

Staying Calm and Positive in Challenging Times

LAST
Conference
Anywhere



Ruma Dak
Delivery Coach

What are we up to today?

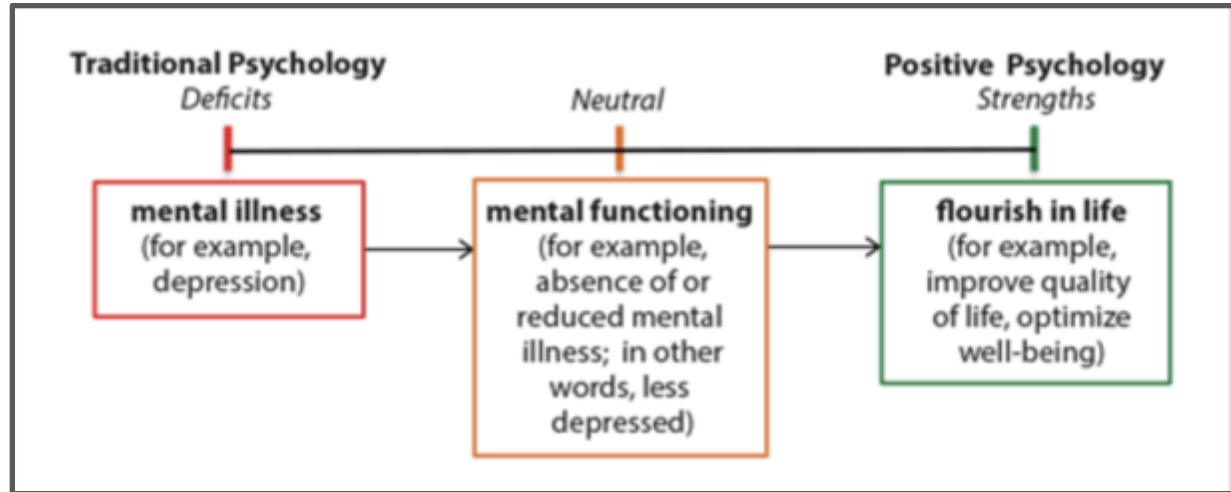
- Quick sneak peek into Positive Psychology
- 40% Rule
- Hedonia & Eudaimonia
- PERMA Model of Wellbeing
- Some Positive Psychology Interventions & some tweaks for the current times!

Something important before we start!

Please interact:

- Participate in the activities,
- Ask questions,
- Share your experiences & stories!
- Talk about what you would like to apply or start doing!

Positive Psychology



-10 -4 -3 -2 -1 0 +1 +2 +3 +4 +10

BASELINE



What exactly is Positive Psychology??

Positive Psychology is the study of what constitutes a pleasant life, the engaged life, and the meaningful life. ~ Seligman, 2002

Positive Psychology is the study of the conditions and processes that contribute to the flourishing or optimal functioning of people, groups and institutions. ~Gable & Haidt, 2005

Positive Psychology is the scientific study of human strengths and virtues. ~Sheldon & King 2001

Positive Psychology is the study of what makes life worth living. ~Peterson, 2006

Scientific study of optimal human functioning [that] aims to discover and promote the factors that allow individuals and communities to thrive.

Other People Matter

The 40% Rule - Sonja Lyubomirsky



50%

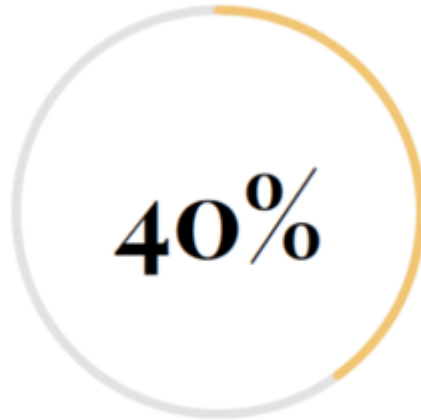
GENETICS



10%

LIFE

CIRCUMSTANCES



40%

IS ENTIRELY UP TO YOU



Happiness can be **CREATED**



Prioritise Happiness

Let's revisit some happy moments!!

