

current state of US *mental health*

12%

Of Americans are
very happy with
their lives.

60%

Report feeling
lonely.

56%

Increase in youth suicide rates
in a decade.

1. Boyon, Nicholas, "The State of Happiness in a Covid World." IPSOS Global Happiness Report, vol. 4, Oct 2020, pp 1-49.

2. Cigna, "2020 Loneliness Index." CNBC, January 23, 2020.

3. Abbott Briana, "CDC Report on Youth Suicides" Wall Street Journal, October 17, 2019.

psychological safety

Psychological safety is a condition in which human beings feel...



included

Everyone wants to be accepted. In fact, the need to be accepted precedes the need to be heard. Inclusion safety allows us to gain membership within a social unit and interact with its members without fear of rejection, embarrassment, or punishment, boosting confidence, resilience, and independence.



safe to learn

Learner safety satisfies the basic human need to learn and grow. When we sense learner safety, we're more willing to be vulnerable, take risks, and develop resilience in the learning process.



safe to contribute

When we create contributor safety for others, we empower them with autonomy, guidance, and encouragement in exchange for effort and results.



safe to challenge status-quo

Challenger safety provides respect and permission to dissent and disagree when we think something needs to change and it's time to say so. It allows us to overcome the pressure to conform and gives us a license to innovate and be creative.

Have you ever been bullied, shamed, silenced, brushed off or ostracized?

Lack of psychological safety activates the **pain centers** of the brain and triggers the **self-censoring instinct** –

paralyzing performance
freezing initiative
and smothering innovation.

Core elements of havaya are supported by science

Put away your phone & electronics

The mere presence of your device - even if you resist looking at it- distracts and reduces available *cognitive capacity*.

Breath

EEG studies have suggested that regular breathing practice during yoga and meditation can *increase β -activity* in the left frontal, midline, and occipital brain regions, which has been associated with *enhanced cognitive performance, such as during attention, memory, and executive functions*.

Mindfulness

Being mindful, being aware of the present moment without grasping on to judgments, improves *immune function, enhances a sense of equanimity and clarity and may even increase empathy and relational satisfaction*.

Deep Connections

... this experiment demonstrates that ... emotionally focused therapy, can *change the way the brain responds to fear and threat*. This is but one of many neuroimaging studies that demonstrate how *the brain can change over time based on relationships and new experiences*.

1. ([Journal of the Association for Consumer Research](#)).
2. ([Bhatia et al., 2003](#); [Snayder et al., 2006](#)) and ([Freeman et al., 1999](#)).
3. (Davidson et al., [2003](#), and see Siegel, [2007](#), for a summary of these research studies).
4. Acevedo BP, Aron A, Fisher HE, Brown LL. [Neural correlates of long-term intense romantic love](#).

The impact of havaya

How participants have described their experience

Fosters vulnerability and healing

“I am normally quite introverted. Within the circle, I have the ability to be much more open with people. I’ve been able to share things I literally have never shared with friends or family before”

“Being heard is so healing - to express something that is simmering or festering within you and you have a safe space to talk it out.”

Builds resilience

“I see everything in a more relative way. The drama is gone.”

“I’ve become much more of an observer of things rather than being pulled into things”

Translates the conceptual to the experiential

“Havaya totally changed my life. In the past, I’ve done therapy, retreats, Tony Robbins, silent retreats, yoga. In such a short amount of time, it has totally upended my life in the most positive way ever. Everything I’ve read and done, in this short of amount of time it clicked. Before, things were words.”

“The idea of ‘be here now’ - I never understood it. I even read the book. Those big spiritual concepts - now, I relate to everything.”

Enables self-actualization

“All the things that I read about self-development, etc. it sunk in. I get it. I am finally at home within myself.”

“I’m so happy and fulfilled within myself, it’s as if I don’t need anything anymore. It’s so powerful.”