

Positive Psychology 101

Science-backed
Strategies for a
Thriving Life



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Welcome!



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What's Good?



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Certificate in Applied Positive Psychology (CAPP)



From The Flourishing Center



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Positive Psychology

What is it?



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Positive Psychology

What *isn't* it?



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Positive Psychology is *not* Happy-ology



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“...positive psychology is not to be confused with untested self-help, footless affirmation, or secular religion - no matter how good these may make us feel. Positive psychology is neither a recycled version of the power of positive thinking nor a sequel to The Secret.”

Chris Peterson, 2008
Co-founder of Pos. Psych.



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Positive Psychology

What is it?



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Positive Psychology

“Positive psychology is the scientific study of what makes life most worth living.”

Chris Peterson, 2008

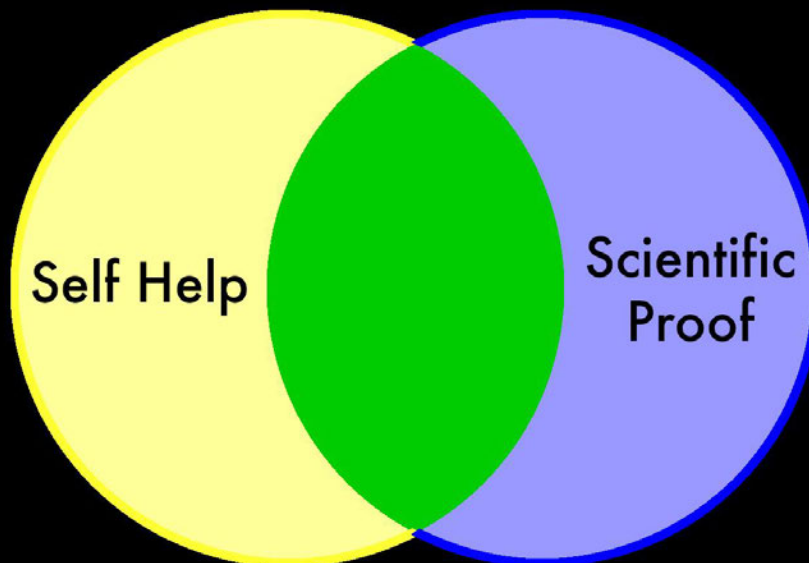
Co-founder of Pos. Psych.



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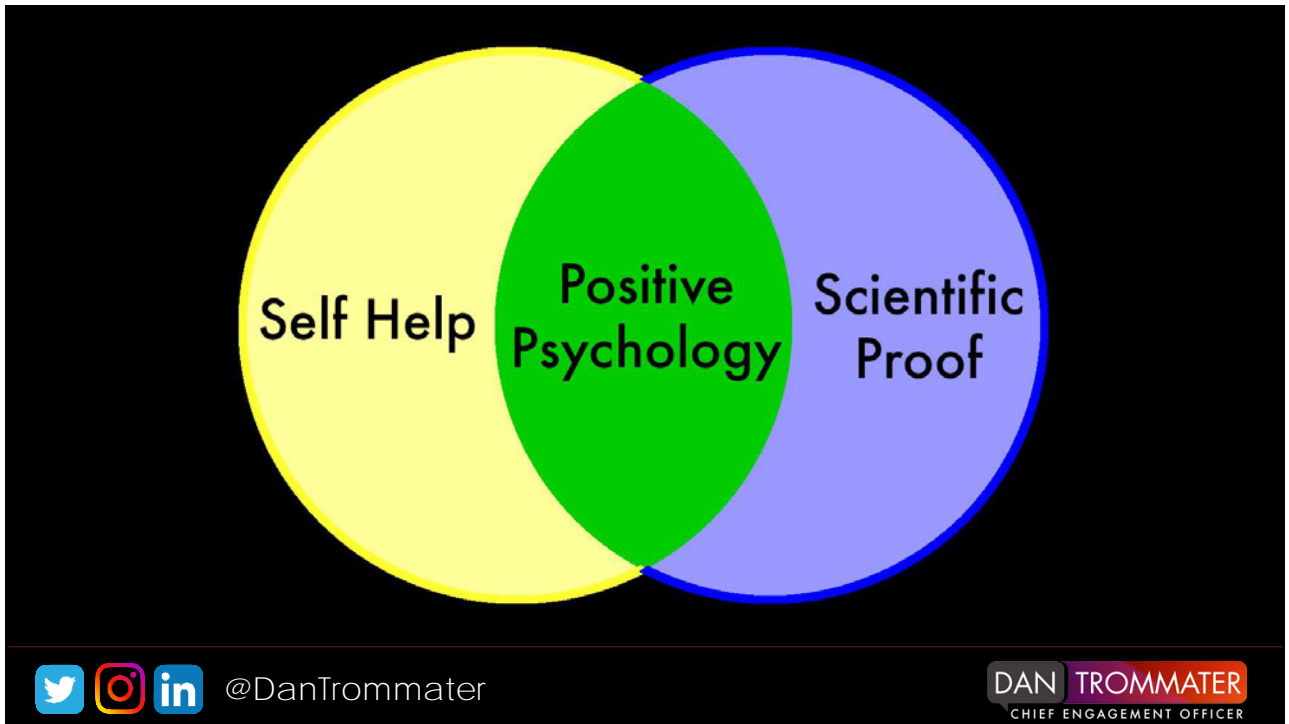
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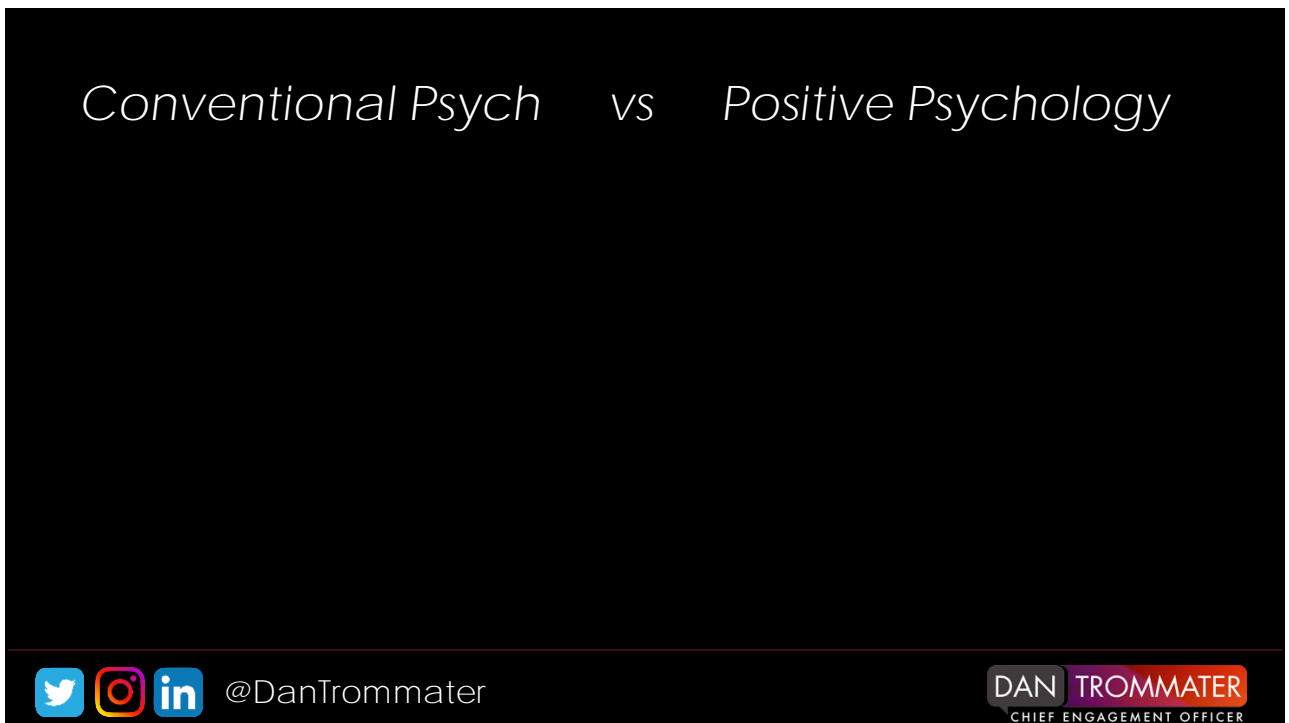
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Conventional Psych vs *Positive Psychology*

