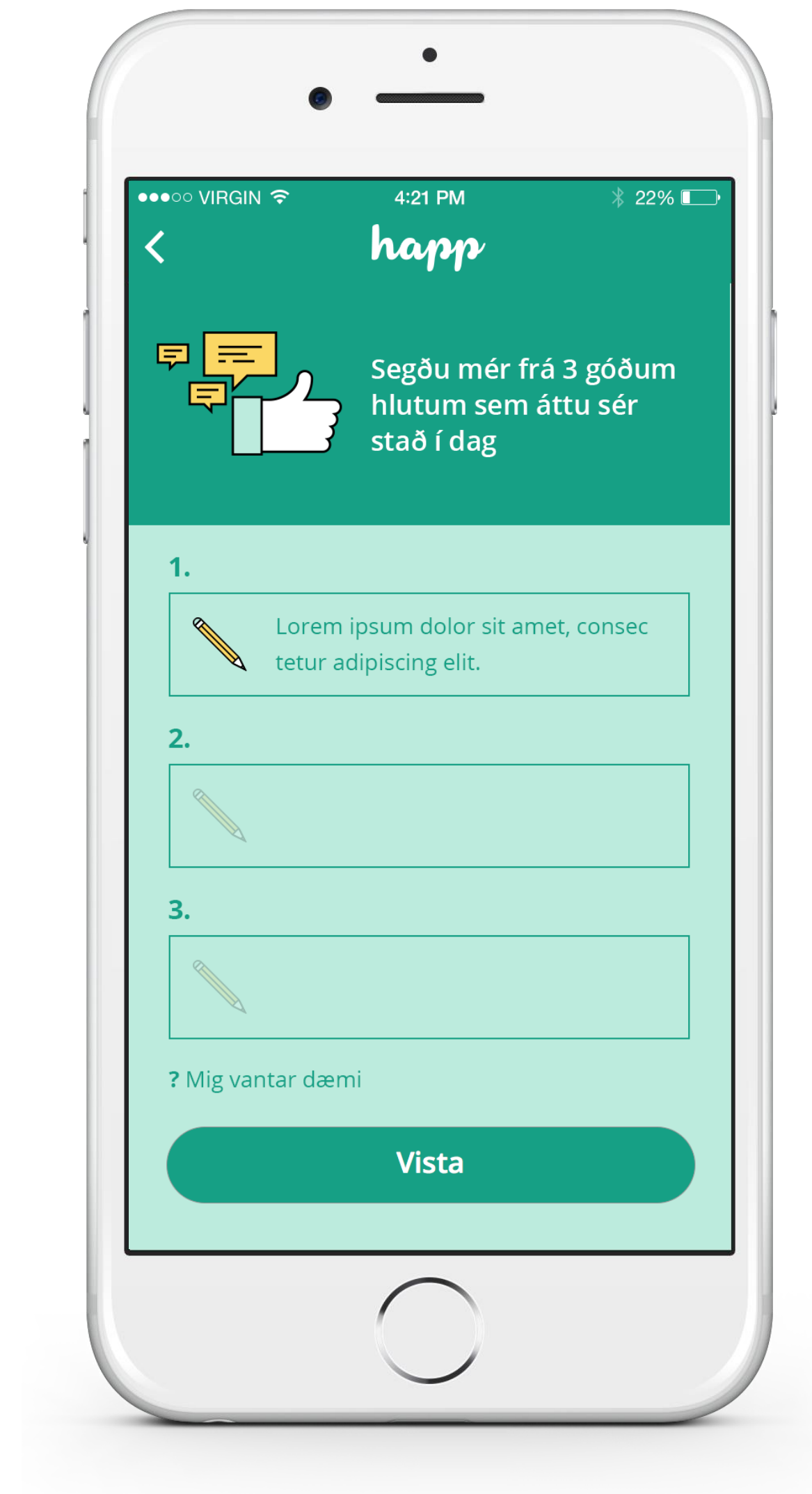
Staðan í dag



NÚVITUNDAR HUGLEIÐSLA

