

Slide 1



Welcome to you all.

Positive Psychology and Personal Happiness is a vast subject area, so we are only going to take a quick peek at it this evening.

AS you are aware theories and exercises are often shared or used between the talking therapies in one form or another.

So I am sure that you will be familiar with some of what I am going to cover and will recognise similarities with areas of CBT, Psychotherapy, Mindfulness etc.

Also, I just want to mention that Phillip sent an email recently with some attachments. You don't have to have them to hand for this evening, but they are there if you choose to use them in the future.

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- Positive psychology began as a new era of psychology in 1998 when **Martin Seligman**, considered to be the father of the modern psychology movement, chose it as his theme for his term as president of the American Psychological Association (APA)
- He said “ *the main purpose of positive psychology is to measure, understand and then build the human strengths and the civic virtues* ”



Martin Seligman

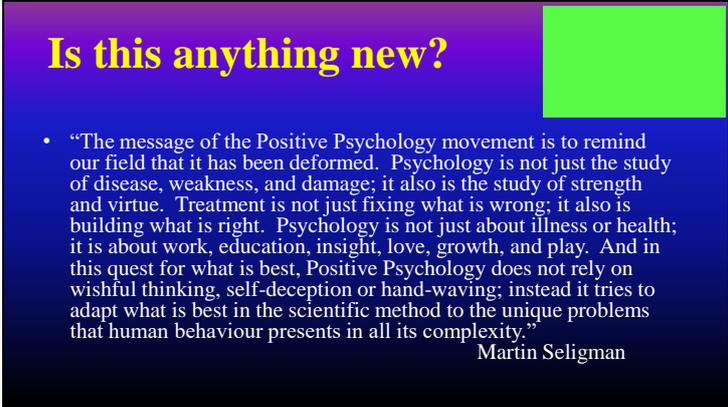
Positive psychology is not just about positive thinking.

Much of its theory and practice derives from an approach which considers that happiness is enhanced when we engage in thought and activities, which utilise our own individual strengths and preferences.

It is The diagnosis of these strengths that forms the basis for identifying activities from all areas of life to reinforce authentic happiness

Tonight we will attempt to:

- Consider the theory behind positive psychology
- The way these ideas can be applied to everyday life
- Gain an understanding of our own individual strengths
- Examine exercises designed to enhance personal happiness



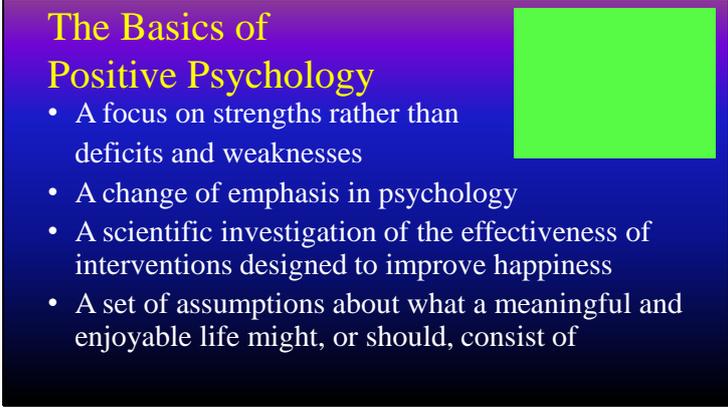
## Is this anything new?

- “The message of the Positive Psychology movement is to remind our field that it has been deformed. Psychology is not just the study of disease, weakness, and damage; it also is the study of strength and virtue. Treatment is not just fixing what is wrong; it also is building what is right. Psychology is not just about illness or health; it is about work, education, insight, love, growth, and play. And in this quest for what is best, Positive Psychology does not rely on wishful thinking, self-deception or hand-waving; instead it tries to adapt what is best in the scientific method to the unique problems that human behaviour presents in all its complexity.”  
Martin Seligman

The history and traditional application of psychology focuses on the question of how to relieve mental pain, misery and distress

Seligman’s message is that

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### The Basics of Positive Psychology

- A focus on strengths rather than deficits and weaknesses
- A change of emphasis in psychology
- A scientific investigation of the effectiveness of interventions designed to improve happiness
- A set of assumptions about what a meaningful and enjoyable life might, or should, consist of

Here have the Basics of positive psychology  
and you will note that its all about Changing the focus and emphasis from the negative to  
the positive

Take note of those last points  
The words that really stand out  
Improving Happiness AND what a meaningful & enjoyable life might be

So let move on with a Question --- What is Happiness?



## What is Happiness?

- *Oxford English Dictionary's* definition of "**happiness**" is simply:  
*"The quality or condition of being happy."*
- *Oxford English Dictionary's* definition of "**happy**" is a little more helpful:  
*"Feeling or showing pleasure or contentment."*

### **A Look at the *Oxford English Dictionary's* Definition of Happiness**

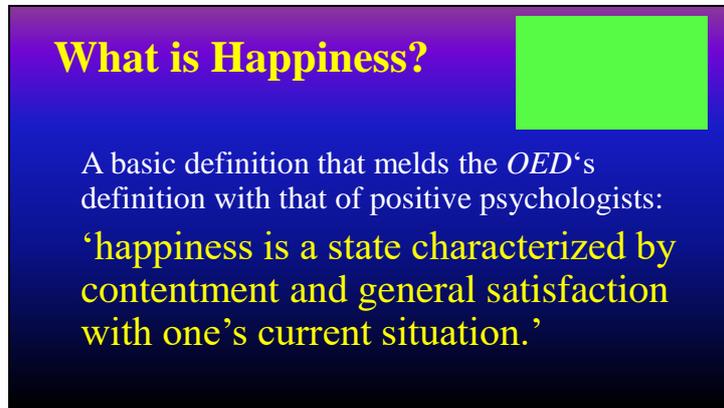
First, let's take a look at the definition of happiness so we're all on the same page. *Oxford English Dictionary's* definition of "**happiness**" is a simple one: "The quality or condition of being happy."

Not exactly what we were looking for, was it? Perhaps we need to dive a little deeper.

