MASTERMIND CLASS & CLINIC 2026







BE HONEST!

ARE YOU AN EMOTIONALLY HAPPY PERSON?

LEARN HOW TO BE HAPPY THIS SUNDAY!

By Charles E. Winburn, M.Ed.

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WHY ARE 80% OF PEOPLE UNHAPPY WITH THEIR SIGNIFICANT OTHER?

LEARN HOW TO BECOME EMOTIONALLY HAPPY THIS SUNDAY!

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IS IT VERY HARD FOR YOU TO MAINTAIN EMOTIONAL HAPPINESS EACH DAY?

LEARN HOW SUNDAY!

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WHY ARE 8 OUT OF 10 OF YOUR FRIENDS EMOTIONALLY UNHAPPY?

LEARN HOW TO BECOME EMOTIONALLY HAPPY!

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HOW DO YOU STOP LOOKING TO YOUR SIGNIFICANT OTHER TO MAKE YOU HAPPY?

THIS SUNDAY!

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WHY IS IT SO HARD FOR 80% OF PEOPLE TO MAINTAIN EMOTIONAL HAPPINESS?

LEARN HOW TO BECOME EMOTIONALLY HAPPY EACH DAY!

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WHY PRETEND TO BE EMOTIONALLY HAPPY WHEN YOU ACTUALLY CAN BE?

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Disclaimer: This teaching is for religious and educational purposes only and is not designed to diagnose or give medical or psychological advice whatsoever. Please seek the advice of your medical doctor, psychologist, or counselor.

Resources

We do not have any ownership stakes or financial investment in these businesses. They are wonderful services that could potentially benefit you.

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Aim for Wellbeing

The Christ Hospital

513-791-5521

AIM for Wellbeing: Integrative and Functional Medicine

Life Extension

Research-based vitamins and minerals

855-874-9087

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John H. Thomas, Ed.D.

Clinical psychologist

513-961-5682

(24-hour answering service)

Amen Clinics

Brain SPECT Imaging

877-311-2828

Natural ways to heal your body

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Clifton Natural Foods

336 Ludlow Avenue
Cincinnati, OH 45220

513-961-6111

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Ohio Domestic Violence Network (ODVN) Helpline

1-800-934-9840

www.odvn.org

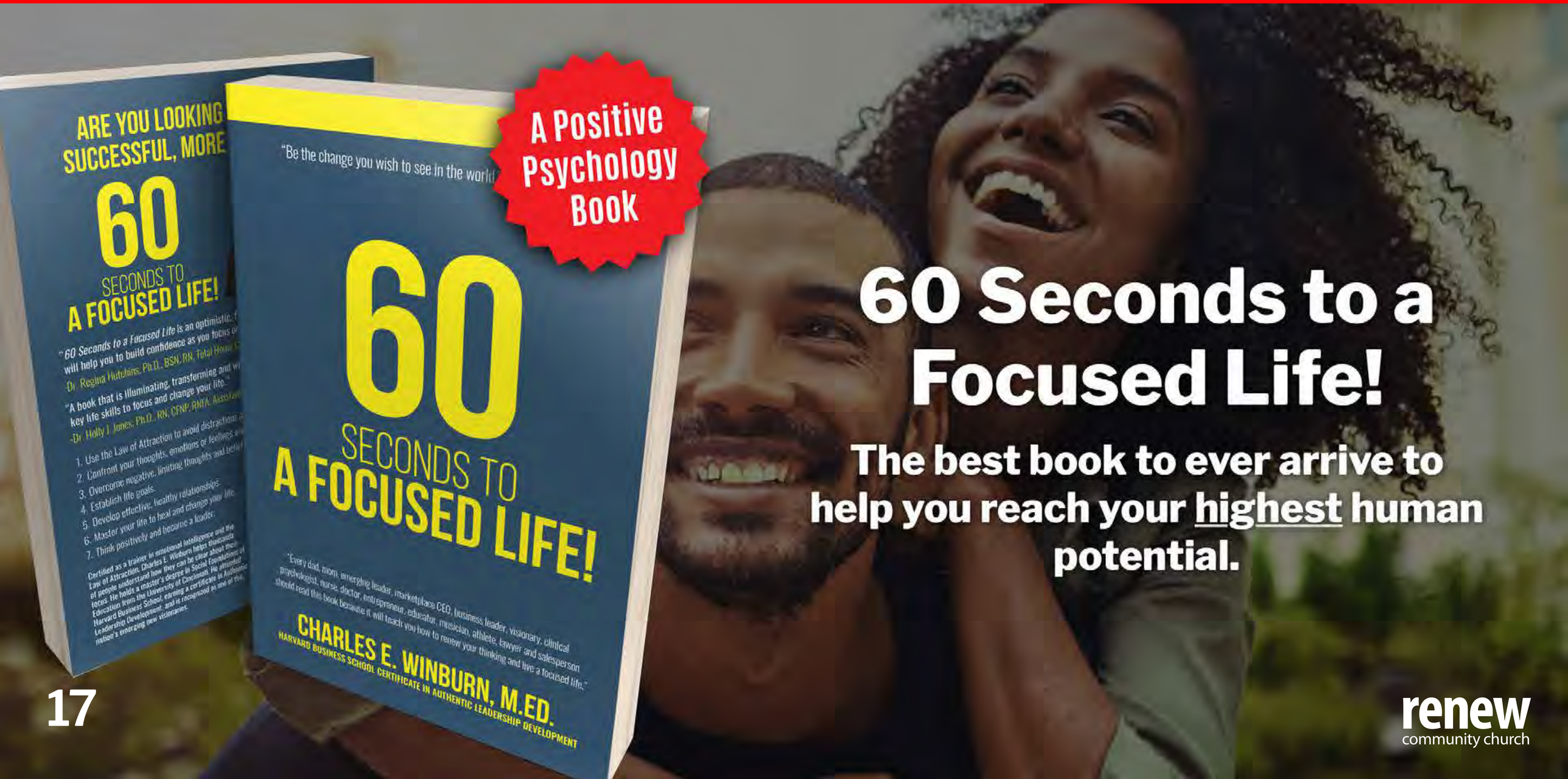
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