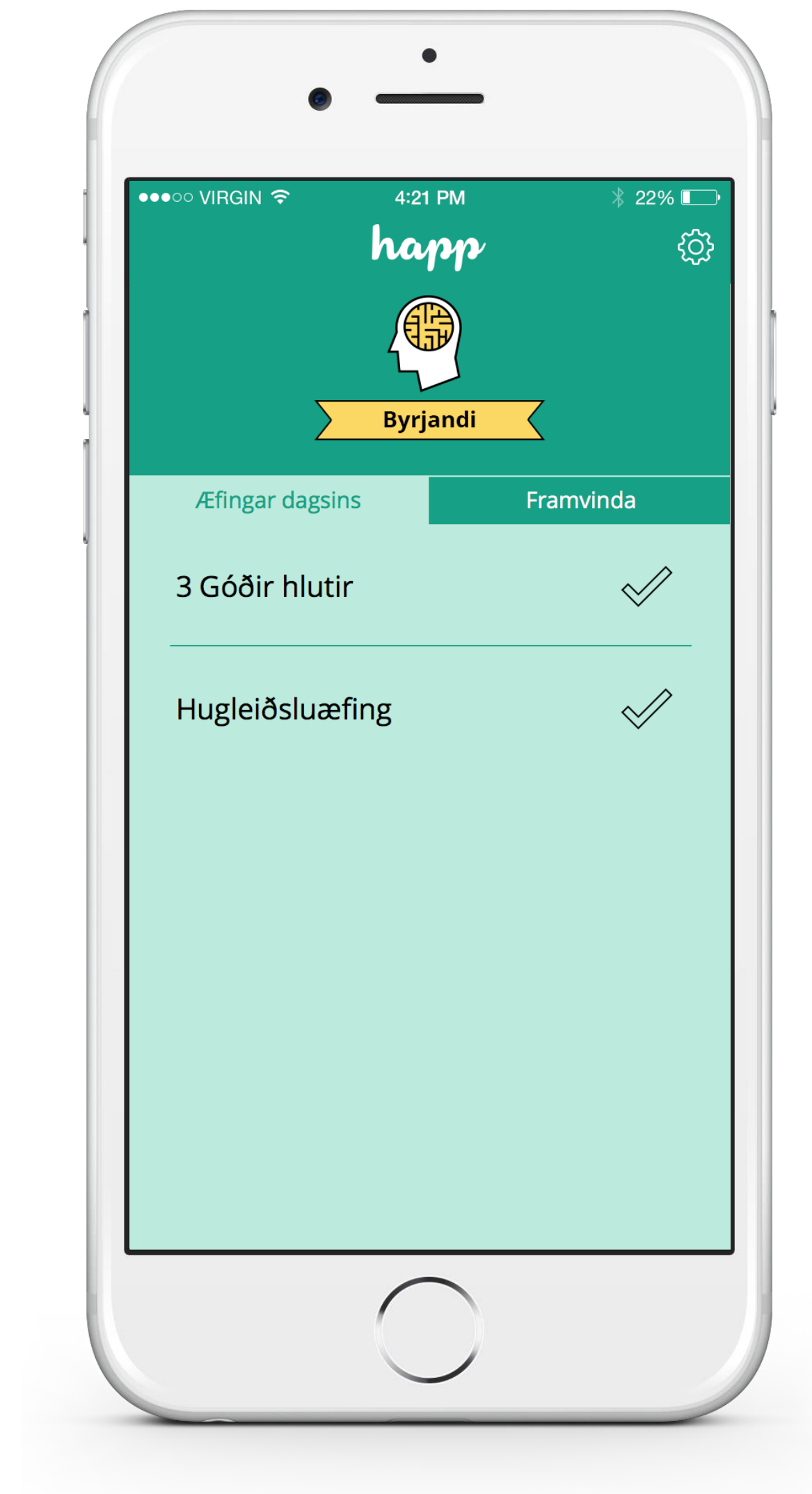


3 GÓÐIR HLUTIR