Focused on Mental Illness



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Conventional Psych vs *Positive Psychology*

Focused on Mental Illness

Focused on Mental Wellness



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Conventional Psych vs *Positive Psychology*

Focused on Mental Illness

Focused on Mental Wellness

Eliminate what's wrong



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Conventional Psych vs *Positive Psychology*

Focused on Mental Illness

Focused on Mental Wellness

Eliminate what's wrong

Build upon what's right



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Conventional Psych vs Positive Psychology

Focused on Mental Illness

Focused on Mental Wellness

Eliminate what's wrong

Build upon what's right

"Positive psychology does not seek to detract from the branch of traditional psychology, but rather to expand upon it."

Professor Martin Seligman,
Co-founder of the Positive Psychology movement



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Conventional Psych vs Positive Psychology

-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0



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Conventional Psych vs Positive Psychology

-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 1 2 3 4 5 6 7 8 9 10



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Conventional Psych vs Positive Psychology

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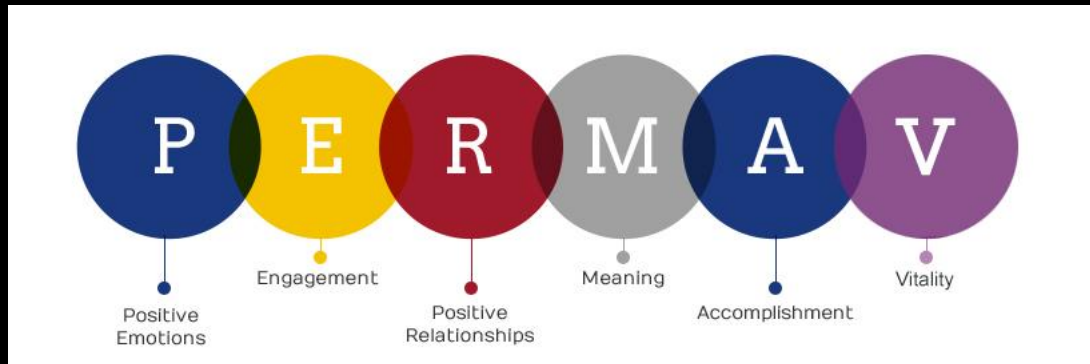
*You can be at different levels in
different areas of your life.*



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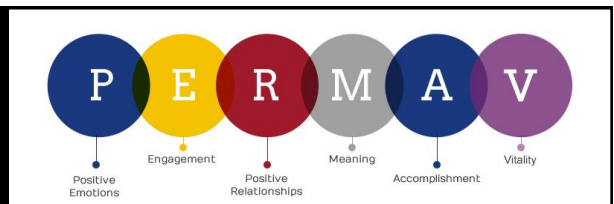


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P – Positive emotions

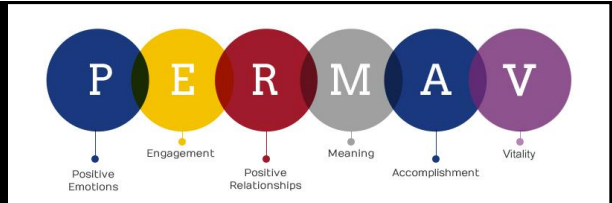


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P – Positive emotions
E – Engagement

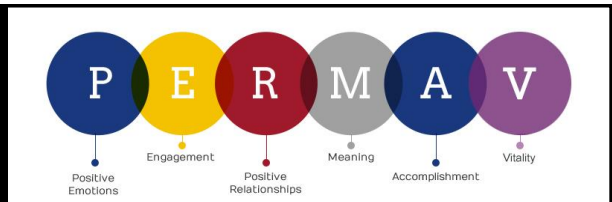


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P – Positive emotions
E – Engagement
R – Relationships

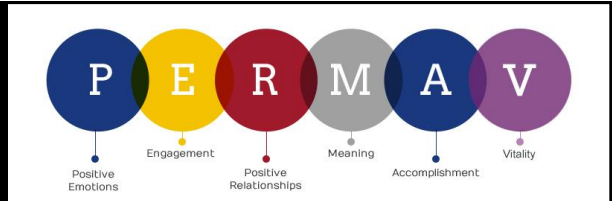


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P – Positive emotions
 E – Engagement
 R – Relationships
 M – Meaning (and purpose)

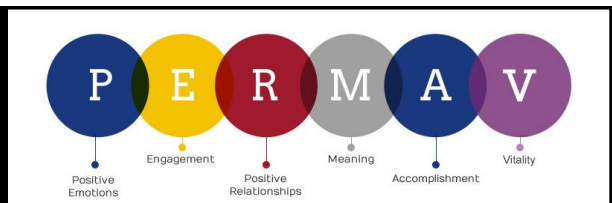


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P – Positive emotions
 E – Engagement
 R – Relationships
 M – Meaning (and purpose)
 A – Achievement

