

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

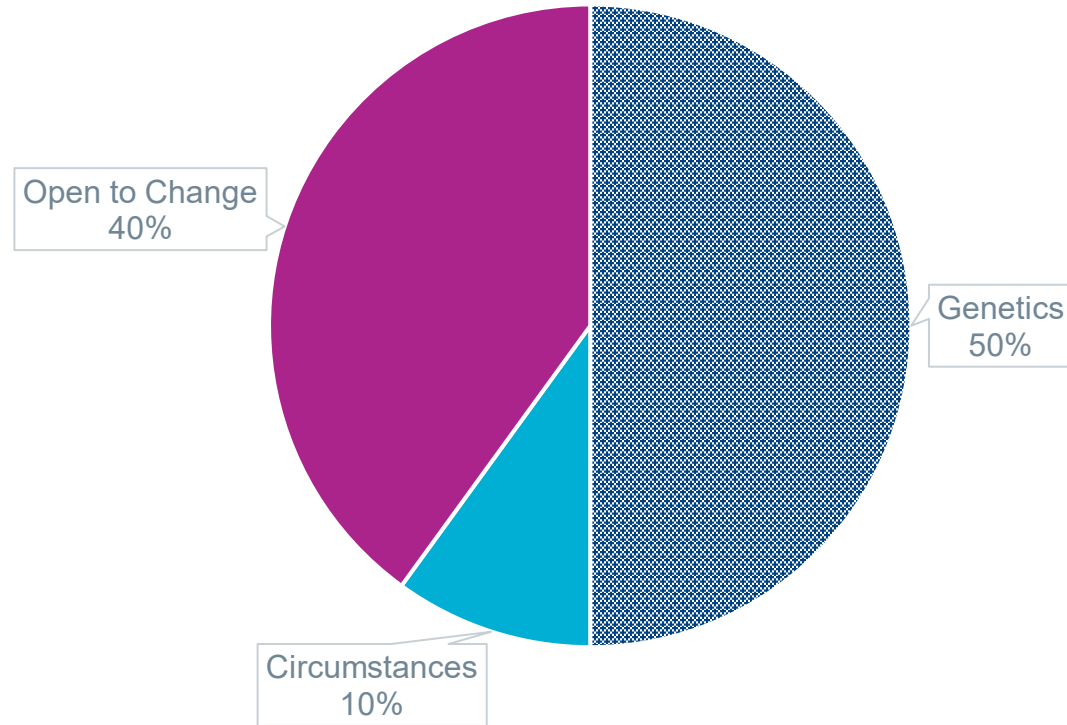
Amusement

Inspiration

Awe

Love

Happiness



