

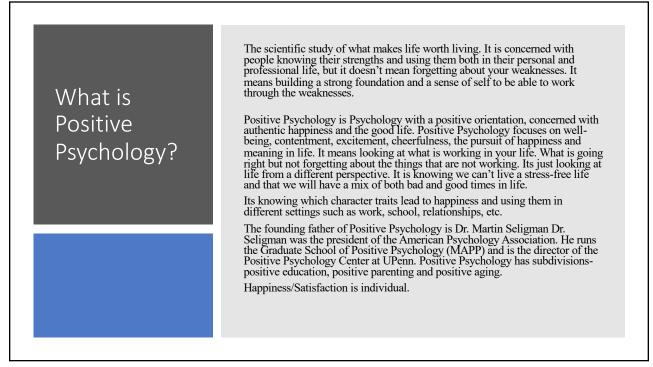
Positive Psychology

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Benefits

Benefits of using Positive Psychology

- 1. Better academic performance, 11% higher than students in a traditional classroom that didn't receive Positive Psychology instruction.
- 2. Improved attitude and motivation towards learning
- 3. Increased time devoted to schoolwork
- 4. Better attendance
- 5. Fewer negative behaviors in school
- 6. Less stress and anxiety in the classroom
- 7. People who express gratitude daily have better physical health, optimism, progress towards goals, well-being and helping others (Emmons & Crumpler, 2000)
- 8. People who witness others perform good deeds experience an emotional called "elevation" and this motivates them to perform their own good deeds. (Haidt, 2000)
- 9. People who repeat more positive emotions in young adulthood live longer and healthier lives. (Danner, Snowden & Friesen, 2001)
- 10. Optimism can protect people from mental and physical illness (Taylor et al.,2000)
- People who are optimistic or happy have better performance in work, school and sports, are less depressed, have fewer health problems, and have better relationships with other people. Further, optimism can be measures and it can be learned. (Seligman, 1991, Lyubomirsky, King & Diener, 2005)
- 12. Today's average age of onset of depression is 15 years old compared to 30 years old many years ago. (McGuire, 1998)



Happiness Quiz

On a scale 1-10. One being the least/very little if any , 5 sometimes, 10 – yes, very often

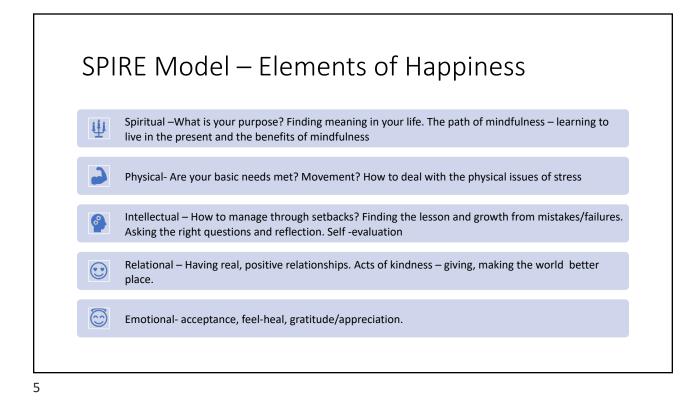
1. Is mindfulness part of your daily routine?

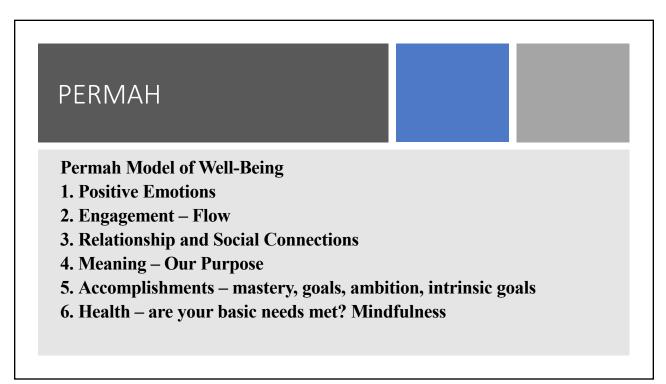
2. Are you staying fresh/current? Always learning? Curious?

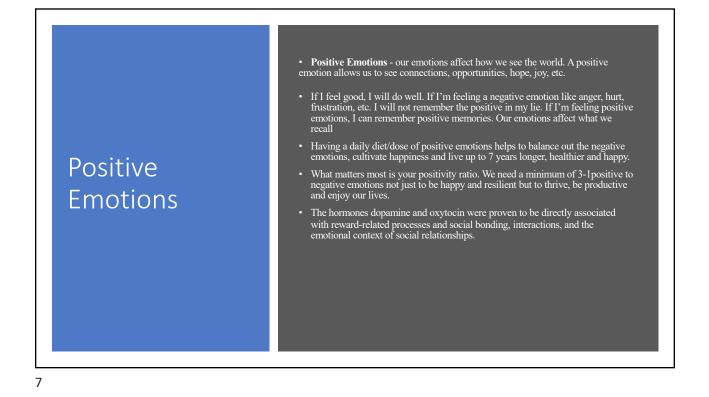
3.Do you feel your painful emotions?