*Oxford English Dictionary's* definition of "**happy**" is a little more helpful:

**That's better! So, from this definition, we can glean a few important points about happiness:**

**happiness is the state of feeling or showing pleasure or contentment**



## What is Happiness?

A basic definition that melds the *OED*'s definition with that of positive psychologists:  
**'happiness is a state characterized by contentment and general satisfaction with one's current situation.'**

So let try a definition that melds the *OED*'s definition with that of positive psychologists:

happiness is a state characterized by contentment and general satisfaction with one's current situation.

Now we have a better grasp on what happiness is—or at least, how the *Oxford English Dictionary* defines what happiness is.

However, this definition is not the be-all end-all definition of happiness.

In fact, the definition of happiness is not a “settled” debate.

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### A Bit of History

c. 520 BCE	<b>Confucius</b> propounds the four virtues of sincerity, benevolence, filial piety, and propriety, whose exercise and development lead to happiness.
c. 350 BCE	<b>Aristotle</b> —Happiness is the meaning and the purpose of life, the whole aim and end of human existence
c. 0 BC	<b>Seneca</b> , "True happiness is... to enjoy the present, without anxious dependence upon the future."
c. 500	<b>Boethius</b> , "happiness is a state which is made perfect by the union of all good things"
c. 1200	<b>Thomas Aquinas</b> , "God alone constitutes man's happiness."
1860	<b>John Stuart Mill</b> "...an existence exempt as far as possible from pain, and as rich as possible in enjoyments..."
1900	<b>William James</b> , "Action may not bring happiness but there is no happiness without action."
1920	<b>Sigmund Freud</b> , "What we call happiness in the strictest sense comes from the (preferably sudden) satisfaction of needs which have been dammed up to a high degree."

The debate goes on.

So what is happiness from the Positive Psychology Movements point of view

## What is Happiness?

- Happiness is a state, not a trait
- Happiness is equated with feeling pleasure or contentment
- Happiness can be either feeling or showing

Happiness is a state, not a trait;

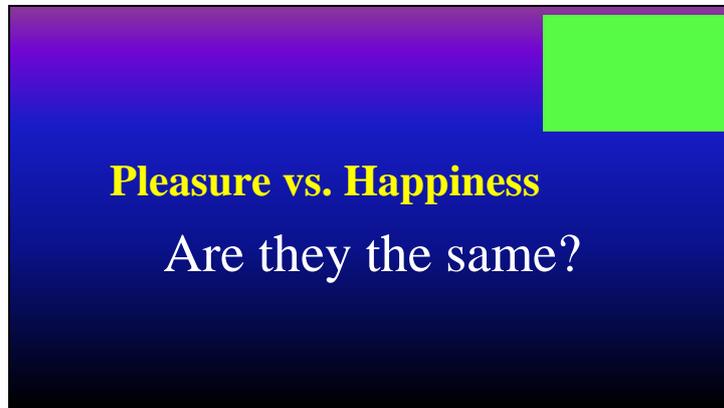
- **in other words, it isn't a long-lasting, permanent feature or personality trait, but a more fleeting, changeable state.**

Happiness is equated with feeling pleasure or contentment,

- **meaning that happiness is not to be confused with joy, ecstasy, bliss, or other more intense feelings.**

Happiness can be either feeling or showing,

- **meaning that happiness is not necessarily an internal or external experience, but can be both.**



### **Pleasure vs. Happiness**

With the close ties between pleasure and happiness, you might be wondering how to differentiate between them.

After all, the *Oxford English Dictionary* definition of happiness describes it as a state of feeling pleasure!

The association between the two makes sense, and it's common to hear the two words used interchangeably outside of the literature;

however, when it comes to the science of positive psychology, it is important to make a distinction between the two.

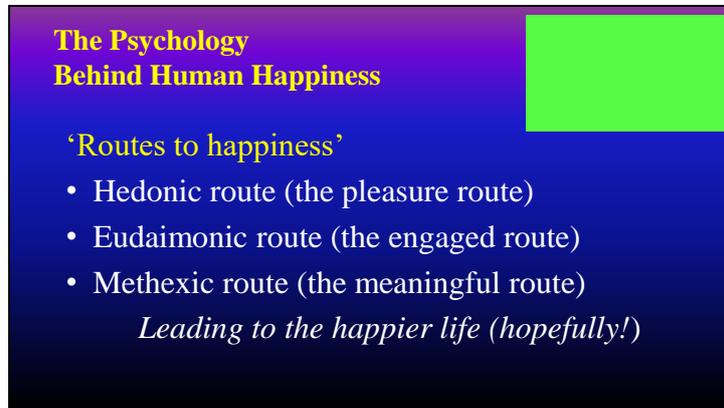
Happiness, as we described, is a state characterized by feelings of contentment and satisfaction with one's life or current situation.

On the other hand, pleasure is a more visceral (instinctive), in-the-moment experience. It often refers to the sensory-based feelings we get from experiences like eating good food, getting a massage, receiving a compliment, or having sex.

**Happiness**, while not a permanent state, is a more stable state than pleasure. Happiness generally sticks around for longer than a few moments at a time, whereas pleasure can come and go in seconds.

Pleasure can contribute to happiness, and happiness can enhance or deepen feelings of pleasure, but the two can also be completely mutually exclusive. For example, you can feel a sense of happiness based on meaning and engagement that has nothing to do with pleasure, or you could feel pleasure but also struggle with guilt because of it, keeping you from feeling happy at the same time.

Now that we know a little more about what happiness is, let's dive a little deeper. What does psychology have to tell us about happiness?



**The Psychology Behind Human Happiness**

'Routes to happiness'

- Hedonic route (the pleasure route)
- Eudaimonic route (the engaged route)
- Methexic route (the meaningful route)

*Leading to the happier life (hopefully!)*

### **The Psychology Behind Human Happiness**

There are many different theories of happiness, but they generally fall into one of two categories based on how they conceptualize happiness (or well-being):  
But you see a third option “the meaningful route” as proposed by Seligman

There are of course many theories.

