Positivity & Happiness in 2021
## Exploring Positive Psychology

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It's our business
to be there for you in the

MOMENTS THAT MATTER.

Positive Psychology

A branch of psychology focused on the character strengths and behaviors that allow individuals to build a life of meaning and purpose – to move beyond surviving to flourishing.

Character strengths

Satisfaction in life

Optimism

Happiness

Well-being

Positive self-esteem

Hope

Gratitude

Self-confidence

Resilience

Flourishing

Positive Psychology Benefits

Increased life span

Lower rates of depression

Lower levels of distress

Greater resistance to the common cold

Better psychological and physical well-being

Better cardiovascular health and reduced risk of death from cardiovascular disease

Better coping skills during hardships and times of stress

Benefits of Happiness

Better immune systems

Lower stress levels

Less pain

More engaged at work

Higher income

Larger social rewards

More creative

Altruistic

Negativity Bias

Our brain hangs onto the negative.

Negative Influences

Media

Social media

Today's climate

Practice the Positive

What it is NOT

A Pollyanna viewpoint

A replacement for traditional psychology

Being happy all of the time

Avoiding the negative

"Even a happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness."

Carl Jung

Perspective Shift

Perspective: The way we see or look at something

Perception: Interpretation in light of an experience

Attitude: Mental position, feeling or emotion toward a fact or statement

What makes you happy?

Joy

Gratitude

Serenity

Interest

Hope

Pride

Amusement

Inspiration

Awe

Love

Happiness

Genetics 50%

Circumstances 10%

Open to Change 40%
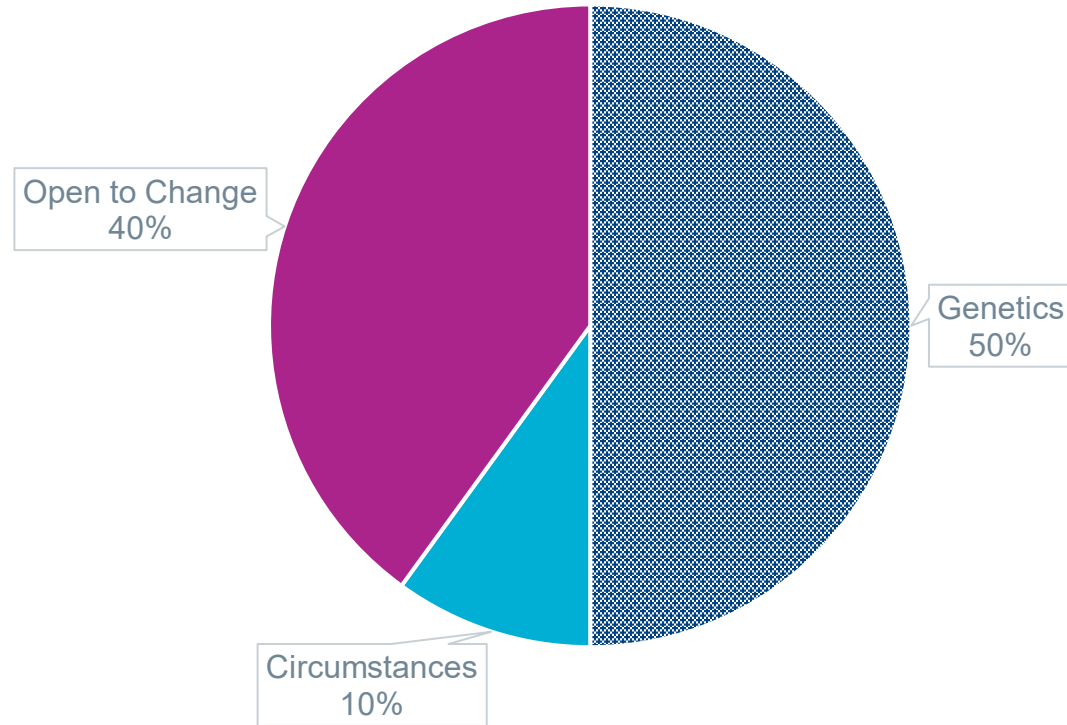
Legend: Genetics · Circumstances · Open to Change

Do you have a growth mindset??