Visit today: **60SecondsToAFocusedLife.com**



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Peace

If it be possible, as much as lieth in you, live peaceably with all men.

Romans 12:18

Follow peace with all men, and holiness, without which no man shall see the Lord:

Hebrews 12:14

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

Isaiah 26:3

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you…

John 14:27

And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Philippians 4:7

Joy

for the joy of the LORD is your strength.

Nehemiah 8:10

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**Weeping may endure for a night,
but joy cometh in the morning.**

Psalm 30:5

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Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.

Psalm 16:11

Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.

Romans 15:13

Whom having not seen, ye love; in whom, though now ye see him not, yet believing, ye rejoice with joy unspeakable and full of glory.

1 Peter 1:8

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Happiness / God-favored joy (blessed living)

Blessed is the man… and he shall be like a tree planted by the rivers of water…

Psalm 1:1-3

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Blessed are the peacemakers: for they shall be called the children of God.

Matthew 5:9

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Rejoice in the Lord alway: and again I say, Rejoice.

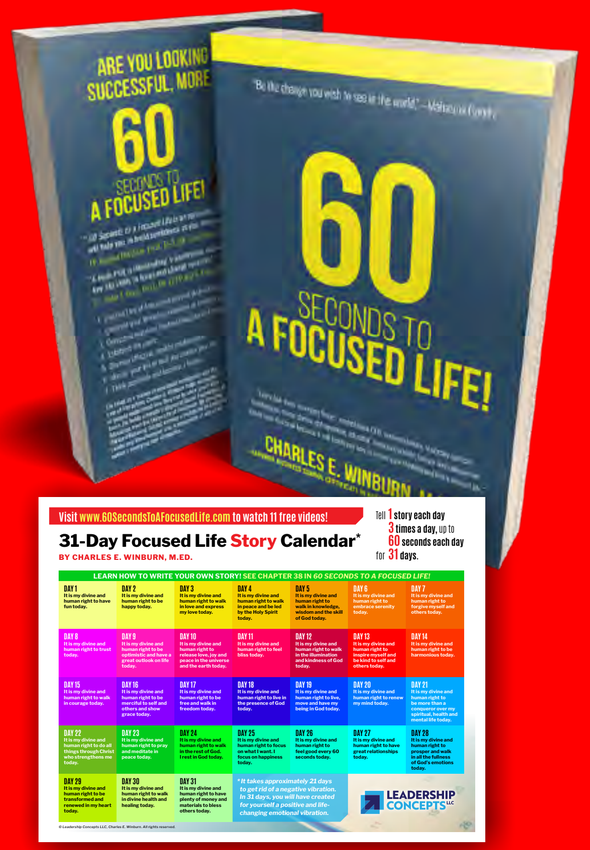
Philippians 4:4

A merry heart doeth good like a medicine: but a broken spirit drieth the bones.