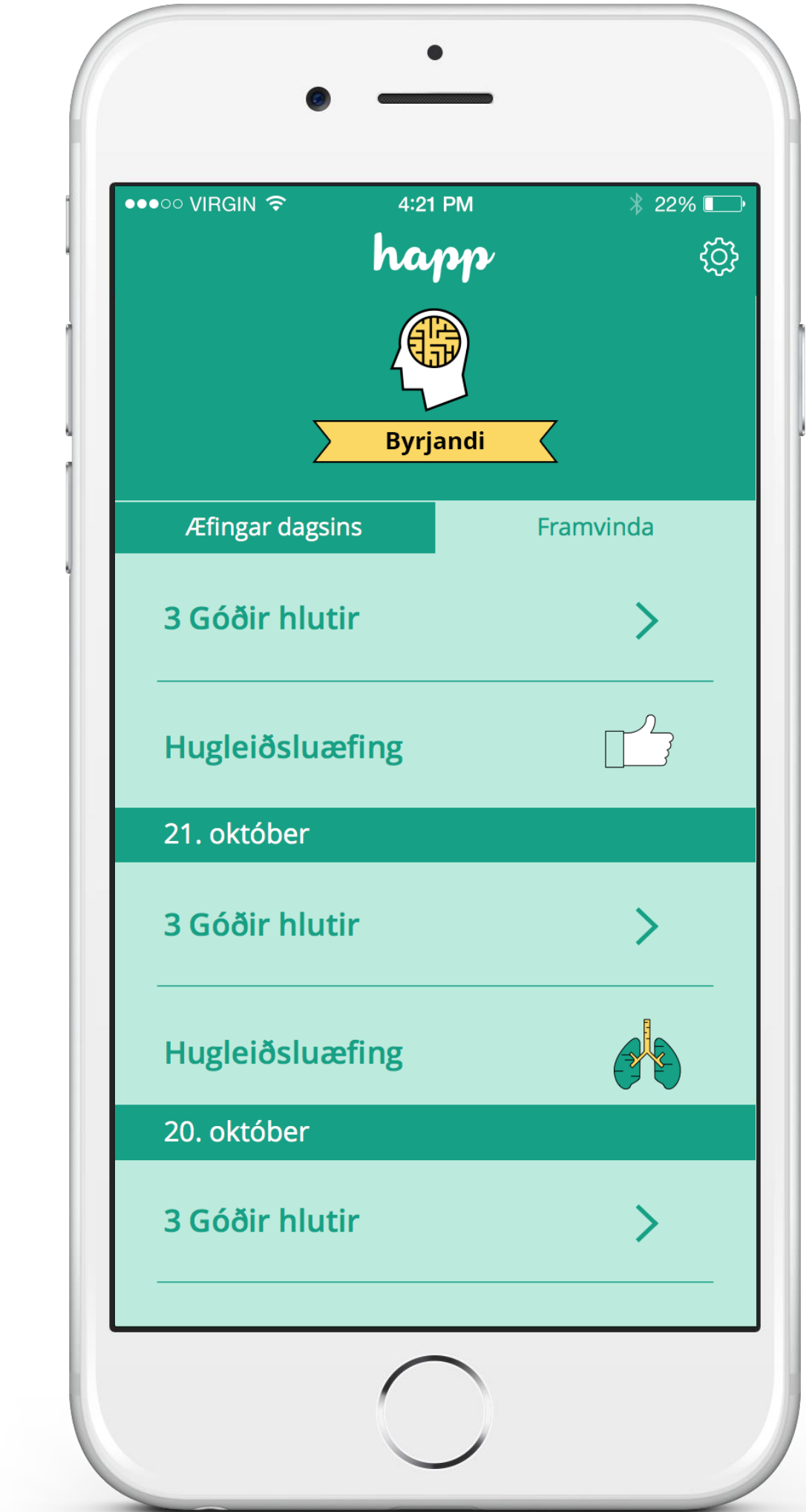


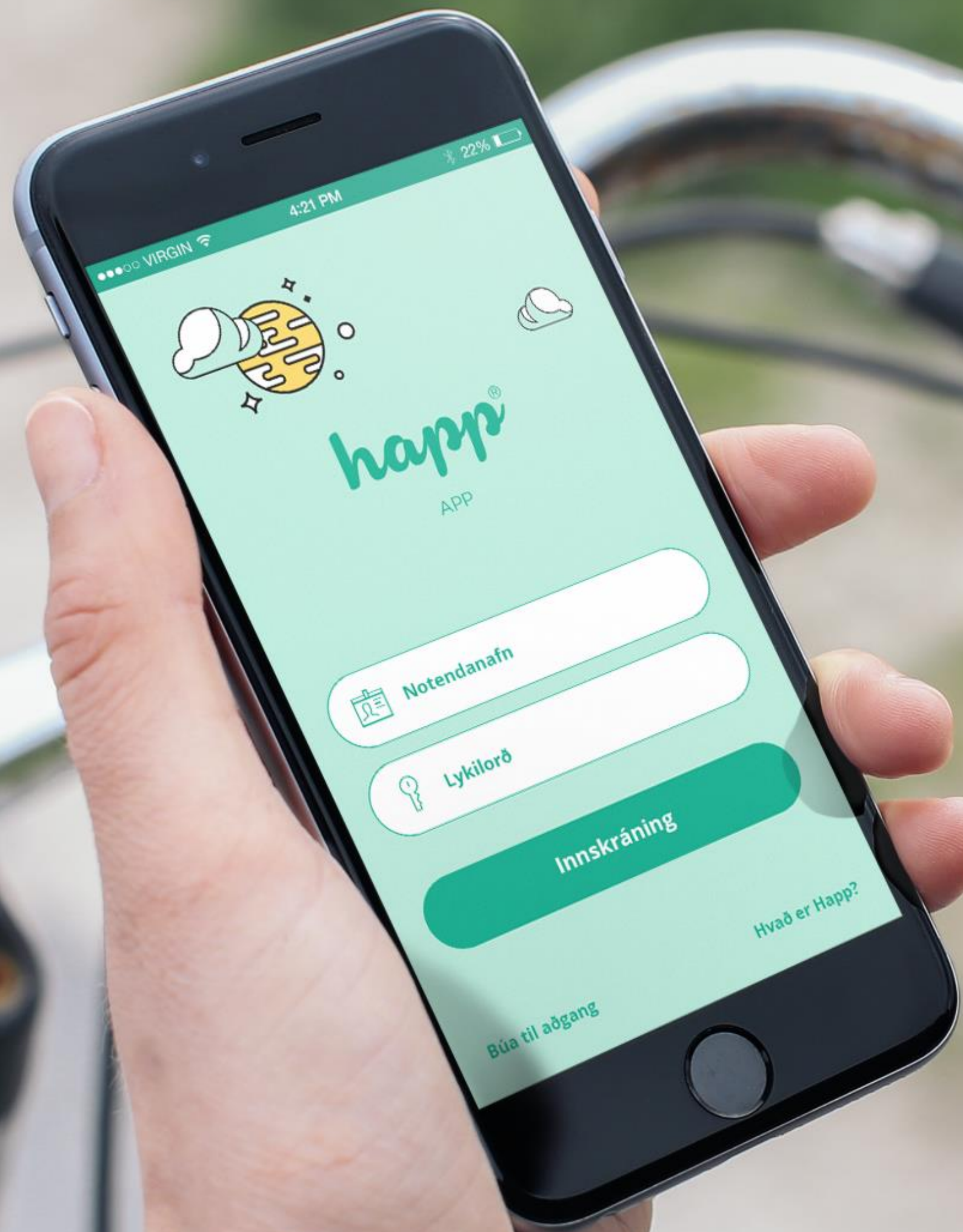