Impact Bias

Happiness can be a choice and it is something you can practice.
- Shawn Achor

https://www.youtube.com/watch?v=GXy__kBVq1M

Dopamine

Creating Lasting Positive Change - Achor

Gratitude

Journaling

Exercise

Meditation

Random acts of kindness

How to apply

Activities and Interventions

Cognitive exercises

- Gratitude

http://happierhuman.com/wp-content/uploads/2012/07/Benefits-of-Gratitude5.png
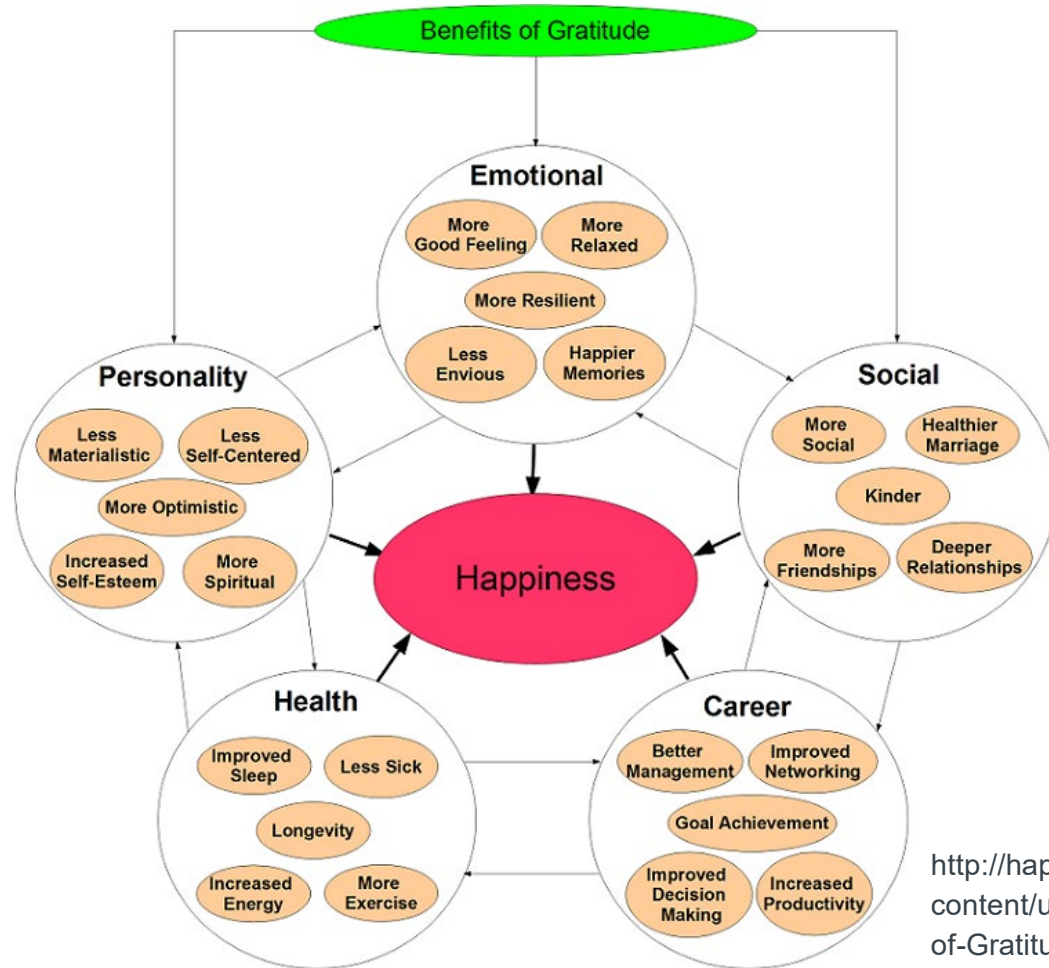
Activities and Interventions

