



Positive Psychology

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1

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)
11. 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 measured 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)

2

What is Positive Psychology?

The scientific study of what makes life worth living. It is concerned with people knowing their strengths and using them both in their personal and professional life, but it doesn't mean forgetting about your weaknesses. It means building a strong foundation and a sense of self to be able to work through the weaknesses.

Positive Psychology is Psychology with a positive orientation, concerned with authentic happiness and the good life. Positive Psychology focuses on well-being, contentment, excitement, cheerfulness, the pursuit of happiness and meaning in life. It means looking at what is working in your life. What is going right but not forgetting about the things that are not working. Its just looking at life from a different perspective. It is knowing we can't live a stress-free life and that we will have a mix of both bad and good times in life.

Its knowing which character traits lead to happiness and using them in different settings such as work, school, relationships, etc.

The founding father of Positive Psychology is Dr. Martin Seligman Dr. Seligman was the president of the American Psychology Association. He runs the Graduate School of Positive Psychology (MAPP) and is the director of the Positive Psychology Center at UPenn. Positive Psychology has subdivisions- positive education, positive parenting and positive aging.

Happiness/Satisfaction is individual.

3

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?

4

SPIRE Model – Elements of Happiness



Spiritual –What is your purpose? Finding meaning in your life. The path of mindfulness – learning to live in the present and the benefits of mindfulness



Physical- Are your basic needs met? Movement? How to deal with the physical issues of stress



Intellectual – How to manage through setbacks? Finding the lesson and growth from mistakes/failures. Asking the right questions and reflection. Self -evaluation



Relational – Having real, positive relationships. Acts of kindness – giving, making the world better place.



Emotional- acceptance, feel-heal, gratitude/appreciation.

5

PERMAH

Permah Model of Well-Being

- 1. Positive Emotions**
- 2. Engagement – Flow**
- 3. Relationship and Social Connections**
- 4. Meaning – Our Purpose**
- 5. Accomplishments – mastery, goals, ambition, intrinsic goals**
- 6. Health – are your basic needs met? Mindfulness**

6

Positive Emotions

- **Positive Emotions** - our emotions affect how we see the world. A positive emotion allows us to see connections, opportunities, hope, joy, etc.
- If I feel good, I will do well. If I'm feeling a negative emotion like anger, hurt, frustration, etc. I will not remember the positive in my life. If I'm feeling positive emotions, I can remember positive memories. Our emotions affect what we recall
- Having a daily diet/dose of positive emotions helps to balance out the negative emotions, cultivate happiness and live up to 7 years longer, healthier and happy.
- What matters most is your positivity ratio. We need a minimum of 3-1 positive to negative emotions not just to be happy and resilient but to thrive, be productive and enjoy our lives.
- The hormones dopamine and oxytocin were proven to be directly associated with reward-related processes and social bonding, interactions, and the emotional context of social relationships.

7

Positive Emotions

- **Kindness** – How can I be of service today? Random acts of kindness/Pay it forward
- **Gratitude** – 2 - 3 things I'm grateful for that happened today. Prayer or gratitude meditation.
- **Accomplishment/Pride** – 2 things I did well today
- **Awe/Wonderment** – It connects us to the world around us. Nature, Walking, Scavenger Hunts
- **Joy**- Write a list of 5 things that cultivate happiness and add at least 1 into your schedule
- **Interest/Curiosity** – learn something new everyday or what can I do today to step outside my comfort zone?
- **Hope/Inspiration**- ted talks, inspirational videos, your past experiences you survived and thrived- Best Life Story exercise.
- What matters most is your positivity ratio. We need a minimum of 3-1 positive to negative experiences not to just build resilience but to thrive, be optimally productive and enjoy our lives.