Proverbs 17:22

Happy is that people, that is in such a case: yea, happy is that people, whose God is the LORD.

Psalm 144:15



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Root causes of emotional unhappiness

AI Research

1. **Chronic stress and allostatic load from sustained overwork, financial pressure, or instability can keep the nervous system in a heightened threat state.**

2. **Economic insecurity** (worry about rent, debt, job loss) undermines safety cues that the brain uses to regulate mood.

3. **Loneliness and social disconnection** can reduce emotional support, increase rumination, and weaken "belonging" signals.

4. **Weaker community ties** (less participation in clubs, faith groups, neighborhood networks) can deprive people of frequent positive interactions.

5. **Social media comparison** can intensify perceived inadequacy and foster constant self-evaluation against curated lives.

6. **Sleep disruption** (short sleep, irregular schedules, screen/ light exposure at night) impairs emotion regulation and stress tolerance.

7. **Depression and anxiety** are highly prevalent and often multifactorial (biological vulnerability + environment), affecting large segments of the population.

8. **Inflammation and immune signaling** have documented links with depression and "sickness behavior," suggesting some unhappiness has biological drivers.

9. **Gut–brain interactions** (microbiome differences, diet-related inflammation) can influence mood via immune, neural, and metabolic pathways.

10. **Nutritional deficits** (e.g., low omega-3s, iron, folate, vitamin B12, vitamin D) can worsen mood and energy.

11. **Substance use** (alcohol, cannabis, stimulants, nicotine) can temporarily mask distress but often worsens anxiety, sleep, and depression long-term.

12. **High exposure to traumatic or adverse experiences (ACEs) can recalibrate stress systems and increase lifelong emotional vulnerability.**

13. **Challenging modern information environments** (doomscrolling, constant alerts, misinformation) can increase perceived threat and hopelessness.

14. **Reduced time in restorative environments** (nature exposure, quiet downtime) can lower physiological recovery and positive affect.

15. **Lack of meaningful purpose and identity coherence** can reduce motivation and increase emptiness when goals feel absent or externally imposed.

16. **Low autonomy and control** (workplace micromanagement, rigid schedules, bureaucratic barriers) is linked to depressive symptoms.

17. **Imbalanced effort–reward** (high effort with low recognition/pay) can drive chronic demoralization and learned helplessness.

18. **Cognitive rumination and maladaptive coping** (repetitive negative thinking) can maintain or amplify negative emotional states.

19. **Emotional skill deficits** (difficulty naming feelings, tolerating distress, effective communication) can increase interpersonal conflict and internal strain.

20. **Interpersonal conflict and unsafe relationship dynamics** (criticism, betrayal, coercion, abuse) directly affect emotional well-being.

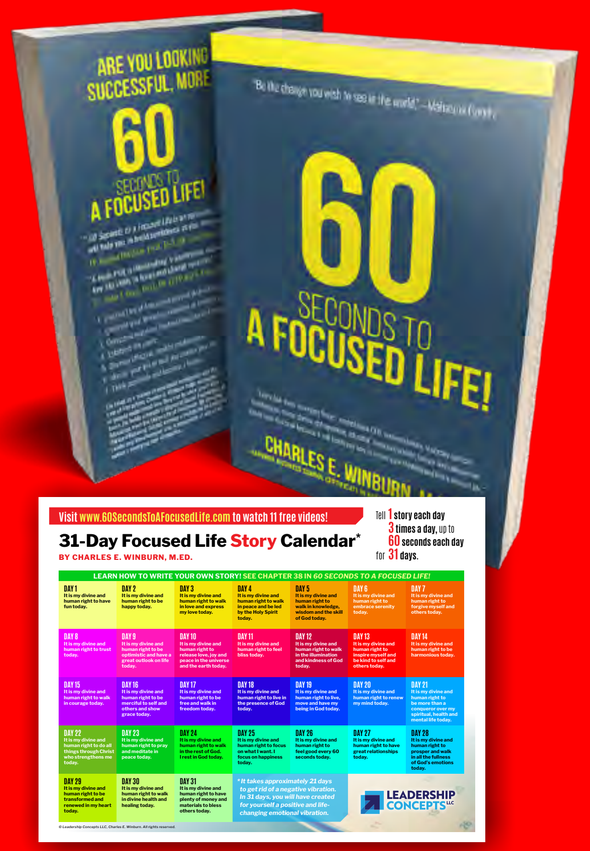
21. **Challenging physical health burdens** (chronic pain, illness, disability) often produce mood decline through stress, sleep loss, and limitations.