Some see happiness as a by-product of other, more important pursuits in life, while others see happiness as the end-goal for humans.

Some theories state that pursuing happiness is pointless , and some assume that happiness can be purposefully increased or enhanced.

Although they differ on the specifics, these theories generally agree on a few points:

It's good to be happy, and people like being happy;

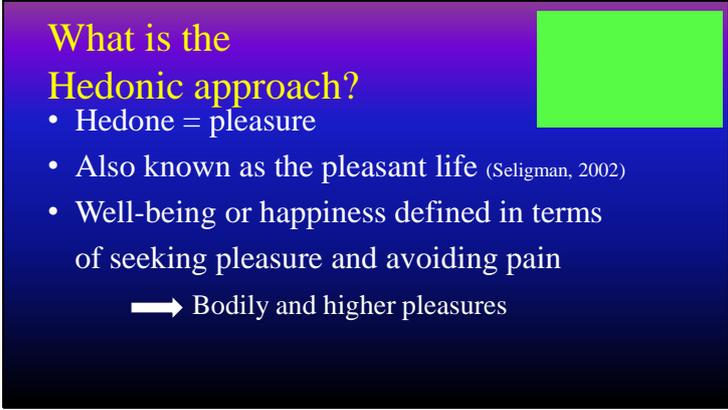
Happiness , as we have already stated, is neither a totally fleeting, momentary experience nor a stable, long-term trait;

At least some portion of our happiness is set by our genetics, but the amount varies from about 10% up to 50%;

The pursuit and attainment of pleasure will rarely lead to happiness;

And There are many sources that contribute to or compose happiness .

Lets have a look at the Pleasure route



**What is the Hedonic approach?**

- Hedone = pleasure
- Also known as the pleasant life (Seligman, 2002)
- Well-being or happiness defined in terms of seeking pleasure and avoiding pain
  - Bodily and higher pleasures

Hedone - Greek goddess of peace

**Hedonic** happiness or well-being is happiness conceptualized as experiencing more pleasure and less pain.

it is composed of an affective component

(which comprises a high positive affect and low negative affect)

and a cognitive component - (satisfaction with one's life);

It is Derived from two types of pleasure - Bodily and Higher pleasures

**Pleasure as a route to happiness**

Types of pleasure

- Bodily pleasures
  - Experienced by the senses
  - Concrete
  - e.g. eating favourite food, listening to favourite piece of music
- Higher pleasures
  - Experienced through cognition (i.e. thought)
  - Abstract
  - e.g. rapture, bliss, excitement, elation

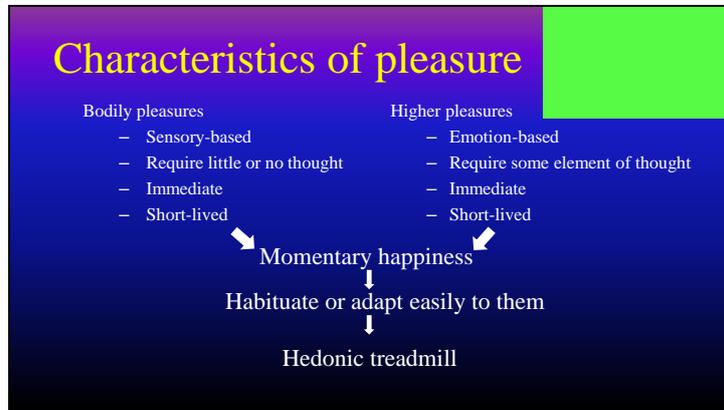
Here we see the two pleasure routes

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So can these pleasures be sustained and thus lead to true happiness



Unfortunately not.

As you can see here, there is little difference between the two routes and they both provide only Momentary happiness

So When we have a pleasurable experience-- such as hearing a particular sonata, making love with a particular person, watching the sun set from a particular window -- on repeated successive occasions, we quickly begin to adapt to it, and the experience yields less pleasure each time.

Thus The hedonic treadmill

To Quote from Daniel Gilbert. (2006). Stumbling on happiness.

Psychologists call this habituation, economists call it declining marginal utility, and the rest of us call it marriage.

Lets have a look Eudaimonic approach

## What is the Eudaimonic approach?

- Eu-daimonia = good daimon = a good relationship with divinity
- Also known as the good life (Seligman, 2002)
- Well-being or happiness defined in terms of achieving your full potential

**Eudaimonic** happiness or well-being, suggests the achievement of happiness as the result of the pursuit and attainment of life's - purpose, meaning, challenge, and personal growth; happiness is based on reaching one's full potential and operating at full function



**Strengths and virtues  
and the good life**

Well-being or happiness defined in terms of  
achieving your full potential. Achieved by:

- engaging in flow-inducing activities  
(or gratifications)

AND

- using signature strengths and virtues in  
work, play, relationships and community

Unlike our everyday concept of **happiness**,  
**eudaimonia** is not a state of mind, nor is it simply the experience of joys and pleasures.  
Moreover, we must remember that **happiness** is a subjective concept. ...  
**Eudaimonia**, in contrast, is meant as an objective standard of '**happiness**,' based on what it  
means to live a human life well .... Achieving potential

WE achieve this by – engaging in

AND

Using Strengths and Virtues

One notable contribution that Seligman has made for Positive Psychology is his cross-cultural study to create an "authoritative classification and measurement system for the human strengths".

He and Dr. Christopher Peterson, a top expert in the field of hope and optimism, worked to create a system that would help psychologists measure positive psychology's effectiveness. They used good character to measure its effectiveness - because good character was so consistently and strongly linked to lasting happiness.

In order to remain true to their efforts to create a universal classification system, they made a concerted effort to examine and research a wide variety of religious and philosophical texts from all over the world.

**Universal Virtues**

- Wisdom/knowledge
- Justice
- Courage
- Temperance
- Humanity
- Transcendence

→ Notion of 'good character'

## **Virtues**

They were surprised to find 6 particular virtues that were valued in almost every culture, Valued in their own right (not just as a means to another end) and that are attainable.

