

This Changes Everything

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evolution...

this time it's
personal



"We can do something about
it....we don't have to wait for a
genetic mutation!" Eva
Jablonka #ACBS2013

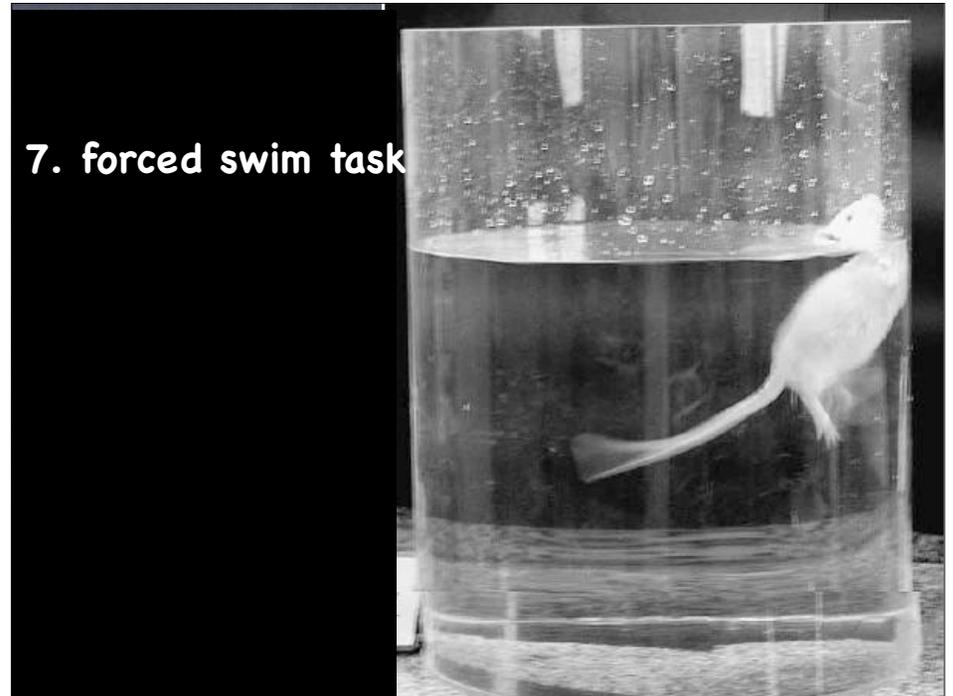


Clues
from
Animal
models?

both physical and
mental health



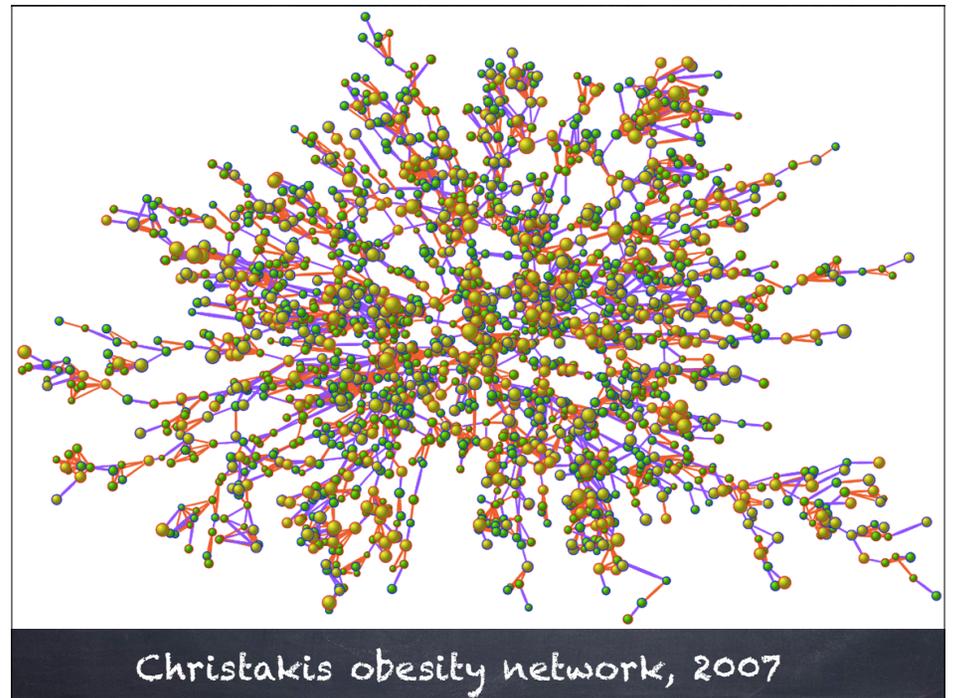
At minimum be cautious

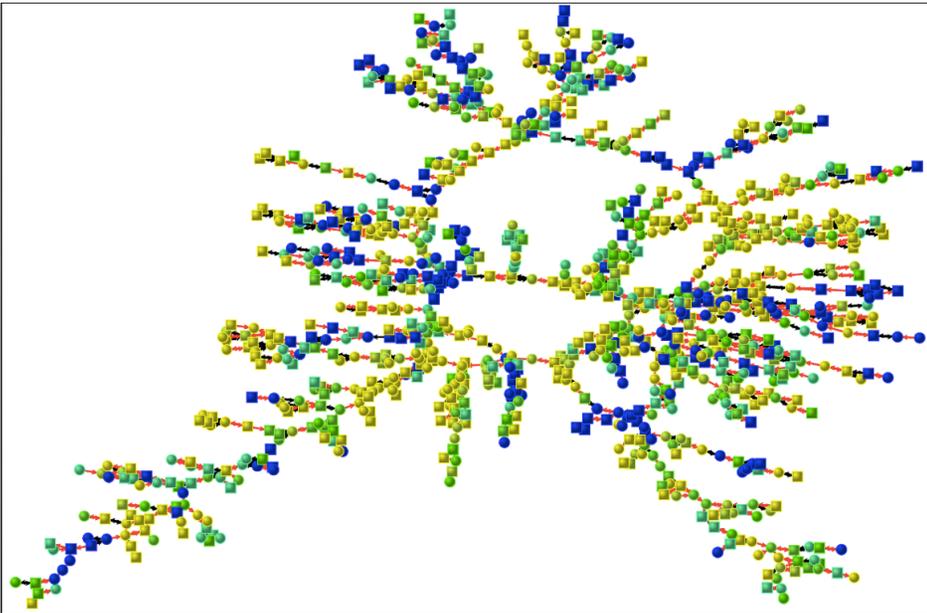




A Place to start: Baked-In Human Needs

1. Avoid things used to model disease
2. Eat Real Food
3. Move Your Body
4. More Sleep/Rest Opportunity
5. Cultivate Your Social Environment
6. Mindfulness as a Modern World Antidote





Christakis happiness network, 2008

Two Questions

1. What are you doing for your network?
2. What are you putting into it?



“How wonderful it is that nobody need wait a single moment before starting to improve the world.”

— Anne Frank