Cognitive exercises

- Gratitude

- Savoring

- Imagining one's possible self

Wheel of Life Exercise

To help determine areas of opportunities
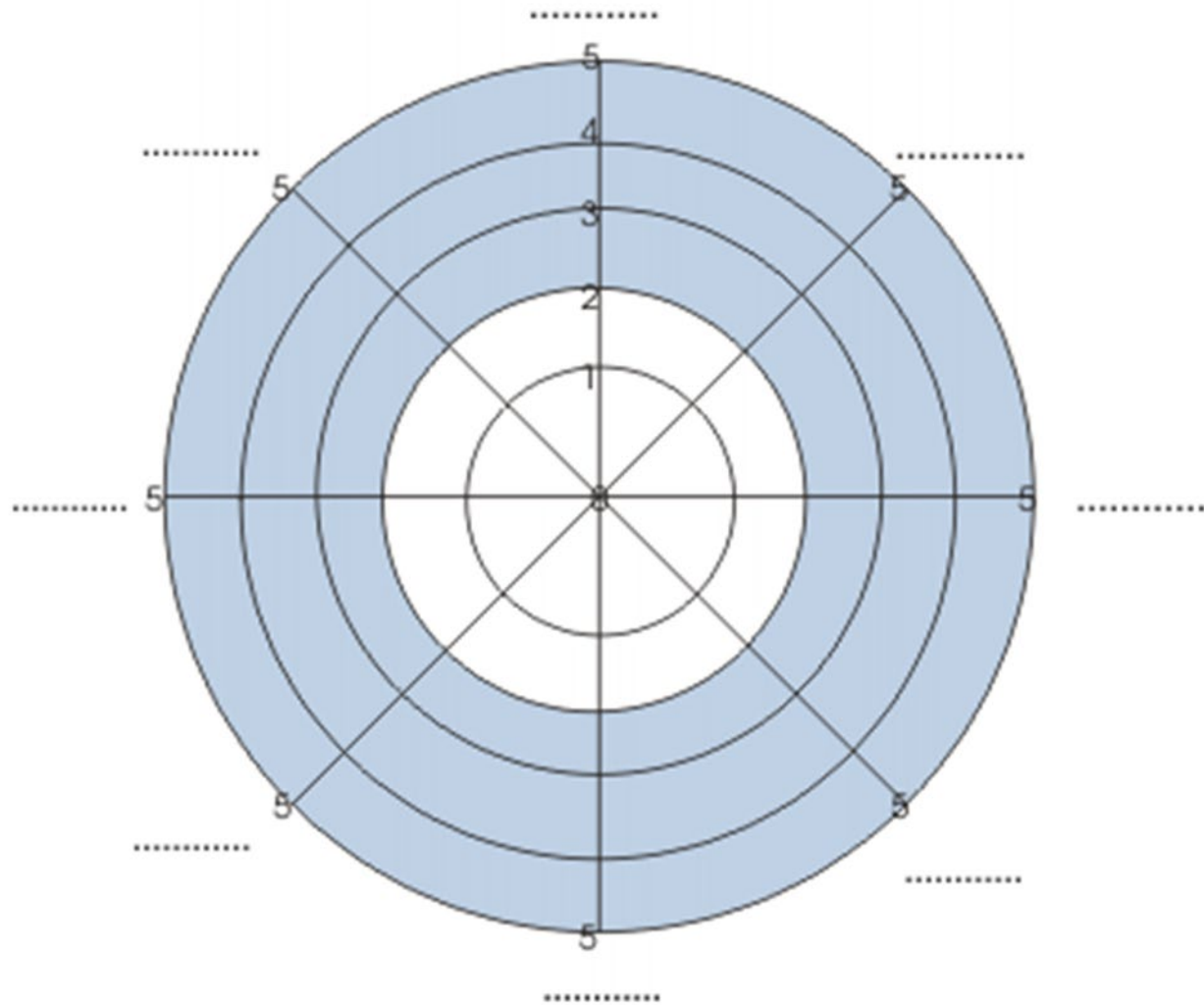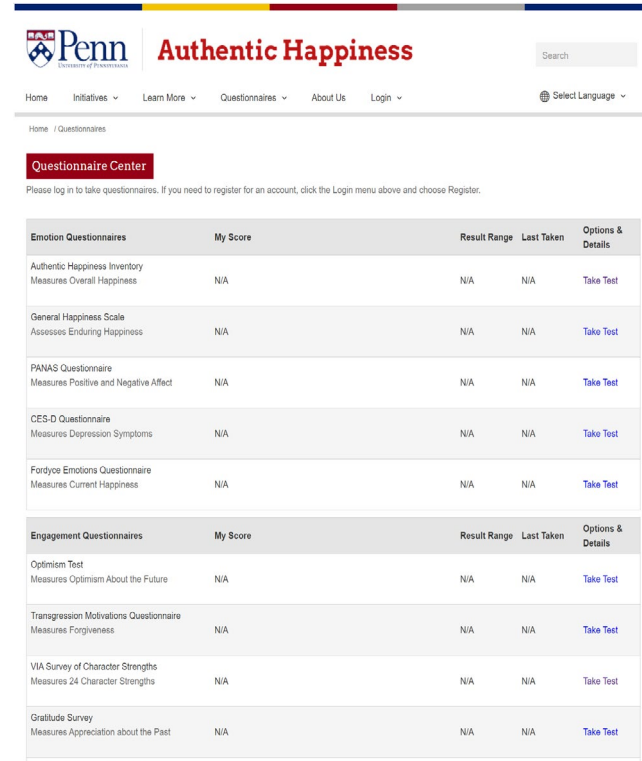
Figure 2: Wheel of Life Template
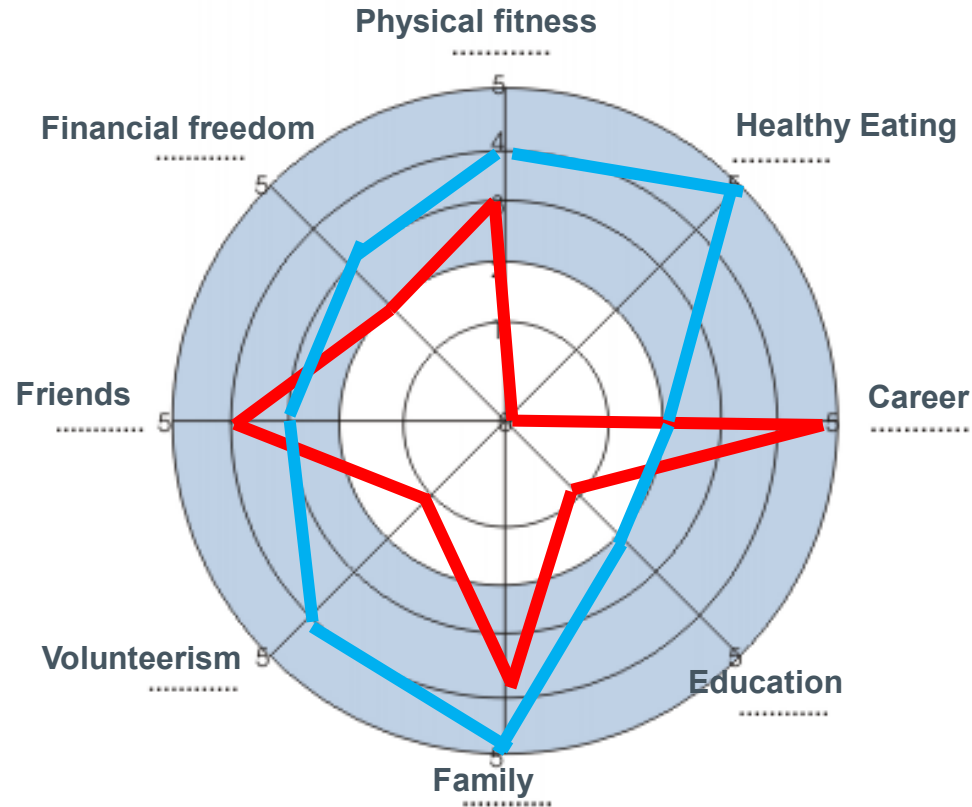
Activities and Interventions