These 6 core virtues are:

wisdom & knowledge

courage

love & humanity

justice

temperance

spirituality & transcendence

Give some thought as to how these apply to you



## Strengths

For Seligman, the strengths are the "route" through which we achieve virtues in our life. Seligman clarifies the difference between talents and strengths by defining strengths as moral traits that can be developed, learned, and that take **effort**.

Talents, on the other hand, tend to be inherent and can only be cultivated from what exists, rather than what develops through effort.

For example, many people consider musical ability as more or less inherent and can only be strengthened.

On the other hand, one can cultivate the strength of patience, which can lead to the virtue, of temperance.

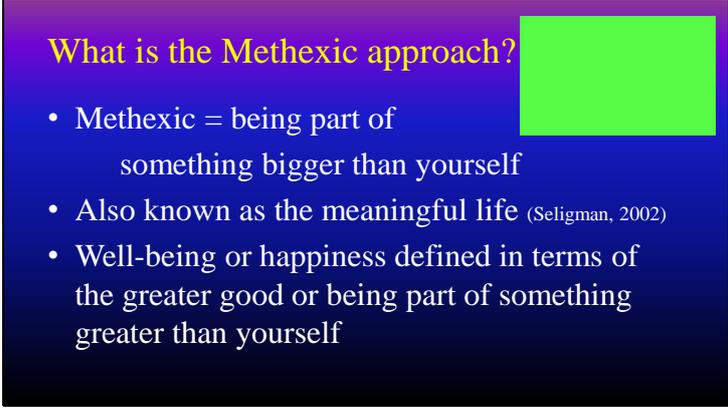
Lets pause just for a moment whilst you choose your 5 signature strengths from the 24 displayed here.

They are also available for you to download in the email attachments that Phillip sent out earlier this week.

Seligman sees the healthy exercise and development of strengths and virtues as a key to the good life –

a life in which one uses one's "signature strengths every day, in the main realms of your life, to bring abundant gratification and authentic happiness."

The good life is a place of happiness, good relationships and work, and from this point, Seligman encourages people to go further to seek a **meaningful life** in the continual quest for happiness.



**What is the Methexic approach?**

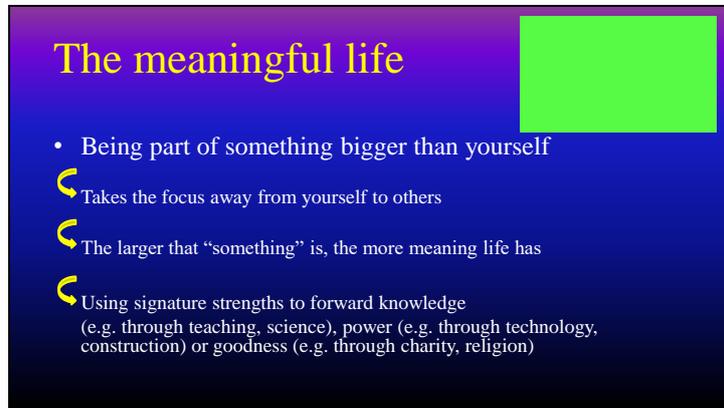
- Methexic = being part of something bigger than yourself
- Also known as the meaningful life (Seligman, 2002)
- Well-being or happiness defined in terms of the greater good or being part of something greater than yourself

Seligman states that –

Positive emotion alienated from the exercise of character, leads to, emptiness, a lack of authenticity, depression and, as we age, to the gnawing realization that we are fidgeting until we die.

Here Seligman proposes, rather dismally, that there are no shortcuts to happiness. While the pleasant life might bring more positive emotion to one's life, to foster a deeper more enduring happiness, we need to explore the realm of **meaning**.

Without the application of one's unique strengths and the development of one's virtues towards an end bigger than one's self, - one's potential tends to be whittled away by a mundane, inauthentic, empty pursuit of pleasure.



## The meaningful life

- Being part of something bigger than yourself
  - ↳ Takes the focus away from yourself to others
  - ↳ The larger that “something” is, the more meaning life has
  - ↳ Using signature strengths to forward knowledge (e.g. through teaching, science), power (e.g. through technology, construction) or goodness (e.g. through charity, religion)

Seligman defines the **meaningful life** as - “using your signature strengths and virtues in the service of something much larger than you are.”

People in pursuit of the Meaningful Life use their strengths to work toward something they feel contributes to a better world.

**So - Can you think of a cause bigger than yourself that is truly worth serving?**

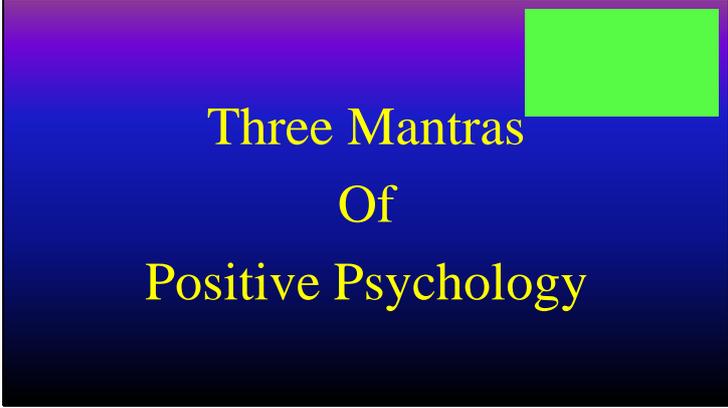
Is it a political party? A social justice agenda? Your faith? The environment? Caring for others?

Ironically, it is when you put this cause at the top of your priority list, even above your own happiness, that a more enduring happiness and life satisfaction can be achieved.

Developing your skills, talents and strengths, and then using these in the service of bringing about a better world, in the way that matters most to you, is what will lead to a life filled with meaning.

