



THE OSPREY ORACLE

A Newsletter for the residents of Osprey Landing – March 2024

"A journey of a thousand miles begins with a single step"

Happy Spring!

March invites us to celebrate the first day of spring. Spring is such a fresh, exciting, and invigorating season. Everyone seems to have more energy, we smile more, there is a "spring" in our step, and we eagerly watch as buds and flowers peek out from everywhere!

On Sunday, March 10, Daylight Savings Time begins. Don't forget to turn your clocks forward one hour. Celebrate St. Patrick's Day on Sunday, March 17, and the first day of spring is Tuesday, March 19.

We would like to thank all of you for your cooperation this season during snow removal. Your efforts were a tremendous help in getting the lots cleared of snow. Thank you all so much.

We wish you all a wonderful March!

~The Osprey Landing Team

Community Events

Summer Camps & Enrichment Programs

The City of Portsmouth has opened registration for its summer camps and enrichment programs. You can find program descriptions, costs and registration information on their website: <https://www.cityofportsmouth.com/recreation/summer-camps-enrichment>

The Portsmouth Parks & Rec Spring/Summer 2024 program booklet is available for download at: <https://www.cityofportsmouth.com/recreation>

New Hampshire Theatre Project

New Hampshire Theatre Project works with theatre-makers, schools, corporations, non-profits, and community participants through four distinct areas of programming:

- Mainstage Productions & Guest Artists
- On-site Camps, Classes & Professional Development Workshops
- Artist-In Residence & Theatre for Life
- Elephant-in-the-Room Series touring performances & community residencies.

Find out what's on stage:

<https://www.nhtheatreproject.org/onstagenow>

Saint Patrick's Day Comedy and Dance Spectacular Portsmouth, March 17

Celebrate St. Paddy's Day at the Music Hall in Portsmouth, while laughing so hard your green beer spills. With performances by stand-up comedians Jim McCue, Kelly MacFarland, Dan Donahue and Casey McNeal, and incredible Irish dancing performed by Murray Academy of Irish Dance and Murray McDonough-Grimes Irish Dance, this is one night you won't want to miss. bostoncomedyfest.com

Around NH in March

Murder Mystery Dinner

Dover, March 15, 16, 22 and 23

Enjoy a 5-course dinner while playing in one of Silver Fountain Inn and Tea Parlor's live games of "Clue." Join the other characters for a night of mayhem, extortion and "murder." Win a prize for figuring out who the killer is among you. silverfountain.com

Maple Weekend – March 16 and 17

On this mid-March weekend, sugarhouses across the state open their doors to show Granite Staters how that liquid-gold delicacy is really made. Find a sugarhouse near you! nhmapleproducers.com

Waypoint SleepOut

Manchester, Rochester, March 29

Spend a night out in the cold in solidarity with youth enduring homelessness in New Hampshire. This year is the 10th annual SleepOut, and will be a hybrid event, which means participants can sleep out (as a "Sleeper") in their own backyard or a place of their choosing, or at one of the designated group sites in Manchester and Rochester. However participants choose to get involved, their objective is to raise as much money and awareness as they can. The support from SleepOut 2024 will help Waypoint quell the suffering of youth, advocate for change at the legislative level and support Waypoint's expanded services, including an emergency overnight shelter, to help transform thousands of young lives. waypointnh.org

The Happiness Advantage

We've been taught that if we work hard, we will be successful, and then we'll be happy. But Shawn Achor, head of Goodthink and author of "The Happiness Advantage," says this formula is backwards. Happiness fuels success, not the other way around.

Happiness, he says, isn't just about feeling good, it's about the joy we feel while striving for our potential. His research has found that choosing simple happiness habits that take no longer than brushing your teeth can boost your mood, make you happier and, as a result, healthier, more productive and creative, and closer to those you love.

"Happiness is such an incredible advantage in our life. When the human brain is positive, our intelligence rises, we stop diverting resources to think about anxiety."

"Most people keep waiting on happiness, putting off happiness until they're successful or until they achieve some goal, which means we limit both happiness and success. That formula doesn't work. If we flip around the formula, investing in happiness now reaps an incredible dividend. The greatest competitive advantage in our modern economy is a positive and engaged brain."

In a society where depression, anxiety and suicide rates have soared over the past decade, it's comforting to know that there's something we can do to increase our happiness. These exercises, most of which take just 2 minutes per day, boost optimism and happiness and decrease stress and anxiety. It's a small amount of time for a huge return.

Book: *The Happiness Advantage*, by Shawn Achor

TED Talk (with 25 million views):
https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work

THREE GRATITUDES - Boost your optimism.
Train your brain to scan for the positive.

1. Write down three new things every day that you're grateful for - The 'less significant' the better.
2. Write down why you're grateful for them.
3. After 21 days, you will have re-trained your brain will scan for positives in your experiences.

THE DOUBLER - Increase the trajectory of meaning running through your life.

1. Write down one significant event from the past 24 hours.
2. Bullet point each detail you can remember about that event for 2 minutes.
3. After 21 days, your brain will connect the dots and identify more meaning in your life.

THE FUN FIFTEEN - Decrease your likelihood of depression.

1. Do a form of cardiovascular exercise for 15 minutes per day.
2. Your brain views exercise as a victory & that cascades into the rest of your life.
3. Increase your social connection/happiness by exercising with a friend.

MEDITATION - Improve your happiness. Decrease your stress.

1. For 2 minutes per day, sit still and pay attention to your breath as it goes in and out of your body.
2. As thoughts float in, welcome them and move them along so you can get back to watching your breath.
3. This activity leads to higher levels of accuracy at work, elevated happiness and lower levels of stress.

CONSCIOUS ACTS OF KINDNESS - The key to lifelong happiness.

1. Every day, preferably in the morning, take 2 minutes to write a note, email or text to thank or praise one person you know. Pick a new person every day.
2. You'll receive positive emails and texts back and be perceived as a positive leader.
3. Do this every day for the rest of your life and your social connection, the greatest predictor of happiness, will soar.

Happiness Habits



3 Gratuities

Write down three new things you are grateful for each day—rewire your brain for greater optimism.



The Doubler

Spend two minutes describing a meaningful experience from over the past 24 hours—double the meaning in your life.



Fun Fifteen

Add 15 minutes of fun, active cardio—create a cascade of success.



Meditation

Invest two minutes to train your brain to just watch your breath—undo negative effects of multitasking.



Conscious Act of Kindness

Take two minutes to write an email, thanking one person in your social support network—increase the greatest happiness predictor.