Behavioral exercises

• Character Strengths

 – https://www.authentichappiness.sas.upenn.edu/testcenter

Activities and Interventions

Behavioral exercises

- Acts of Kindness

- Volunteering

Other Activities

DIY

Counseling/therapy

PERMA Model for Wellbeing

P – Positive Emotions

E – Engagement

R – Relationships

M – Meaning

A – Accomplishment/Achievement

"Flourishing is the product of the pursuit and engagement of an authentic life that brings inner joy and happiness through meeting goals, being connected with life passions, and relishing in accomplishments through the peaks and valleys of life."

Dr. Lynn Soots

Human Flourishing Program at Harvard University

Domain	January 2020 (n = 1010) Mean (Std Dev)	June 2020 (n = 3020) Mean (Std Dev)
Happiness & Life Satisfaction	6.9 (2.1)	6.2 (2.3)
Mental & Physical Health	7.1 (2.0)	6.4 (2.2)
Meaning & Purpose	7.0 (2.2)	6.6 (2.4)
Character & Virtue	7.0 (1.8)	7.0 (2.0)
Close Social Relationships	6.9 (2.3)	6.7 (2.5)
Financial and Material Stability	5.7 (2.8)	4.8 (3.0)
Overall (Secure Flourishing Index)	6.8 (1.7)	6.3 (1.7)

PSYCHOLOGY TODAY

Positivity in the Workplace

Focus on the good

Contagious

Role model from the top

Positive : Negative

Connect to others

Take your vacation!

Positive Psychology Resources

Podcasts

- The Science of Happiness

- 10% Happier with Dan Harris

- The Happiness Lab with Dr. Laurie Santos

- Unlocking Us with Brené Brown

- PositivePsychology.com Podcast

Apps

- Gratitude

- Live Happy

- 365 Gratitude

- Happier

Positive Psychology Researchers

Mihaly Csikszentmihalyi –Flow

Barbara Fredrickson-UNC at Chapel Hill

Martin Seligman

Chris Peterson-U of Michigan at Ann Arbor

Sonia Lyubomirsky-U of California at Riverside

UPenn – Positive Psychology Center

Shawn Achor – Harvard. The Happiness Advantage

Lynn Soots - Flourishing

Amit Sood, M.D. "Handbook for Happiness"-Mayo Clinic

Thank You!

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