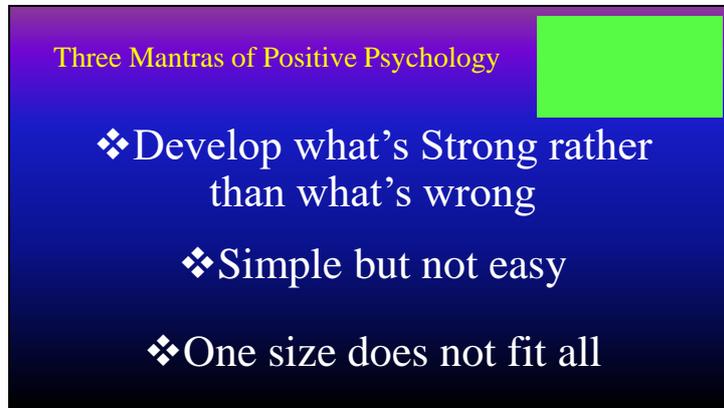
Thus, In positive psychology, a **meaningful life** is a construct having to do with the purpose, significance, fulfilment, and **satisfaction of life**.

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Three Mantras  
Of  
Positive Psychology

We use three Mantras in Positive Psychology.  
They are .....

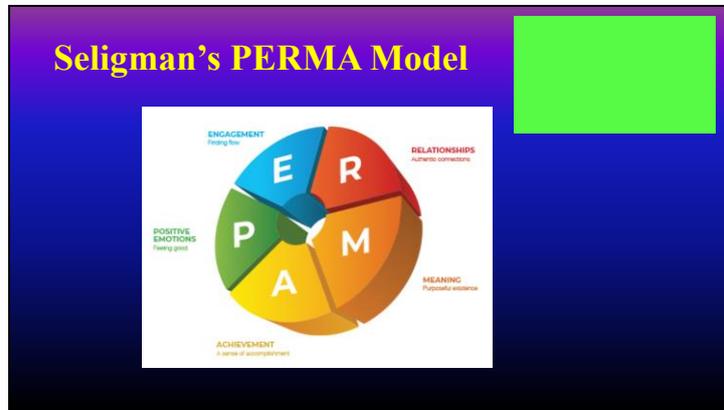


-There is more to be gained from working on what people are already good at, than at what they are mediocre or poor at.

-Most positive psychological interventions are conceptually simple. However, this does not mean they are easy to implement.

-Even demonstratively effective interventions will not work for every person – a key element is to consider whether to introduce an intervention in your context, then evaluate it carefully once you have.

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The PERMA Model was developed by Martin Seligman, and was widely published in his influential 2011 book, "**Flourish**."

"PERMA" stands for the five essential elements that should be in place for us to experience lasting well-being.

Seligman believes that these five elements can help people work towards a life of fulfilment, happiness, and meaning



### **1. Positive Emotion (P)**

For us to experience well-being, we need positive emotion in our lives. Any positive emotion such as peace, gratitude, satisfaction, pleasure, inspiration, hope, curiosity, or love. - falls into this category – and the message is - that it's really important to enjoy yourself in the here and now, just as long as the other elements of PERMA are in place.

### **2. Engagement (E)**

When we're truly engaged in a situation, task, or project, we experience a state of **flow** : time seems to stop, we lose our sense of self, and we concentrate intensely on the present. This feels really good! The more we experience this type of engagement, the more likely we are to experience well-being.

### **3.( Positive) Relationships (R)**

As humans, we are "social beings," and good relationships are core to our well-being. Time and again, we see that people who have meaningful, positive relationships with others, are happier than those who do not. Relationships really do matter!

### **4. Meaning (M)**

Meaning, as we have already said, comes from serving a cause bigger than ourselves. Whether this is a specific deity or religion, or a cause that helps humanity in some way, we all need meaning in our lives to have a sense of well-being.

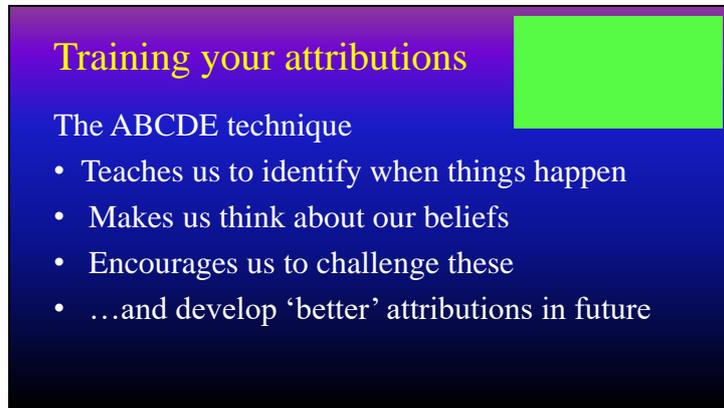
### **5. Accomplishment/Achievement (A)**

Many of us strive to better ourselves in some way, whether we're seeking to master a skill, achieve a valuable goal, or win in some competitive event.

As such, accomplishment is another important thing that contributes to our ability to flourish.

Once you're aware of the things that make up well-being (instead of focusing on happiness alone), it's much easier to live a rich, meaningful life.

**So now that we know a bit more about positive psychology and happiness, - lets look at some exercises that may help us to enhance our own personal happiness**



**Training your attributions**

The ABCDE technique

- Teaches us to identify when things happen
- Makes us think about our beliefs
- Encourages us to challenge these
- ...and develop 'better' attributions in future

### **Training your Attributions**

*In psychology : Attributions are* the interpretive process by which people make judgments about the causes of their own behaviour and the behaviour of others

### **ABCDE Technique**

Here we have Seligman's ABCDE method for objectively reviewing events or situations in our lives

Following the ABCDE method can help us pause, reflect and rewind. It can also help us review and reshape our thought patterns.

The goal of this technique isn't to sugar coat life, but to take a closer look at all the possibilities and allow us to weigh up our options before accepting our perceptions.

Remember, the perception you accept is up to you!