8

Positive Emotions Exercise

Positive Emotions Exercise

• Positive emotions cause us to live an optimistic lifestyle. When we feel these emotions frequently in life, they cause us to live a happier, healthier life. Positive emotions help us sleep better, feel more resilient, increase creativity, open your mind, broaden your awareness of the world, be open to new opportunities, socialize more and extend our lifespan. We want you to focus on having more positive emotions but not to eliminate or avoid negative emotions. Negative emotions are a natural part of life and should not be avoided. We need to feel to heal. We just don't want you to get stuck having a "Negative Default"

- After going through the list of emotions ask yourself:
 - What can I do to feel these emotions more often?
 - How can I add more of these emotions into my day?
 - What triggers these emotions?
- Pick a different emotion each day for two weeks and see if you can bring out the emotion in others, show the emotion to others or add more of that emotion to your day.

9

Positive Emotions Exercises

Here are a few more questions to ask ourselves to help to feel positive emotions

1. What went right today?
 2. What's going right in my life?
 3. What am I grateful for in my life? Today?
 4. Who can I say, "Thank you" to?
 5. What brings me happiness?
 6. What can I celebrate?
 7. What's beautiful in my physical environment?
- Remember: we are all individuals so what brings me joy, gratitude, inspiration, awe, etc. might not be what works for someone else.

10

Flow

Engagement “Flow” – Psychology of Flow is feeling immersed in an activity that nothing else matters. They forget about everything even eating and/or sleeping. Where do you find flow? Students/People can find it in Music, Robotics, Sports, Art, Writing, Creative activities.

- Mihaly Csikszentmihalyi – coined the term “Psychology of Flow” and did most of the research on the topic.

Relationships - we are social beings. Socialization is the #1 factor of happiness.

- Friendships/relationships, teamwork, empathy, community and fun
- For parents/teachers – treat kids as individuals with caring and kindness. A child will do more work for a teacher that is nice and kind. Recognizing the good in the child, their strengths. Praise and positive reinforcement.
- How do you react to the students? Being in control. Watching your non-verbal emotions.
- For everyone – recognize, acknowledge and apologize for your mistakes
- Behave with integrity
- Emotional detox – removing the toxic
- Moods/emotions are contagious

11

Meaning & Purpose


Meaning & Purpose

- In academics – having students helping other students gives them a purpose. Allowing students to play a role in their education. Let them have a voice. Be involved in decisions.
- Finding something in life that makes a difference, that is bigger than themselves. Random acts of kindness.
- Find and build your strengths/passions – what do you care about? What’s your “Caring”

Accomplishments – a sense of moving forward. Setting Intrinsic goals- goals that have personal meaning. No comparing yourself to others or aiming for perfection, just a desire to improve and do our best. Perseverance –the ability to continue. Resiliency – seeing the big picture

12

Happiness Habits



How do you define Happiness? What does happiness look like? Feel like?
Write a list of 5-10 things that cultivate happiness just for you.
Does your life match the list? Schedule in your happiness.
We all have a genetic set point of happiness. We can always be happier than where we are?
We have some control of our happiness
Nature vs. Nurture 50/40/10

Happiness Habits
1. Every day do a gratitude check – write or say 3-5 things you are grateful for. Each day try to say something different. I remember for me this was very tough the first week. I was very sick and feeling a lack of control in my life and I had to find things I was grateful for. It seemed impossible. My first day my gratitude check included: I woke up and I’m alive. I remember this day very clearly but within a week or two my list was growing along with my happiness.


13

Happiness Habits

2. Every day write or say 3-5 things you like about yourself – most people tell me this is the toughest part. They can give me a list of ten things they don’t like about themselves but to say nice things to our self seems awkward and uncomfortable. So, start with 1 or 2 things if that’s all you got but keep at it. It will grow, I promise.

3. At the end of the day write or say 3-5 things that were positive in your day. It could be as simple as the weather, there is no judgment Make sure to say different things each day if you can.

4. Random act of kindness- each day do something for someone else without any expectation. Your little act of kindness such as a smile, a compliment could be what makes someone else’s day. Every time you do a random act of kindness you get a boost of happiness and so does the person you helped. It also boosts your self-esteem.



14

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.

