

The Pursuit of Happiness Using Positive Psychology



Objectives

- Define happiness and the role of positive psychology
- Discuss barriers to happiness
- Practice strategies to improve your wellbeing

What is happiness

- Individualized, relative, everyone perceives different
- Experience of positive Emotions
- Feelings of Meaning and Purpose
- A positive mood in present and positive outlook for future
- Part of our unique humanity
- Continual process

What is positive psychology

- Developed from psychologists focusing more on understanding how to build human strength and psychological well-being
- belief that people want to lead meaningful and fulfilling lives
- does not deny negative experiences
- emphasizes the positive influences in a person's life
- aims to help people identify happiness from moment to moment

Using positive psychology = happiness

- Improve Mood
- Increase productivity and success
- Alters our mindset
 - Rewiring the brain
- Move towards feeling energized by possibilities and hope
- Raising level of happiness (not perfection)

Barriers to happiness

- Unrealistic Expectations
- Focus on negative
- Comparison
- Blame
- Lack of gratitude
- ONLY focusing on present happiness
- Regret/Worry

Strategies from positive psychology

- Train yourself to be Optimistic
 - Find something to look forward to
 - Commit conscious acts of kindness
 - Infuse positivity into your surroundings

Strategies from positive psychology

- Physical activity, body movement
- Spend money (not on stuff)
- Exercise a signature strength
- Meditation

Strategies from positive psychology continued

- Use failures as steppingstones
 - Adversity
- Socialization
 - meaningful connections

Resources

- The Happiness Advantage by Shawn Achor
- Happier No Matter What by Tal Ben-Shahar PhD

Your Program

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Thank you!

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