■ Genetics ■ 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 - Anchor

Gratitude

Journaling

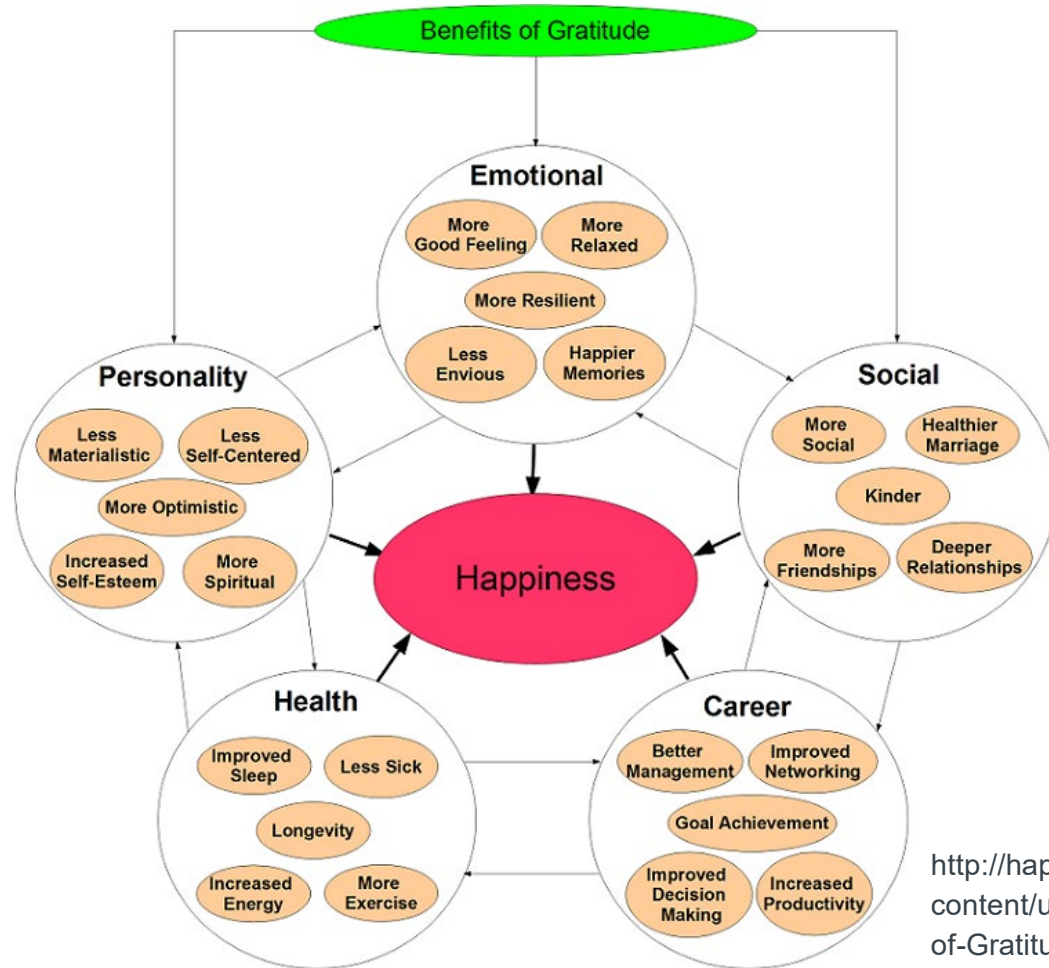
Exercise

Meditation

Random acts of kindness