22. **Medication and endocrine effects** (some drugs, thyroid disorders, hormonal changes) can affect mood and energy.

23. **Genetic and epigenetic vulnerability** can increase sensitivity to stress; early-life stress can also alter stress-regulation biology.

24. **Inequality and perceived unfairness** can elevate chronic stress and reduce subjective well-being even for people who are not the most materially deprived.

25. **Reduced access to mental health care** (cost, stigma, shortage of providers, long wait times) can delay treatment and prolong suffering.



25 effective, practical, evidence-informed ways to support emotional well-being and make everyday life feel better

AI Research

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1. **Set small, specific "good" goals each day**
   - **Choose 1–3 measurable actions (e.g., "walk 15 minutes after lunch").**
   - **Keep targets small enough that success is likely.**

2. Practice gratitude in a structured way

- Write 3 things you're grateful for, but add why they mattered.
- Do it for 2–5 minutes daily (same time helps).

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3. Use cognitive reframing (thought labeling)

- Catch a negative thought and label it: “I’m having the thought that…”
- Replace “facts vs. interpretations” (ask: “What’s an alternative explanation?”).

4. Schedule “behavioral activation”

- Emotional state often follows action, not the other way around.
- Pick one uplifting or meaningful activity even if motivation is low.

5. **Prioritize sleep like it's mental health**
   - **Keep a consistent wake time.**
   - **Reduce late caffeine and create a wind-down routine (dim lights, low stimulation).**

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6. Get daily movement

- Aim for at least a brisk walk or movement you can sustain.
- Mix options: cardio + mobility + short strength work.

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7. Use sunlight + outdoor time

- Morning light exposure supports circadian rhythm and mood.
- Even 10–20 minutes can help if you can’t do more.

8. Learn a simple mindfulness practice

- Try 5 minutes of breath attention or body scanning.
- When the mind wanders, gently return—this "return" is the training.

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9. **Reduce doom-scrolling with a plan**
   - **Set specific “check times” for news/social media.**
   - **Use app limits or move the feed off your home screen.**

10. Build emotional “buffering” skills for stress

- Use quick techniques: paced breathing (slow inhale/exhale) or a short grounding exercise.
- Practice when calm first, so it works when stressed.

11. Strengthen social connection intentionally

- Reach out to one person daily or several times per week.
- Choose meaningful contact (a real message, not just reacting).

12. Do at least one “pro-social” act

- Small kindness (helping, thanking, encouraging) boosts meaning and belonging.
- Consistency matters more than magnitude.

13. Create and protect a daily "meaning anchor"

- Examples: a hobby, faith/ spiritual practice, learning, mentoring, volunteering.
- Meaning correlates strongly with life satisfaction.

14. Practice values-based living

- Identify what matters (e.g., health, growth, family, creativity).
- Make one choice per day that nudges you toward a value.

15. Use “if–then” planning

- Replace vague intentions (“be happier”) with: “If it’s 7pm, then I’ll do 10 minutes of reading.”
- This reduces decision fatigue.

16. Reduce alcohol and nicotine when possible

- Substances can worsen anxiety, sleep quality, and mood regulation.
- If quitting is hard, aim for gradual reduction and support.

17. Maintain blood sugar stability

- Eat regular balanced meals with protein/fiber.
- Avoid large swings from skipping meals or heavy sugary intake.

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18. Practice emotional awareness (naming feelings)

- "What am I feeling right now—anger, fear, sadness, shame, loneliness?"
- Naming emotions can reduce intensity and improve decision-making.

19. Challenge perfectionism with "progress standards"

- Redefine success as improvement and completion.
- Use "good enough" for non-critical tasks.

20. Manage self-talk using evidence-based scripts

- Try: “What would I say to a friend in this situation?”
- Aim for compassionate accuracy, not harshness.

21. Get therapy or coaching if you can

- Evidence-based options (CBT, ACT, mindfulness-based approaches) improve coping and mood.
- Professional support is especially valuable when symptoms persist.

22. Use positive experiences—deliberately

- Schedule small pleasures (music, nature, tea, art).
- Take “micro-moments” rather than waiting for big events.

23. Create a “joy routine” and track it

- Example: after dinner, a 20-minute hobby + playlist.
- Track what you did and how you felt (simple notes are enough).

24. Set boundaries to protect your energy

- Reduce draining commitments.
- Practice saying “no” or “not now” without over-explaining.

25. Apply "behavioral experiments" for beliefs

- If you believe "nothing will work," test it with a tiny attempt.
- Collect data from your experience instead of relying only on emotions.

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