You can reduce your stress dramatically by simply unravelling what actually happened

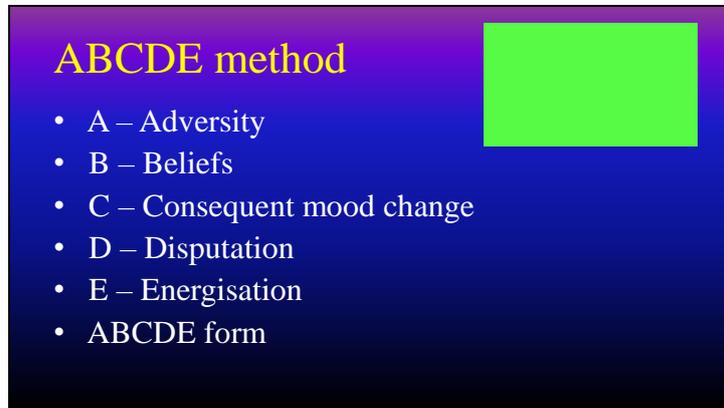
The most immediate benefit of the this method, is realizing you can choose how you think about a situation, which also means you can create new patterns of thinking, reinforce positive patterns and change negatives ones.

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The image shows a screenshot of a form titled "ABCDE form - for both negative (adversity) and positive (advantage) events". The form is divided into several sections, each with a heading and a corresponding text box for user input. The sections are: 1. "Advantage/disadvantage... describe the situation" with a large text box. 2. "Beliefs... what did this make you think?" with a text box. 3. "Consequences... how did these thoughts make you feel?" with a text box and a scale from "Very Displeas'd" (1) to "Very Happy" (10). 4. "Meaning... what does this mean?" with a text box. 5. "Disputes... what alternative explanations exist?" with a text box. 6. "Reappraisals... how does this make you feel now?" with a text box and a scale from "Very Displeas'd" (1) to "Very Happy" (10). 7. "Summary... are there any lessons you have learned from this?" with a text box. A bright green rectangular box is overlaid on the right side of the form.

Here we see the form that can be used with the ABCDE method for disputing your thoughts. The idea is that your thoughts can generate your feelings. So, if you take active control of your thoughts, you are in turn taking active control of your emotions

This form was sent out by Phillip as an attachment in his last email.



**ABCDE method**

- A – Adversity
- B – Beliefs
- C – Consequent mood change
- D – Disputation
- E – Energisation
- ABCDE form

**ABCDE Method stand for  
Adversity, Beliefs, Consequent Mood Change, Disputation and finally Energisation**

1. Adversity:

Describe a recent Adversity.

Include the Who, What, When, and Where of the situation.

Be specific and accurate in your description.

Don't let your beliefs about the adversity creep in!

Be objective. *focus solely on the facts.*

*EX: I got rejected today for an interesting job or course.*

2. Beliefs:

Record what you were saying to yourself in the midst of the Adversity.

What was running through your mind?

Write it down verbatim. Don't worry about being polite!

*EX: "this always happens to me." "I'm just not good enough." "It's all about who you know, and I don't know anybody." "Maybe I'm not cut out for this sort of thing."*

3. Consequences:

In the form this a scale to indicate how these thoughts made you feel.

But you could also

Record the Consequences of your Beliefs. (What did you feel and what did you do?)

Be specific. Perhaps make a List all of the emotions you experienced and as many reactions as you can identify.

Ask yourself: Do your Consequences make sense given your Beliefs?

*EX: I felt worse and worse, thinking this way. I began to not take any action on other projects that I wanted or needed to do today. I felt pretty low, and I began comparing myself negatively to others that I thought were better off than me.*

4. Dispute:

Generate one piece of Evidence to point out the inaccuracy in your Beliefs,  
or generate a more accurate optimistic Alternative belief about the Adversity,  
or Put Into Perspective your Belief.

You can use these ideas to craft your responses:

- a. Evidence: That's not completely true because...
- b. Alternative: A more accurate way of seeing this is...
- c. Putting It In Perspective: The most likely outcome is... and I can... to handle it.

Write a few sentences about how your Disputation changed your Energy. Record it on the scale in the form.

What happened to your mood?

How did your behaviour change?

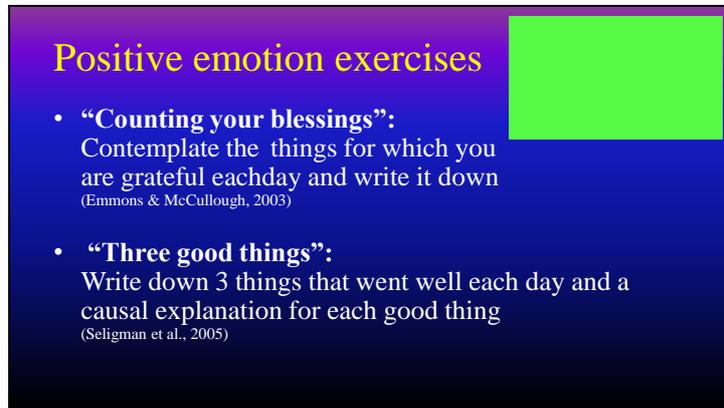
What solutions did you see that you didn't see before?

And then in the

**Summary** record the lessons you learnt from this

The ABCDE method is a great way to look at your thoughts and feelings, to change them and help create a more positive future

**Lets have a look at a few more Exercises**



**Positive emotion exercises**

- **“Counting your blessings”:**  
Contemplate the things for which you are grateful eachday and write it down  
(Emmons & McCullough, 2003)
- **“Three good things”:**  
Write down 3 things that went well each day and a causal explanation for each good thing  
(Seligman et al., 2005)

**“Three good things”**

Do this every day for two weeks

At the end of the day is typically a good time to do this...

Write down 3 good things that happened or 3 things that went well each day and why it happened.

What and how much?