MÍN SÍÐA

ÆFINGAR DAGSINS



FRAMVINDA





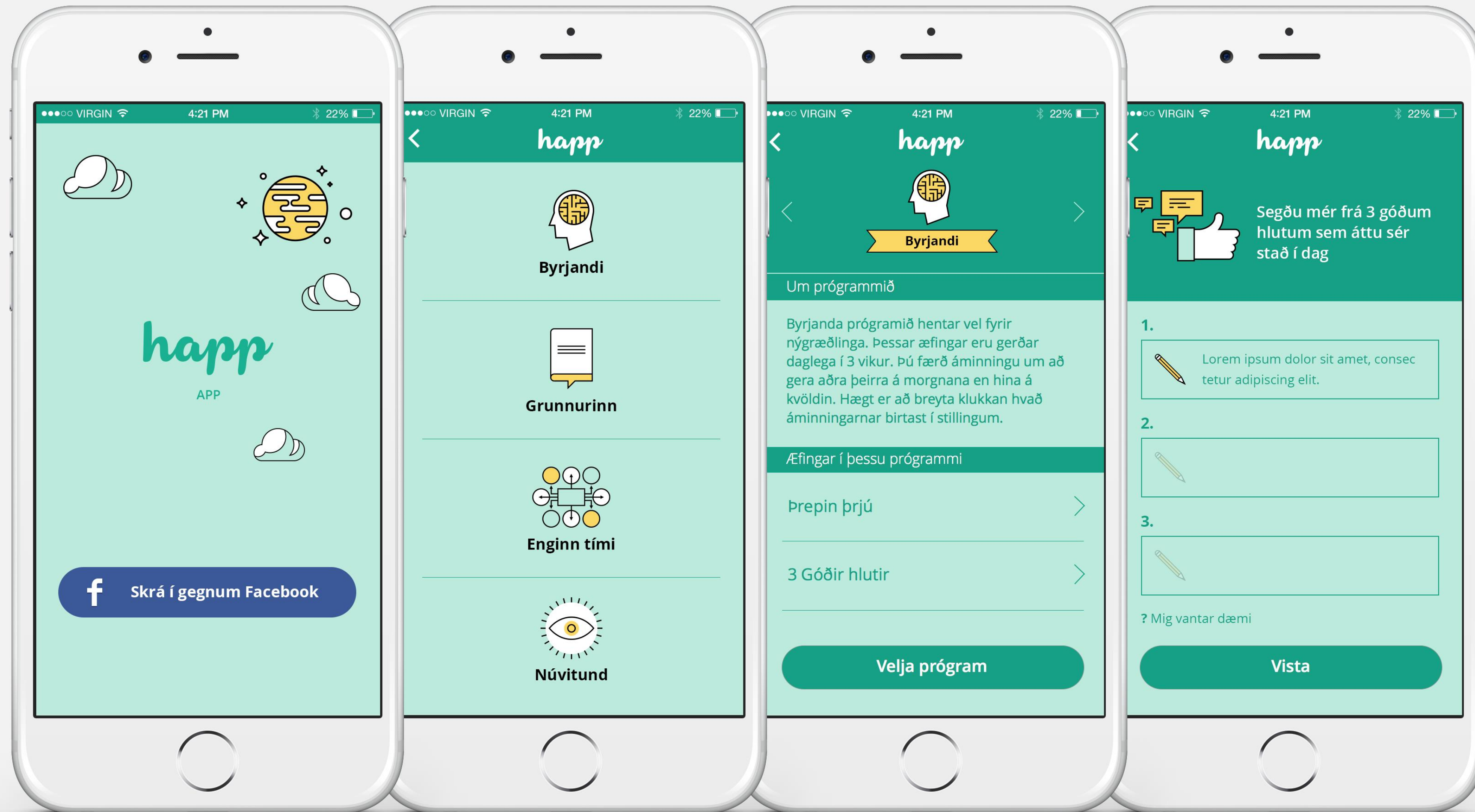