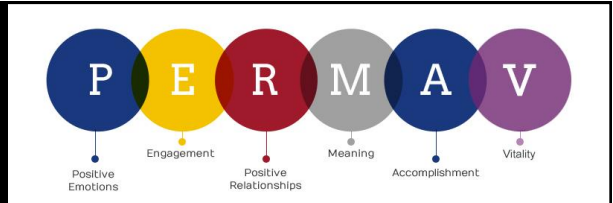


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P – Positive emotions
 E – Engagement
 R – Relationships
 M – Meaning (and purpose)
 A – Achievement
 V – Vitality (physical health)



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Positive Psychology Interventions



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Positive Psychology Interventions

Not -



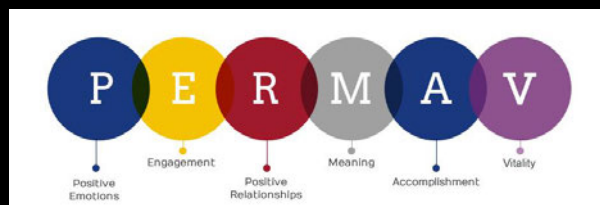
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Positive Psychology Interventions

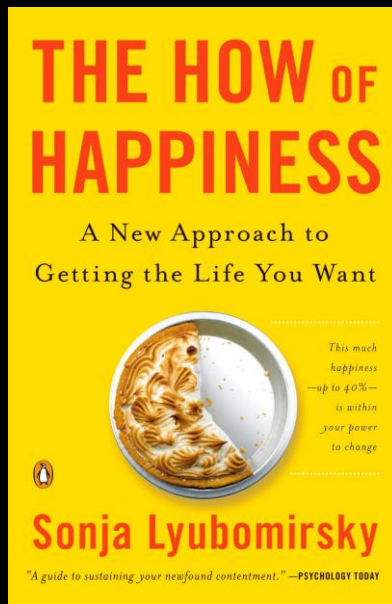
Tools and Activities



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Savoring

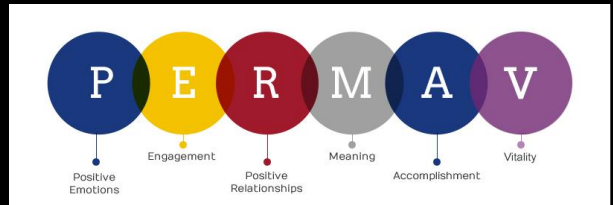


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Savoring

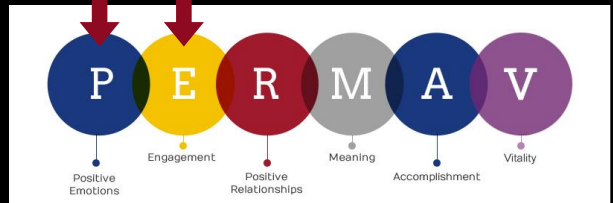


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Savoring



...noticing and appreciating the positive things in our lives, and then deciding to *conscientiously* enjoy them for as long as possible.

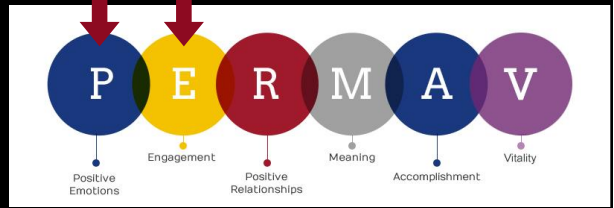


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Savoring



Savoring is a form of mindfulness, which leads to more Positive Emotions and Engagement.



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Benefits of Savoring:

- Improves overall health and wellbeing



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Benefits of Savoring:

- Improves overall health and wellbeing
- Builds self-esteem and self-efficacy



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Benefits of Savoring:

- Improves overall health and wellbeing
- Builds self-esteem and self-efficacy
- Creates an upward spiral of positive emotions



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Benefits of Savoring:

- Improves overall health and wellbeing
- Builds self-esteem and self-efficacy
- Creates an upward spiral of positive emotions
- More happiness!



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Three Types of Savoring:



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Three Types of Savoring:

Present - *Noticing*



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Three Types of Savoring:

Past - *Reminiscing/reflecting*

Present - *Noticing*



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Three Types of Savoring:

Past - *Reminiscing/reflecting*

Present - *Noticing*

Future – *Anticipation*



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Three Types of Savoring:

Present - *Noticing*



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Let's do it!



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Let's do it!



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Let's do it!



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"When we taste with attention, even the simplest foods provide a universe of sensory experience."

-Jon Kabat-Zinn



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Active Constructive Responding

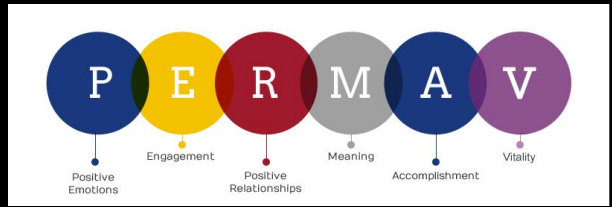


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Active Constructive Responding

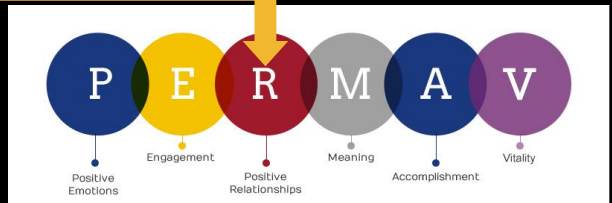


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Active Constructive Responding



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Good News or Bad News?

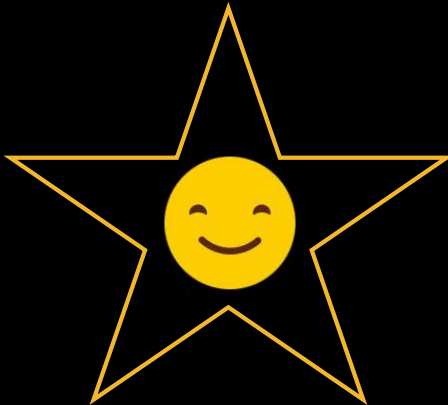


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Good News or Bad News?



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The way good news is responded to is a greater factor for relationship quality than how bad news is responded to.