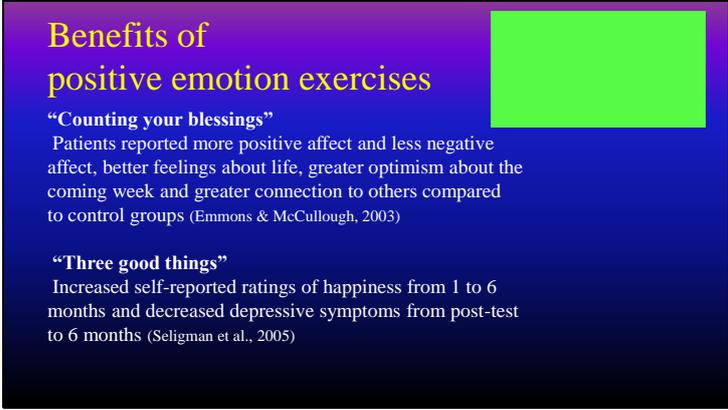
Anything, no matter how important or how trivial ... just so long as it is genuine

No need to include more than a sentence or even a few words on each one ... just so long as you write down what and why

After two weeks, try continuing this, but perhaps only once per week in order to prevent habituation

## Why?

Because these exercises serve to amplify positive memories or life experiences and allow you to savour them

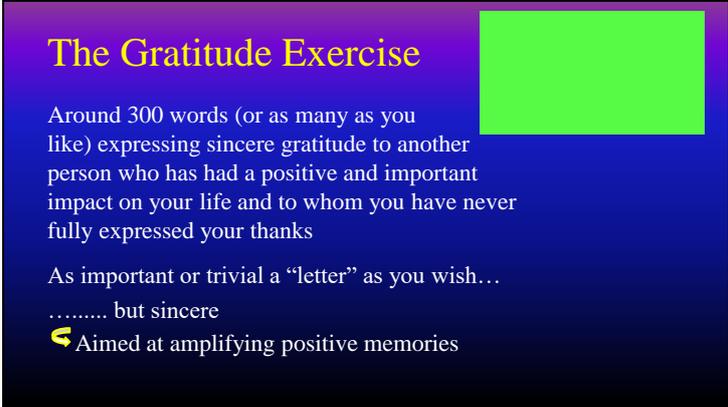


## Benefits of positive emotion exercises

**“Counting your blessings”**  
Patients reported more positive affect and less negative affect, better feelings about life, greater optimism about the coming week and greater connection to others compared to control groups (Emmons & McCullough, 2003)

**“Three good things”**  
Increased self-reported ratings of happiness from 1 to 6 months and decreased depressive symptoms from post-test to 6 months (Seligman et al., 2005)

“



## The Gratitude Exercise

Around 300 words (or as many as you like) expressing sincere gratitude to another person who has had a positive and important impact on your life and to whom you have never fully expressed your thanks

As important or trivial a “letter” as you wish...  
..... but sincere

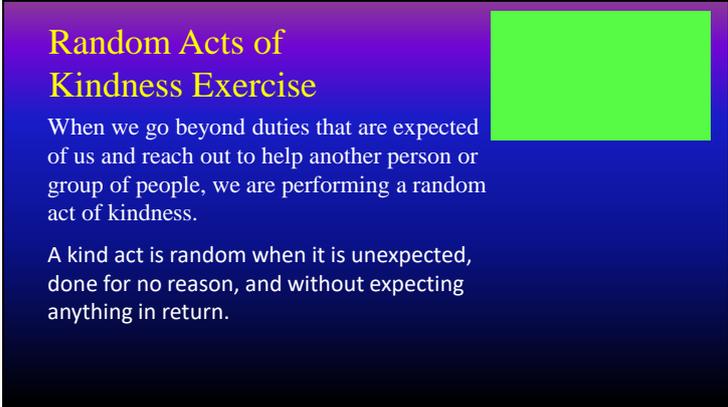
☺ Aimed at amplifying positive memories

How does it work?

- Decide what you are grateful for and to whom (has to be a person)
- Write your Gratitude Letter
- Polish it
- Phone the person and tell them you want to pop round and see them (if you can)
- Don't tell them why
- Read it to them without warning them

You might think - Won't this be embarrassing?

- By reading what you have written you can keep your eyes averted, thereby avoiding feeling embarrassed
  - It may be possible to 'emotionally detach' from the process
- Research shows that The Gratitude exercise increased happiness and decreased depressive symptoms from 1 week to 1 month in comparison to the control



**Random Acts of Kindness Exercise**

When we go beyond duties that are expected of us and reach out to help another person or group of people, we are performing a random act of kindness.

A kind act is random when it is unexpected, done for no reason, and without expecting anything in return.

Can random acts of kindness ever be planned?

- “Almost all acts of kindness are planned to some extent.

Sometimes the planning takes a couple of seconds. Other times, the planning can take weeks.

All acts of kindness – planned and unplanned – are valuable and beneficial.”

How do you feel when you perform a random act of kindness? A survey of 3296 volunteers found that

- “A rush of euphoria, followed by a longer period of calm after performing a kind act, is often referred to as a "helper's high," involving physical sensations and the release of the body's natural painkillers, the endorphins.

This initial rush is then followed by a longer-lasting period of improved emotional well-being.”

Random from the point of view of the person receiving the kindness ... So for example

- A random act of kindness is

Cooking dinner for a partner when it is not expected and is out of the ordinary.

BUT

Saying that you are going to cook dinner for your partner and doing it is Not a random act of kindness

To Quote The Dalai Lama

"My religion is very simple. My religion is kindness.“

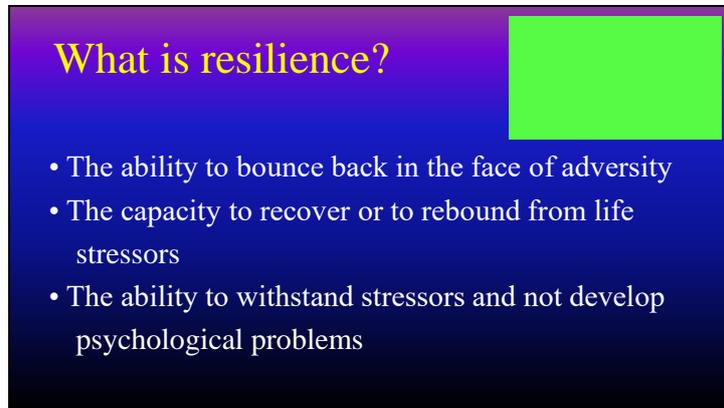
"If you want others to be happy, practice compassion.