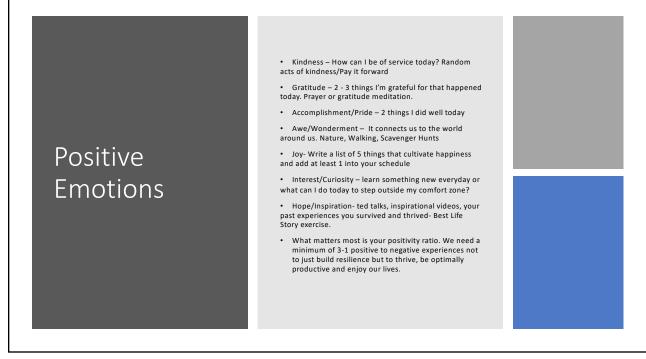
- 4. Do you appreciate what you have? Take time to be grateful?
- 5. Are you happy?
- 6. What cultivates happiness for you? Do you schedule it into your life?

Do you have meaning/purpose? Have a career or a job?

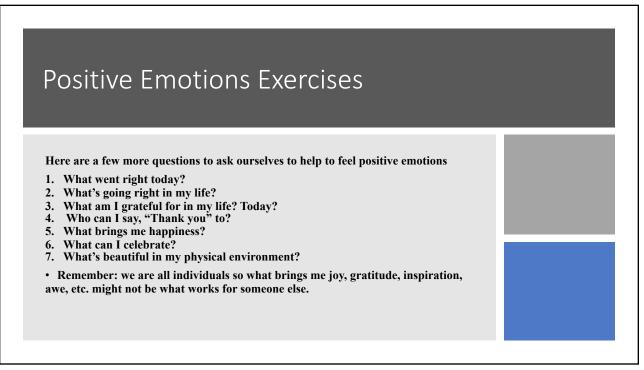


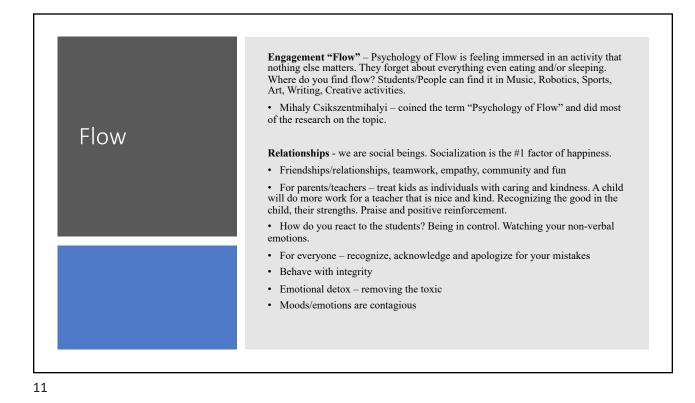


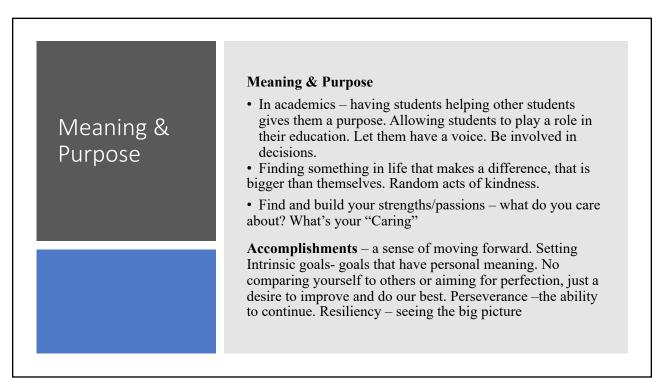




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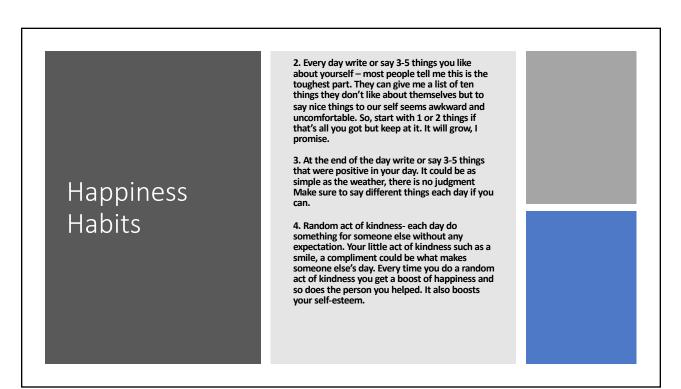












Happiness Habits

5. Meditation – is the only natural way to de-stress without side effects. Meditation comes in many forms – guided meditation (there are so many options found on youtube.com or apps), deep breathing, progressive muscle relaxation, walking, yoga, sitting in nature, etc. We only need a few minutes a day.

6. Are your basic needs met- we can't feel happy and full of energy if our basic needs aren't met. For one week, keep a journal/track of what are your eating and when? Sugar can increase the chance of impaired brain functions and symptoms of mood disorders. How much sleep did I get? How much water did I drink? (not coffee, tea or soda) and did I exercise today? After a week of keeping an honest journal of your basic needs, you can usually see why you feel low energy, fatigued and blah.

7. Taking risks- How can I challenge myself today? What gives me a little excitement and nerves at the same time? How can I step outside of my comfort zone?

8. Money - To cultivate happiness with money, use money to buy memories/experience, time or to help others.

Positive Psychology Interventions

Beautiful Day Exercise

• In this exercise have your client plan their beautiful day and then pick a day to experience it. Encourage your client to think about a beautiful day – what would it look like? Feel like? What do they love to do? What do they enjoy but haven't had a chance to do in a while? Who do they want to spend their time with?

- While planning their day have them keep these tips in mind:
- 1. Some alone time is fine but try to involve others for part of the time.
- 2. Include details for some of your day but also leave room for spontaneity.
- 3. Break your usual routine and do something different- step outside your comfort zone
- 4. Be aware that your beautiful day might not go as planned. Leave room for things to change.
- 5. Be mindful on your beautiful day