SAMSTARF

Embætti Landlæknis

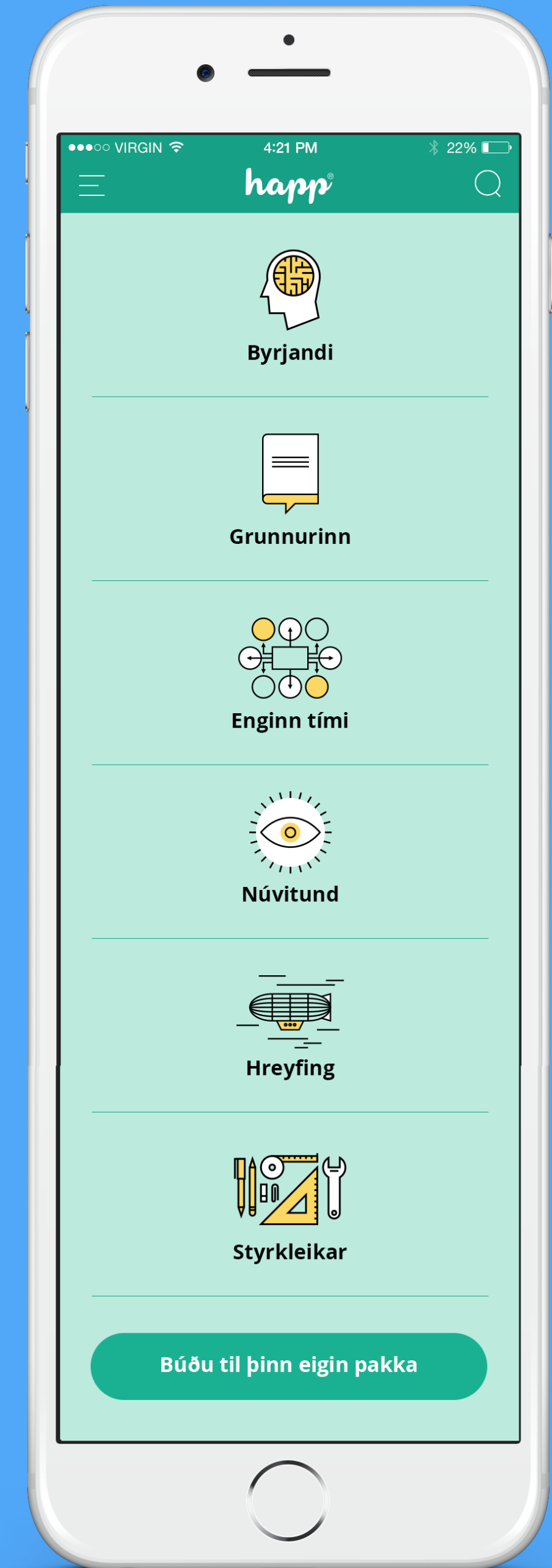