If **you** want to be happy, practice compassion.“

AS therapists we are hopefully well equipped or at least have the knowledge to deal with our own issues and problems.

But these are difficult times with the current pandemic and we all have our personal emotional mountains to climb.

So lastly I want to talk to you about Resilience  
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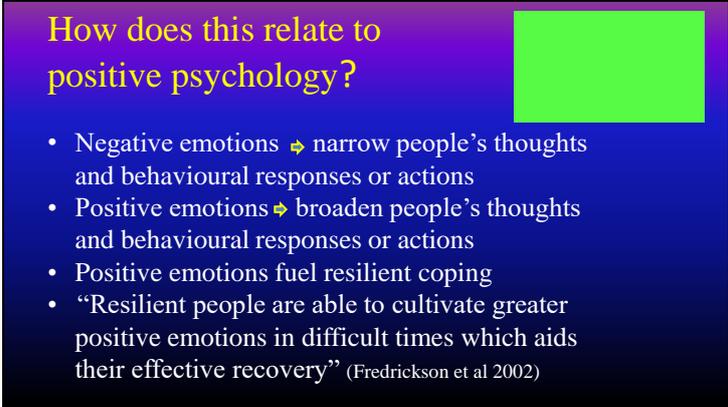


### What is resilience?

- The ability to bounce back in the face of adversity
- The capacity to recover or to rebound from life stressors
- The ability to withstand stressors and not develop psychological problems

- Psychologists define resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress And then having the capacity to bounce back from these difficult experiences

So how does this relate to positive psychology?



### How does this relate to positive psychology?

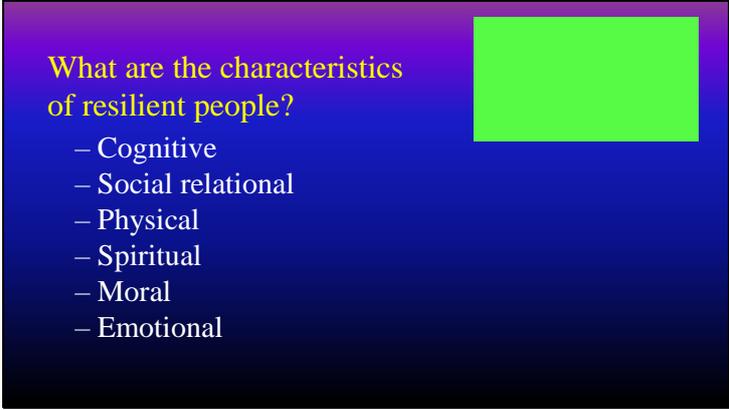
- Negative emotions → narrow people's thoughts and behavioural responses or actions
- Positive emotions → broaden people's thoughts and behavioural responses or actions
- Positive emotions fuel resilient coping
- “Resilient people are able to cultivate greater positive emotions in difficult times which aids their effective recovery” (Fredrickson et al 2002)

So Positive emotions fuel resilient coping – which in turn encourages us to explore – to learn new behaviours and techniques and thus increase resilience



- We experience positive emotions when using our signature strengths
- The use of strengths may buffer against psychological distress AND it may build resilience

Remember those Signature Strengths we mentioned earlier this evening  
Think about your own Signature Strengths, because when we use them they produce positive emotions which can help to build resilience.



What are the characteristics of resilient people?

- Cognitive
- Social relational
- Physical
- Spiritual
- Moral
- Emotional

–

So what are the characteristics of resilient people

- Cognitive e.g. capacity to plan, self-understanding,
- Social relational e.g. secure attachment, trust, positive relationships
- Physical e.g. good health, easy temperament
- Spiritual e.g. seeing meaning in one's life, sense of connection with humanity
- Moral e.g. ability and opportunity to contribute to others and engage in socially or economically useful tasks
- Emotional e.g. emotional regulation, self-esteem, creativity, sense of humour

## How can we build resilience in ourselves?

### **Padesky & Mooney's 4 step model:**

- 1) Search for skills and strengths in an area of your life that you enjoy
- 2) Identify the obstacles that you face in that area and your resilient responses or strategies to them
- 3) Look at how you can apply these resilient responses to problem areas of your life
- 4) Practice and review

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Area of strength			
Identify obstacles	1.	2.	3.
When this happens, I feel...			
What keeps me going? Behaviours? Thoughts? Beliefs? Images?			
Summary of resilient strategies and responses?	When obstacles happen I ... 1. 2. 3.		

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Area of strength				Doing crossword puzzles	
Identify obstacles	1. I don't know the answer	2. My answer doesn't fit	3. I'm running out of time		
When this happens, I feel...	Stuck	Confused	Irritated, tense		
What keeps me going?	Beh: Ask someone else T: "Try it later" Bel: "If I fill in some of the other words, then maybe I'll get it"	Beh: Use my dictionary, check other surrounding answers T: "The clue might mean something else"	Beh: Set it aside for a while T: "This is a puzzle for fun, not a deadline" Bel: "If I don't finish this then I'll have still enjoyed it"		
Behaviours?					
Thoughts?					
Beliefs?					
Images?					
Summary of resilient strategies and responses?	When obstacles happen I... 1. Ask for help 2. Get information/Look at it from another perspective 3. Be committed				

Problem area		Child care	
Identify obstacles	1. Money	2. Yelling at kids	
When this happens, I feel...	Discouraged	Guilt, worried	
Helpful idea?	Ask for help	Look at it from another perspective	
Helpful...	Beh: Call a neighbour T: "She's said she'll help out when she can" Bel: "If I ask then I won't be short of money"	Beh: Take a deep breath, laugh with them T: "They're just being kids" Bel: "It doesn't mean they disrespect me"	
Behaviours?			
Thoughts?			
Beliefs?			
Images?			
Put it into practice	1. Talk to my neighbour, 2. Put a reminder sign in the kitchen that says "Laughter is the best medicine"		

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That's all I for you have for you this evening folks

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