Prof. Shelly Gable
Psychological & Brain Sciences
UC Santa Barbara



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Active – Passive:

Constructive – Destructive:

Active Constructive Responding



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Active – Passive:

the level of engagement in the conversation

Constructive – Destructive:

Active Constructive Responding



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Active – Passive:

the level of engagement in the conversation

Constructive – Destructive:

the level of happiness for the good news

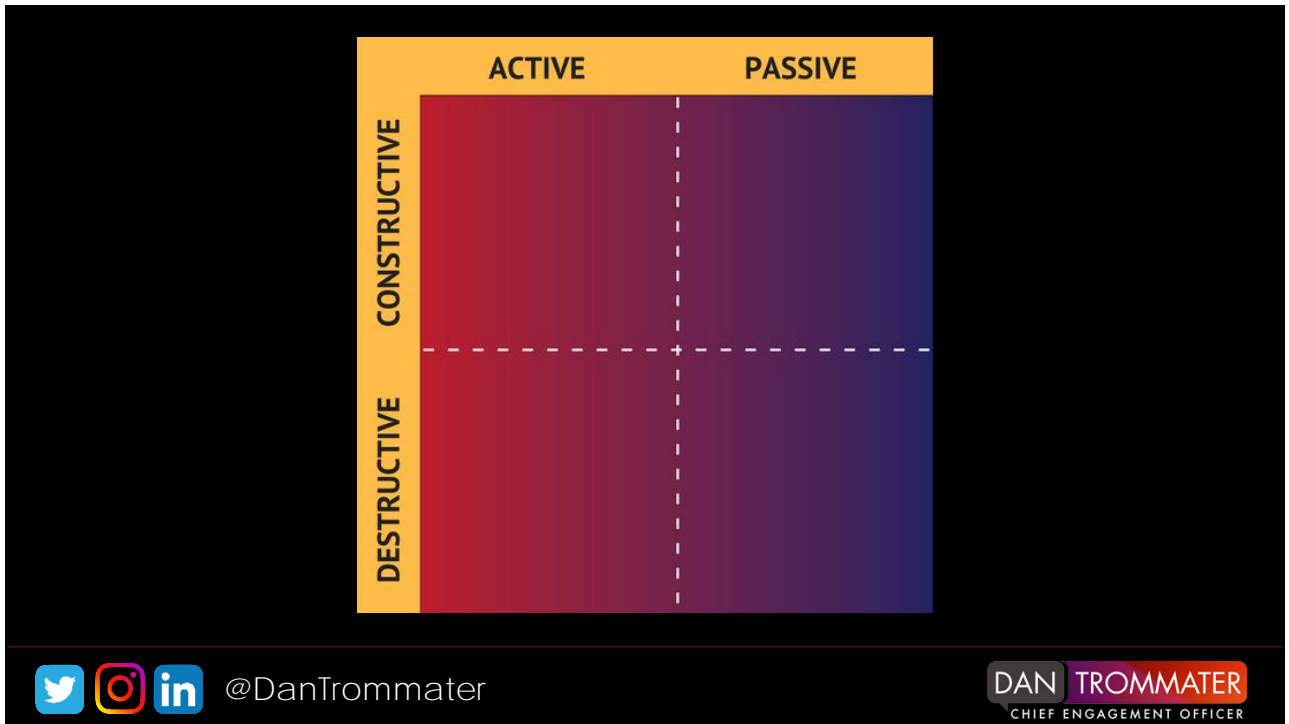
Active Constructive Responding



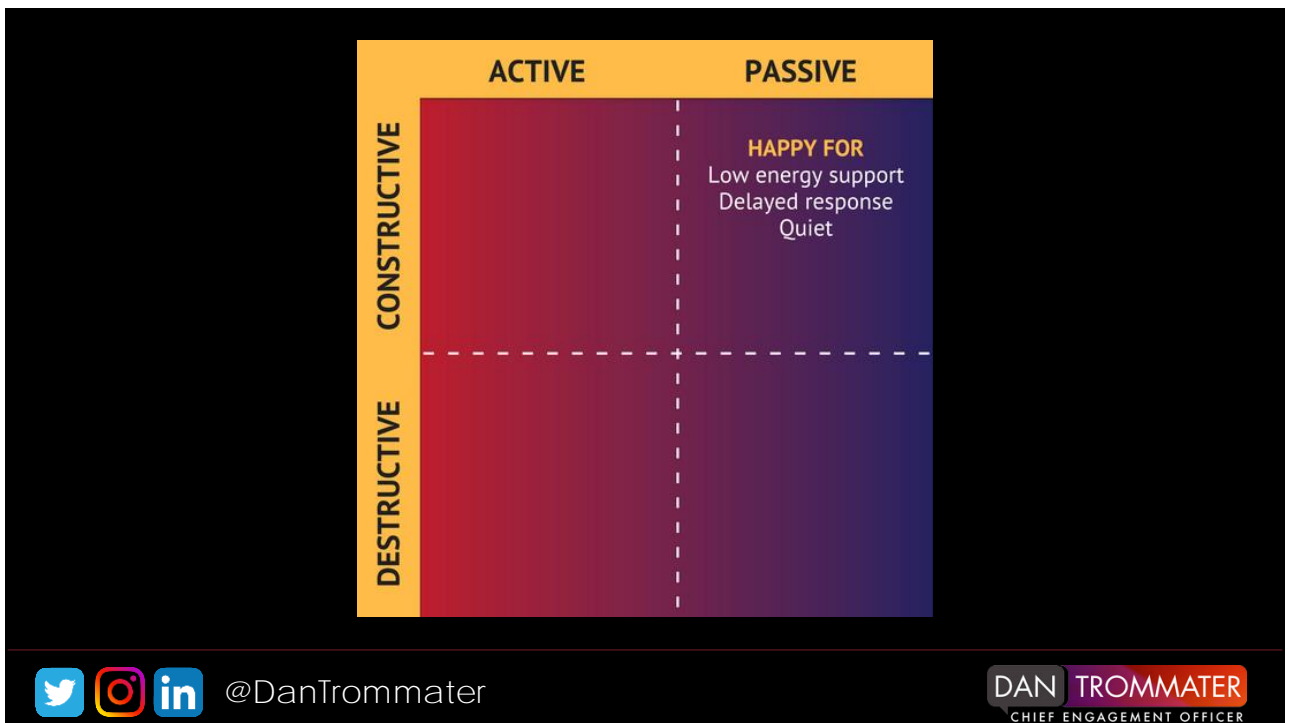
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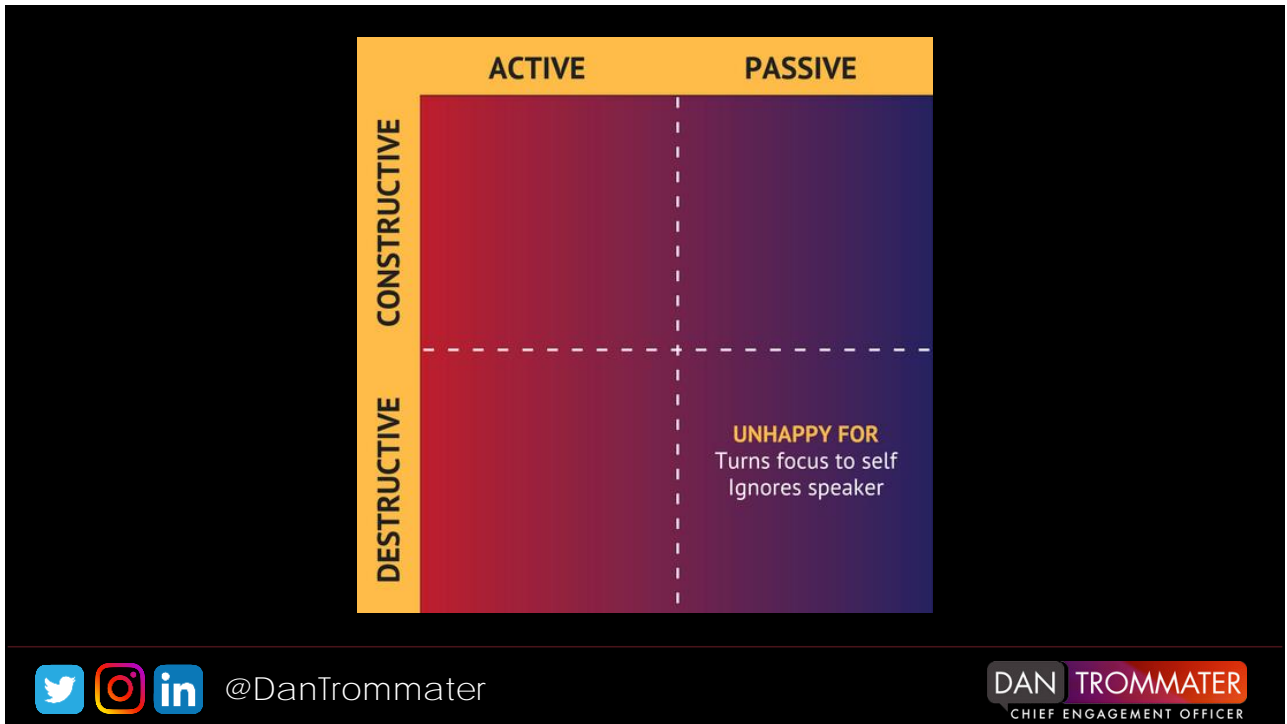