15

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

16

Best Life Story

- Write out a time when you were going through a tough situation
- How did you get through it?
- Write down three positives that came from this experience
- What Strengths? Traits did you use? Did faith play a role?
- What did your support system look like professionally and personally?
- What lessons did you learn from past tough situations?
- What things did you do well to get through this situation?
- Can you see the growth? lessons learned? resiliency?
- Did you have any “AHA” moments due to the challenging situation. Were they life changing?
- Reflecting on past events can help individuals find happiness in the present. Simple activities like reflecting on past positive experiences or giving up your favorite food for a week can help individuals gather a deeper appreciation for the little things in life.
- * What story are you telling yourself about the Pandemic or any crisis? There are two sides of every situation both are 100% true. One is negative, one is positive. Be mindful of the story you choose.

17

Positive Psychology Interventions

Relationship Building

1. The top three qualities that initially attracted me to my partner
2. My favorites three to five memories with my partner
3. My partner shows me appreciation by _____?
4. I value my partner because _____?
5. How can I show my partner appreciation-write three to five ways?

Best Possible Self Visual

1. Imagine yourself 1 year from now. Picture that you have achieved everything you wanted. Visualize what that would look and feel like? Visualize the small details.
 - Write out the visual, reread it and visualize it everyday for a few months till it becomes easy to see, feel and believe.
 - Visualize every morning for 1-2 minutes using every ounce of details and all of your senses.

18

Vision Map

- Put the different areas in order of importance. Write a goal for top 2-3 areas you want to work on and an action step to get started. Know the “why” behind the goal. How will accomplishing the goal help make your life better? easier?
How will you feel if you accomplish this goal? Write a list of obstacles you can encounter for each area you're working on.

Write out your new goals and action steps for the following areas:

- Financial
- Spiritual/Religious
- Physical Health
- Relationships, socialization and community
- Family
- Career/Volunteer- Service
- Emotional health
- Cognitive – Learning – what skills do you want to work on? What weaknesses do you want to strengthen?

* Are your goals/action steps realistic in our current reality? Are they sustainable? Is the time frame you set up realistic?

19

Finding the Silver Lining

- Questions to ask yourself to look at the bright side:
- 1. What did you take for granted pre-covid 19/pre-crisis that you changed?
- 2. What part of this situation are you grateful for?
- 3. What positive changes did you make due to the pandemic/crisis that have become habits that you want to keep? How did the pandemic/crisis positively affect you?
- 4. What's important to you now, that wasn't pre-covid 19/crisis?
- 5. How can I use this experience to grow? What did I learn about myself?
- 6. How can I use this situation as an opportunity?
- 7. What parts of your life no longer work due to covid 19/crisis that your happy you got rid off?
- 8. What victories have you had during the pandemic/crisis? Even if its just learning new technology!
- 9. Did you and your family adopt any new traditions or routines you want to keep even after the pandemic/crisis?

20

Negative Thoughts

1. All or Nothing- everything is black or white no gray area
2. Overgeneralization- one thing is the be all, end all
3. Mental Filter – Tunnel vision
4. Assuming the worst – always expecting the worst. Your belief is nothing works out for you.
5. Jump to conclusions- you assume everyone is thinking the worst about you. You create a story in your head that isnt based on fact or truth.
6. Exaggerate – make a mountain out of a molehill
7. Negative wording-should, could would, maybe, can't- powerful change is "Yet" I haven't done it yet!
8. Label – you label yourself negatively – I'm stupid, ugly, fat, loser, idiot, etc.
9. Personalization – you're always the victim. "Why Me"

21

Personality Traits that keep you Stressed

1. Control/Perfection
2. Looking for acceptance/approval from others. People Pleaser
3. Lack of communication
4. Fear
5. Multi-Tasking
6. Type A Personality
7. Childhood/Trauma issues

22

<p>Thank You</p>		<ul style="list-style-type: none">• For more information, questions or copy of the slides please email Diane at DLcounseling2014@gmail.com
	