How to apply



<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

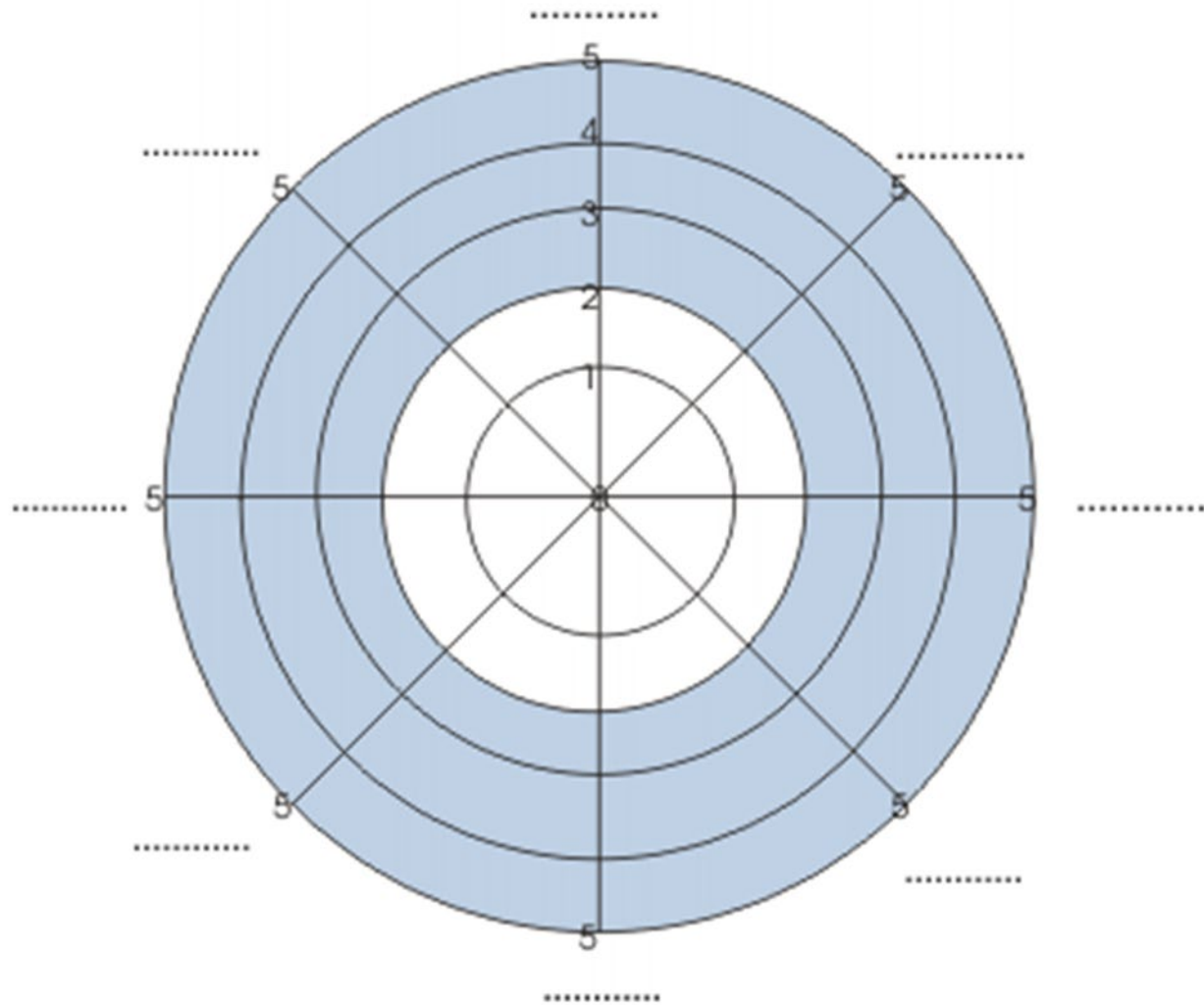
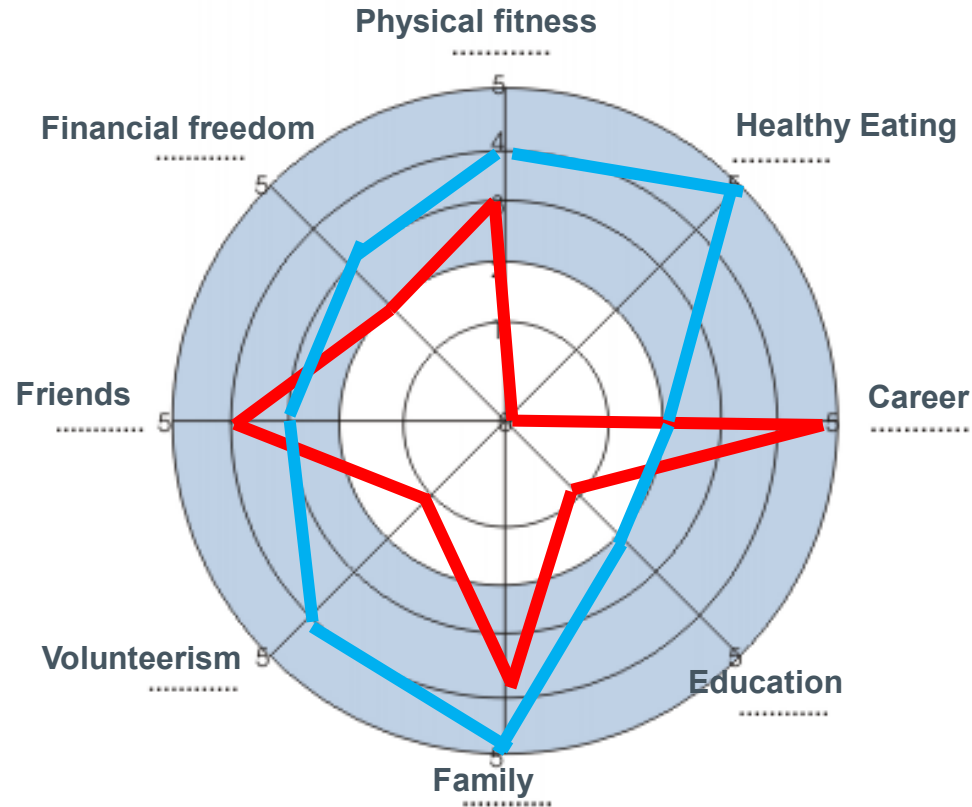