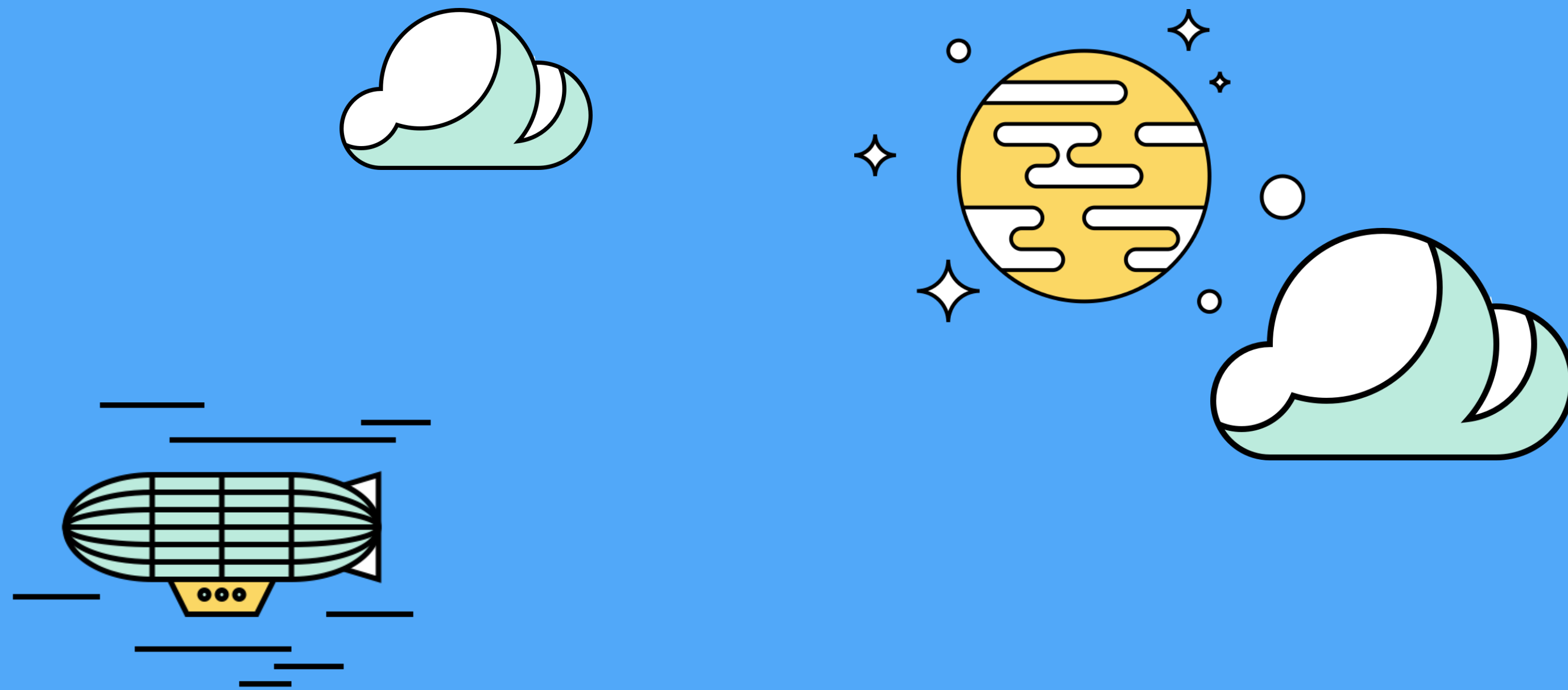
happ[®]
APP