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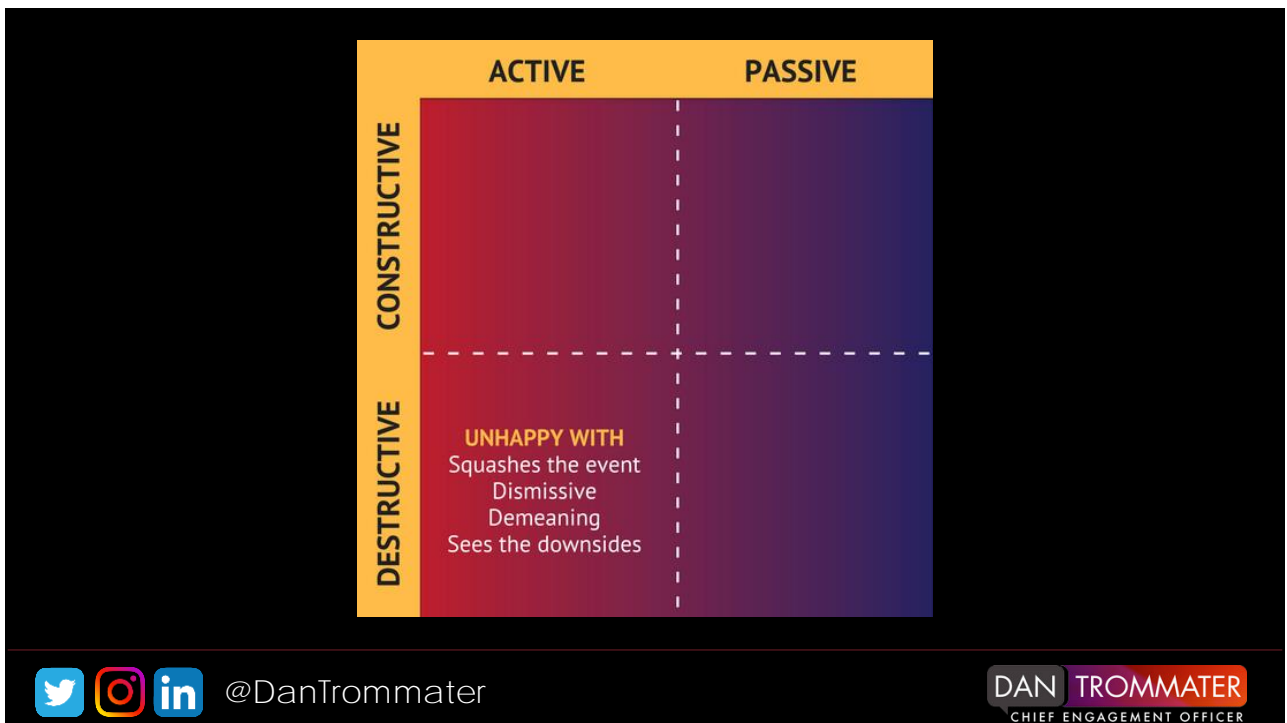
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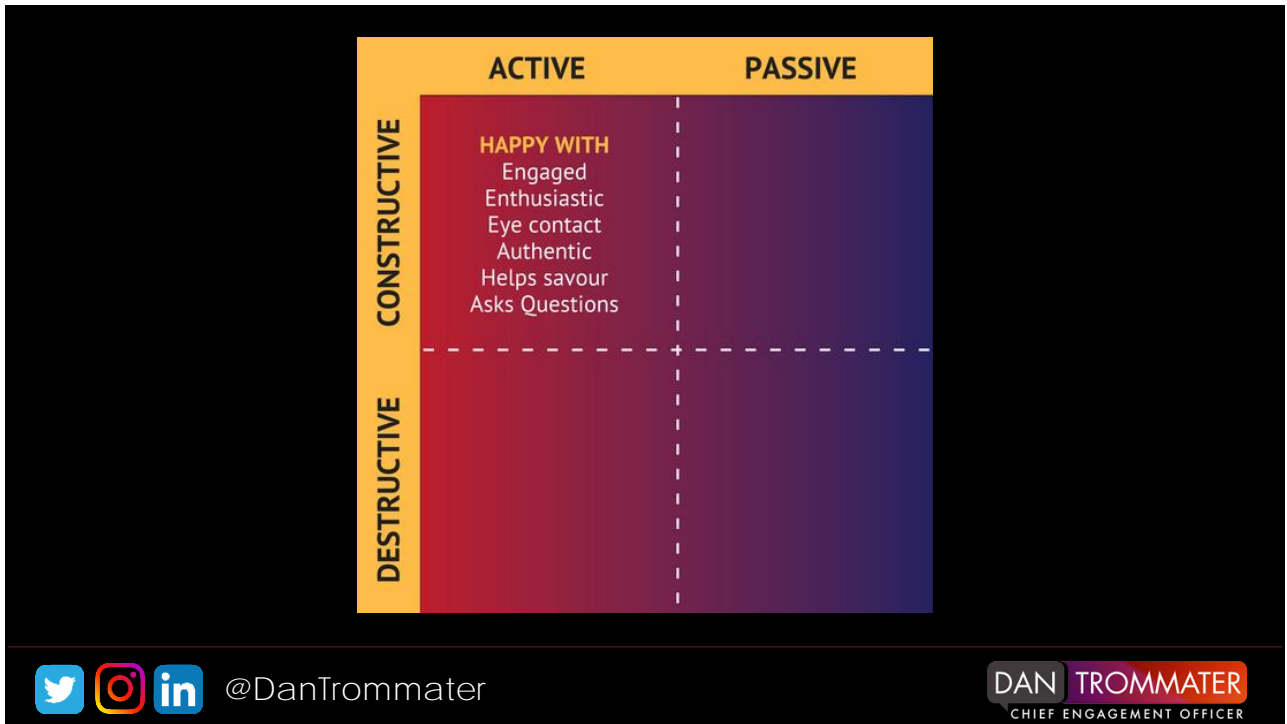
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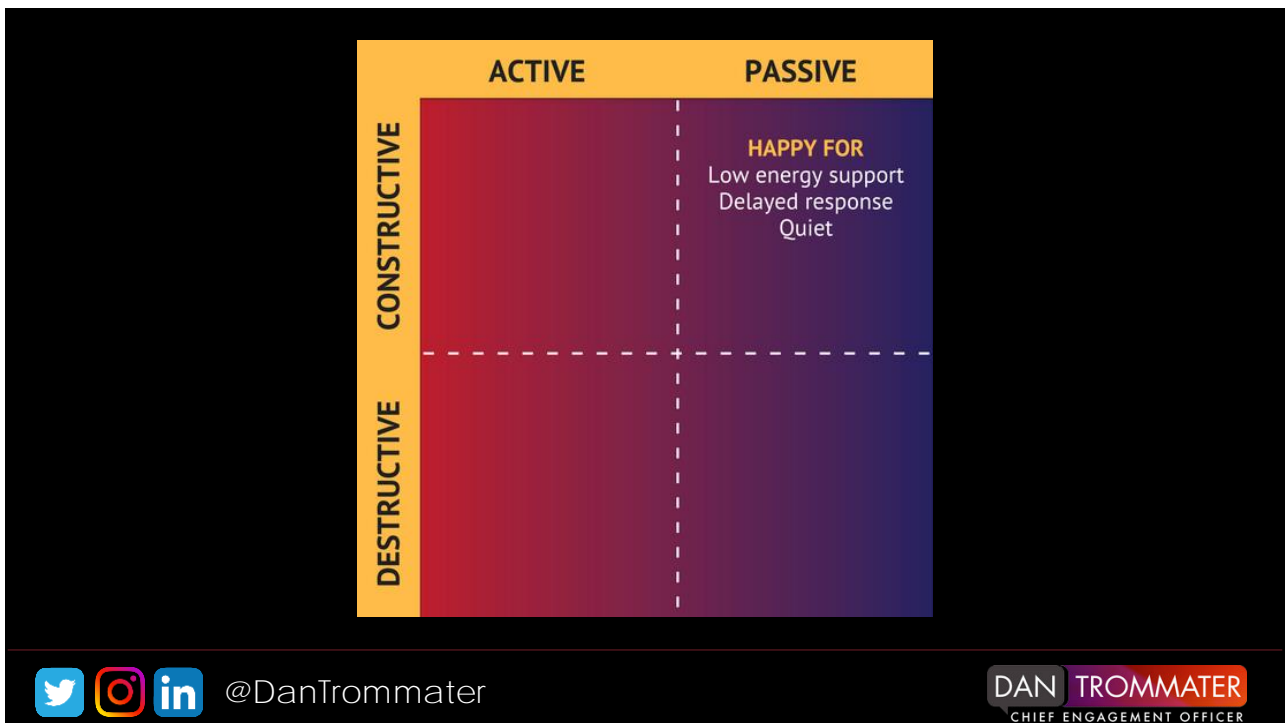
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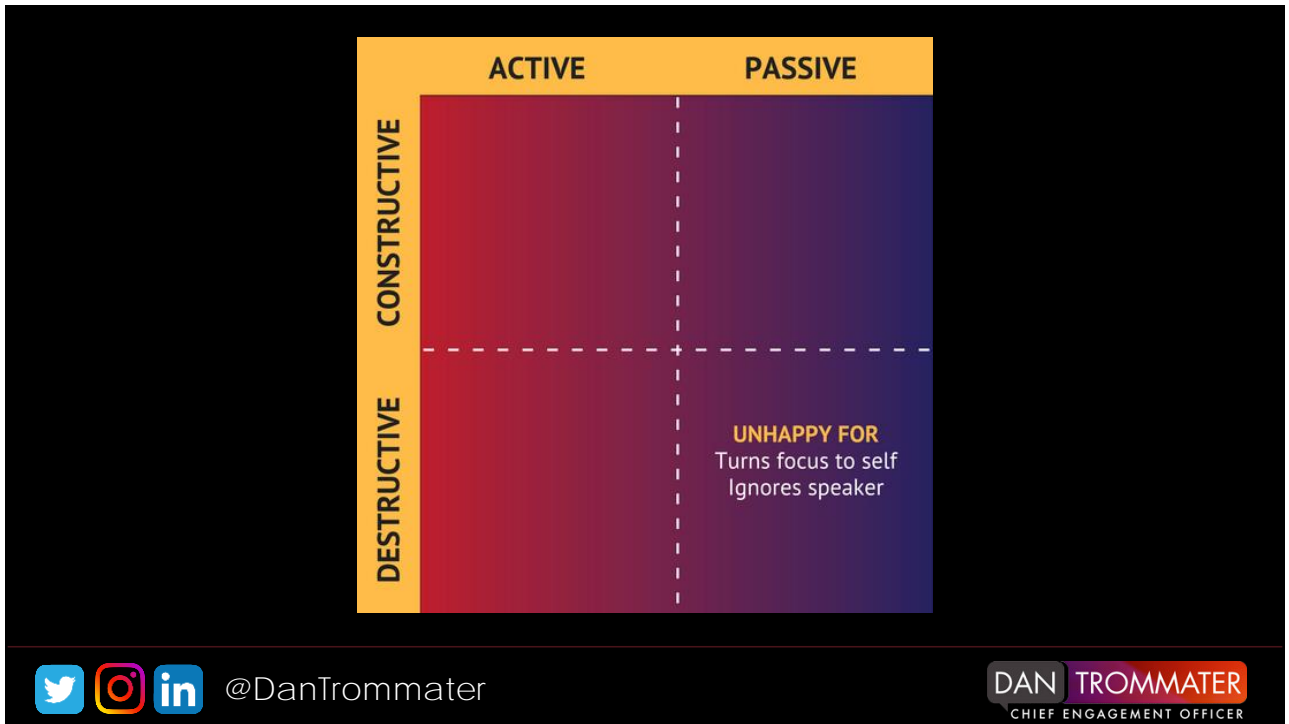