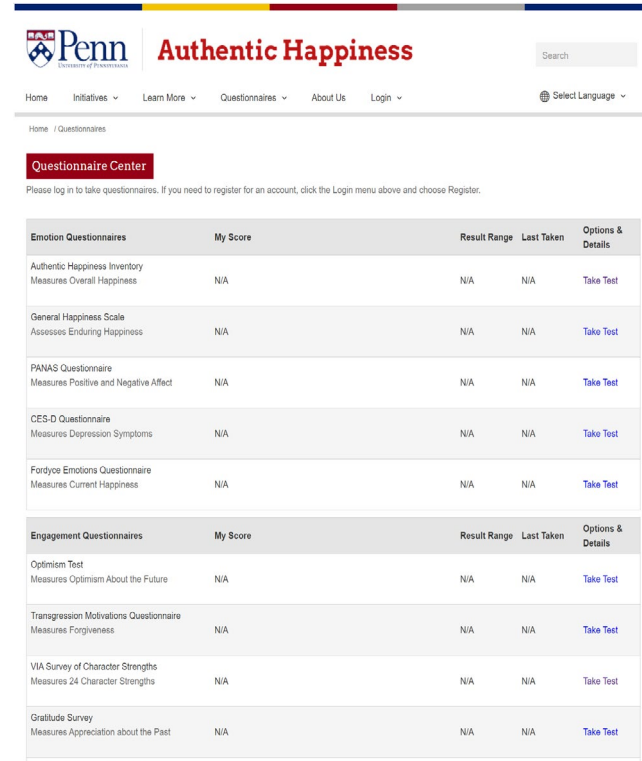
Figure 2: Wheel of Life Template



Activities and Interventions

Behavioral exercises

- Character Strengths
 - <https://www.authentichappiness.sas.upenn.edu/testcenter>



Penn Authentic Happiness				
Home / Questionnaires				
Questionnaire Center				
Please log in to take questionnaires. If you need to register for an account, click the Login menu above and choose Register.				
Emotion Questionnaires	My Score	Result Range	Last Taken	Options & Details
Authentic Happiness Inventory Measures Overall Happiness	N/A	N/A	N/A	Take Test
General Happiness Scale Assesses Enduring Happiness	N/A	N/A	N/A	Take Test
PANAS Questionnaire Measures Positive and Negative Affect	N/A	N/A	N/A	Take Test
CES-D Questionnaire Measures Depression Symptoms	N/A	N/A	N/A	Take Test
Fordyce Emotions Questionnaire Measures Current Happiness	N/A	N/A	N/A	Take Test
Engagement Questionnaires	My Score	Result Range	Last Taken	Options & Details
Optimism Test Measures Optimism About the Future	N/A	N/A	N/A	Take Test
Transgression Motivations Questionnaire Measures Forgiveness	N/A	N/A	N/A	Take Test
VIA Survey of Character Strengths Measures 24 Character Strengths	N/A	N/A	N/A	Take Test
Gratitude Survey Measures Appreciation about the Past	N/A	N/A	N/A	Take Test

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

Flourishing Measure

Please respond to the following questions on a scale from 0 to 10:

1. Overall, how satisfied are you with life as a whole these days?
0 = Not Satisfied at All, 10 = Completely Satisfied _____
2. In general, how happy or unhappy do you usually feel?
0 = Extremely Unhappy, 10 = Extremely Happy _____
3. In general, how would you rate your physical health?
0 = Poor, 10 = Excellent _____
4. How would you rate your overall mental health?
0 = Poor, 10 = Excellent _____
5. Overall, to what extent do you feel the things you do in your life are worthwhile?
0 = Not at All Worthwhile, 10 = Completely Worthwhile _____
6. I understand my purpose in life.
0 = Strongly Disagree, 10 = Strongly Agree _____
7. I always act to promote good in all circumstances, even in difficult and challenging situations.
0 = Not True of Me, 10 = Completely True of Me _____
8. I am always able to give up some happiness now for greater happiness later.
0 = Not True of Me, 10 = Completely True of Me _____
9. I am content with my friendships and relationships.
0 = Strongly Disagree, 10 = Strongly Agree _____
10. My relationships are as satisfying as I would want them to be.
0 = Strongly Disagree, 10 = Strongly Agree _____
11. How often do you worry about being able to meet normal monthly living expenses?
0 = Worry All of the Time, 10 = Do Not Ever Worry _____
12. How often do you worry about safety, food, or housing?
0 = Worry All of the Time, 10 = Do Not Ever Worry _____

These 12 items have been used around the world to assess various domains of flourishing, or human well-being: Happiness and Life Satisfaction (Items 1-2), Mental and Physical Health (3-4), Meaning and Purpose (5-6), Character and Virtue (7-8), and Close Social Relationships (9-10). A sixth domain, Financial and Material Stability (11-12) may be necessary to sustain the other domains over time. The background and motivation for these items and the flourishing domains can be found in: VanderWeele, T.J. (2017). *On the promotion of human flourishing*. Proceedings of the National Academy of Sciences, U.S.A., 31:8148-8156.

Human Flourishing Program, at Harvard University
Program Website: <https://hfh.fas.harvard.edu/>

Human Flourishing Program at Harvard University

	January 2020 (n = 1010)	June 2020 (n = 3020)
Domain	Mean (Std Dev)	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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