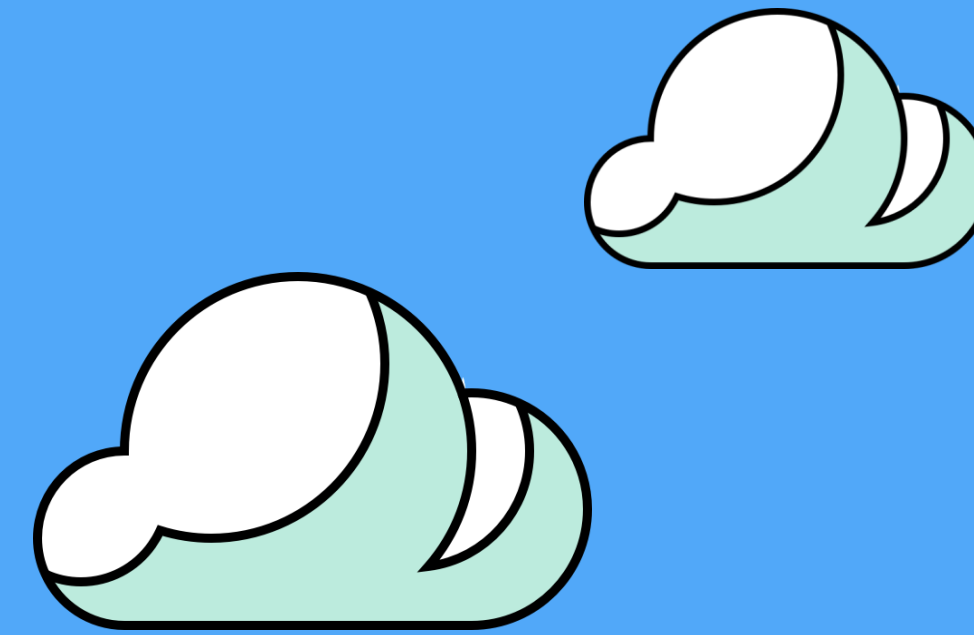
HAPPAPP.IS HEILSUHEGDUN.IS

APP STORE PLAY STORE



FRAMTÍÐIN





*„Við erum það sem við endurtökum.
Afrek eru því ekki athafnir heldur venjur“*

Aristóteles