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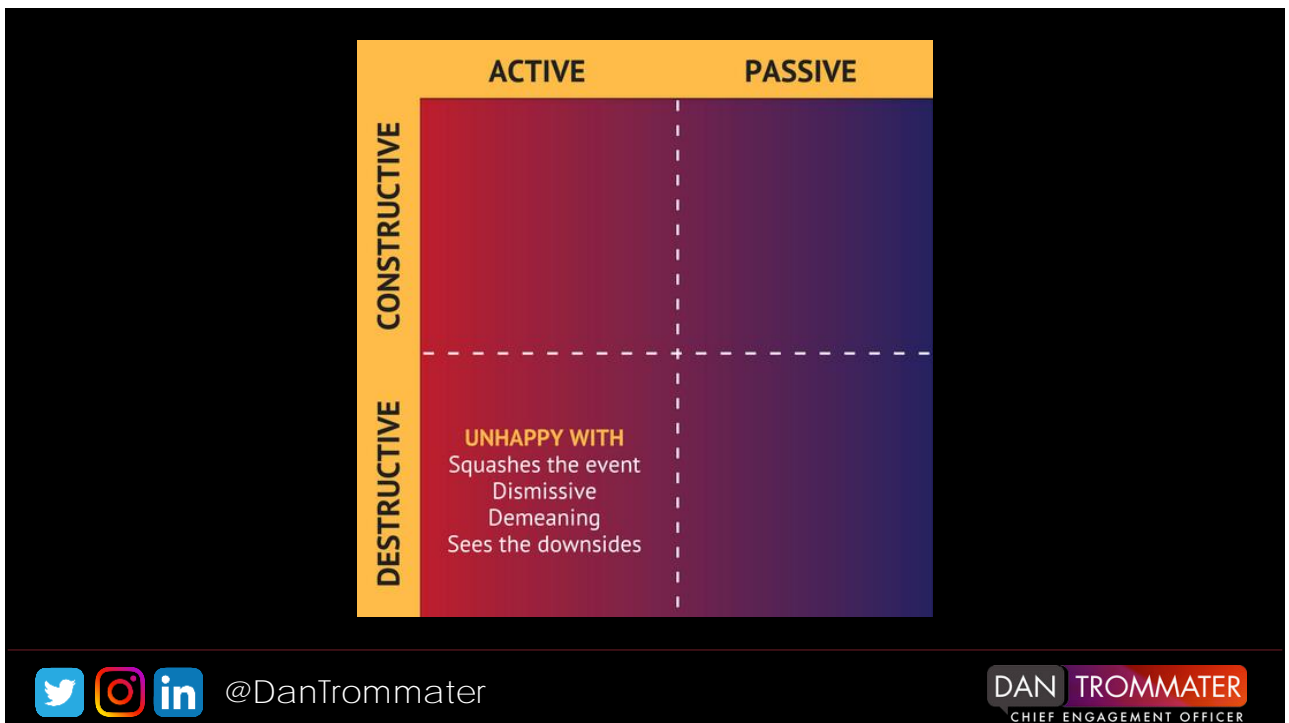
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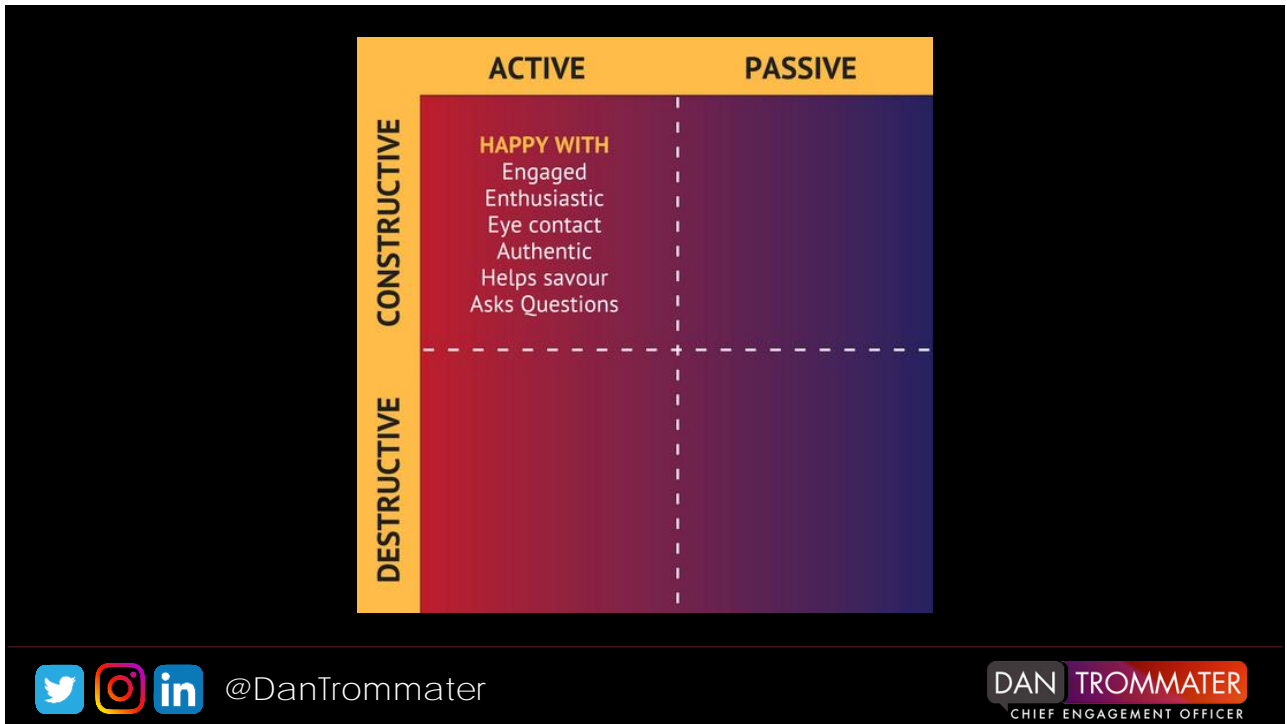
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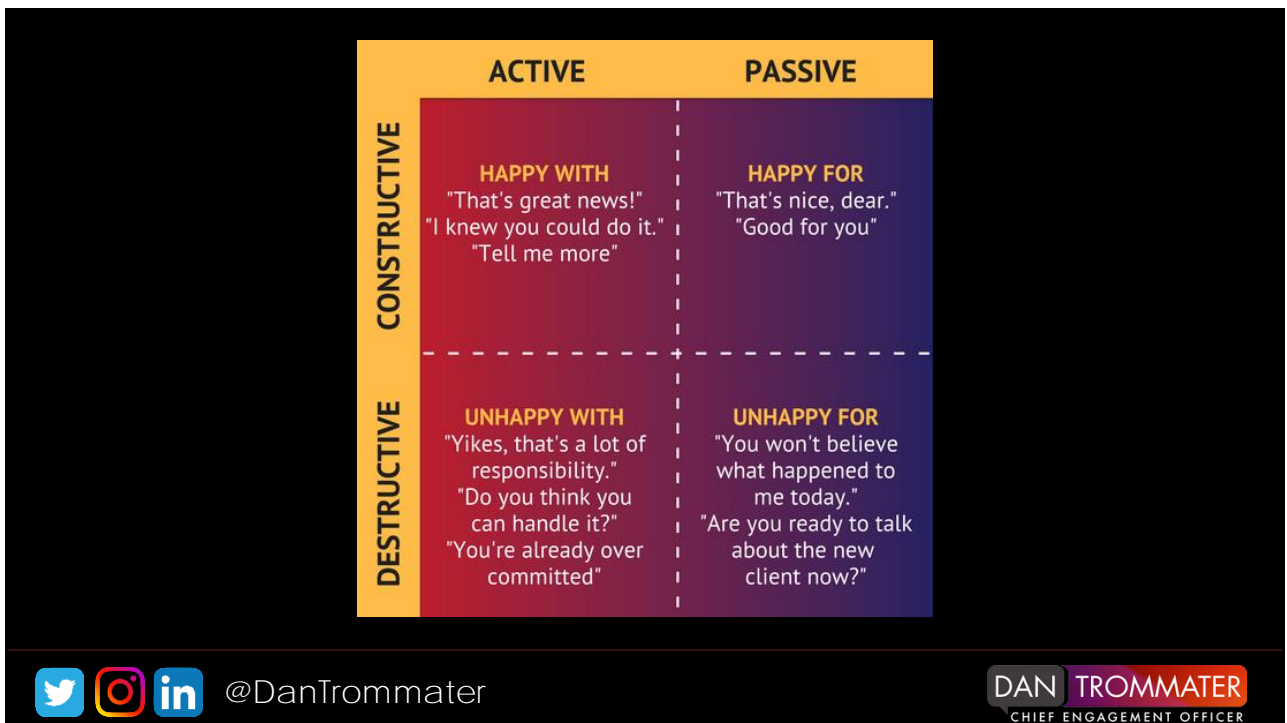
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ACR fosters:



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ACR fosters:

- a boost in savoring of the event



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ACR fosters:

- a boost in savoring of the event
- an upward spiral of positive emotion



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ACR fosters:

- a boost in savoring of the event
- an upward spiral of positive emotion
- a stronger relationship



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That's why is so important
to celebrate successes!



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Reframing

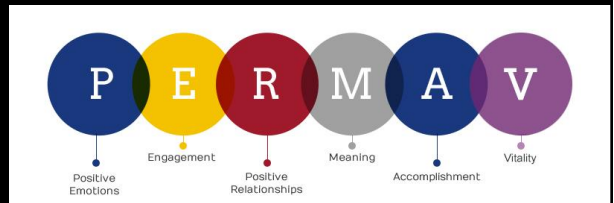


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Reframing

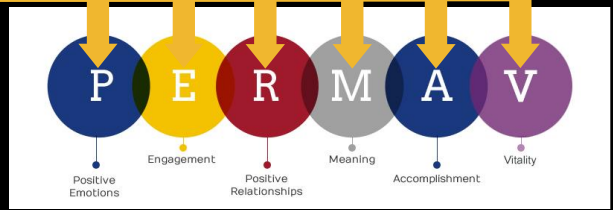


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Reframing



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What are the things that you want to do more in your life?



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What are the things that you
want to do more in your life?

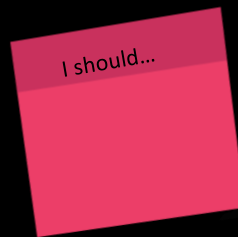
*(The things you feel that you
should be doing more of...)*



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Don't worry – this is private.




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Crumple them up and throw them away!



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Write those same 'I shoulds' as:



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Write those same 'I shoulds' as:

"I want to ... X ... because I value..."



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Write those same 'I shoulds' as:

"I want to ... X ... because I value..."

"I get to ... X ... because I value..."



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Notice anything different???



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Notice anything different???

How does that feel in your body?



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The way we think about
things has a huge impact on
how we feel about and
experience them.



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Want More on Positive Psychology?



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Want More on Positive Psychology?



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Pull out your phone!



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Send a text to
555888
with the message
danpp
(no spaces)



I won't spam you!



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How will you use
these ideas in
your life?



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with the message
danpp
(no spaces)



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