**Go down the memory lane for last week/fortnight and list down things that made you happy:
List as many as you can in five minutes!!**

What is happiness: Hedonia and Eudaimonia

Hedonia

- Greek word: 'pleasure'
- Hedonism elements : Pleasure & Comfort
- Hedonist: Pleasure Seeker, avoids pain
- Happiness derived externally
- Hedonic Experiences are short lived

Hedonia is fast-food version of happiness

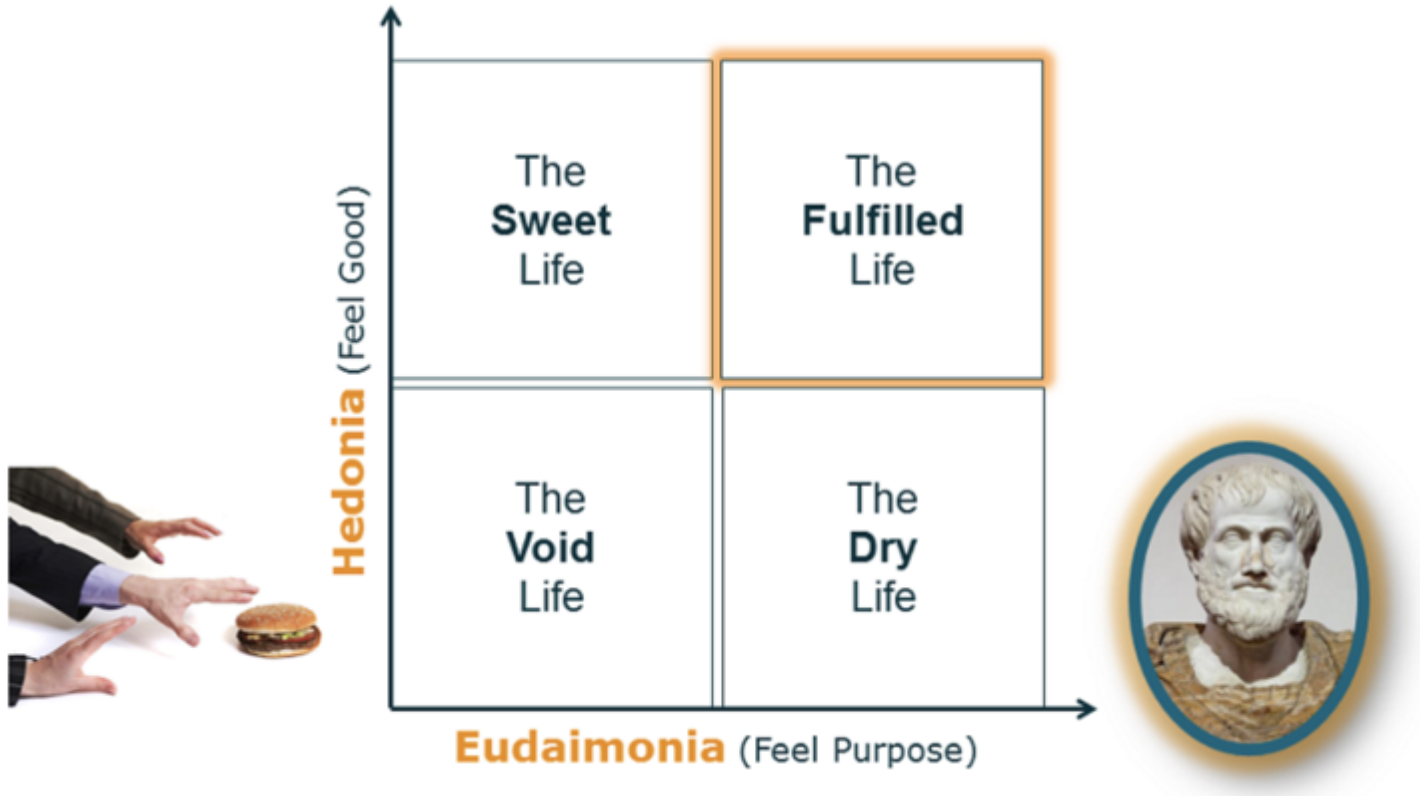
Eudaimonia

- Greek word eu - 'well' : *Doing and living well*
- Eudaimonism elements: Authenticity, Meaning, Excellence, Personal Growth
- Virtuous action
- Happiness comes from within
- Living life in a full and deeply satisfying way

Eudaimonia is referred to well being, flourishing

They are separated but connected!!

Hedonia and Eudaimonia: It's all about the balance!



Associating Hedonia and Eudaimonia to Activities

Hedonia is associated with	Eudaimonia is associated with
Physical and emotional needs, desire	Cognitive values and ideas, care
What feels good	What feels right
Taking, for me, now - in the moment	Giving, building, long term
ease	effort
rights	responsibilities
pleasure	elevation
Taking care of one's own needs, Reaching personal release and peace	cultivating; giving of oneself, investing in a larger aspect of the self or the surrounding world, the welfare of others.

Activity Continued.....

Revisit your activity list and check your intentions for each:

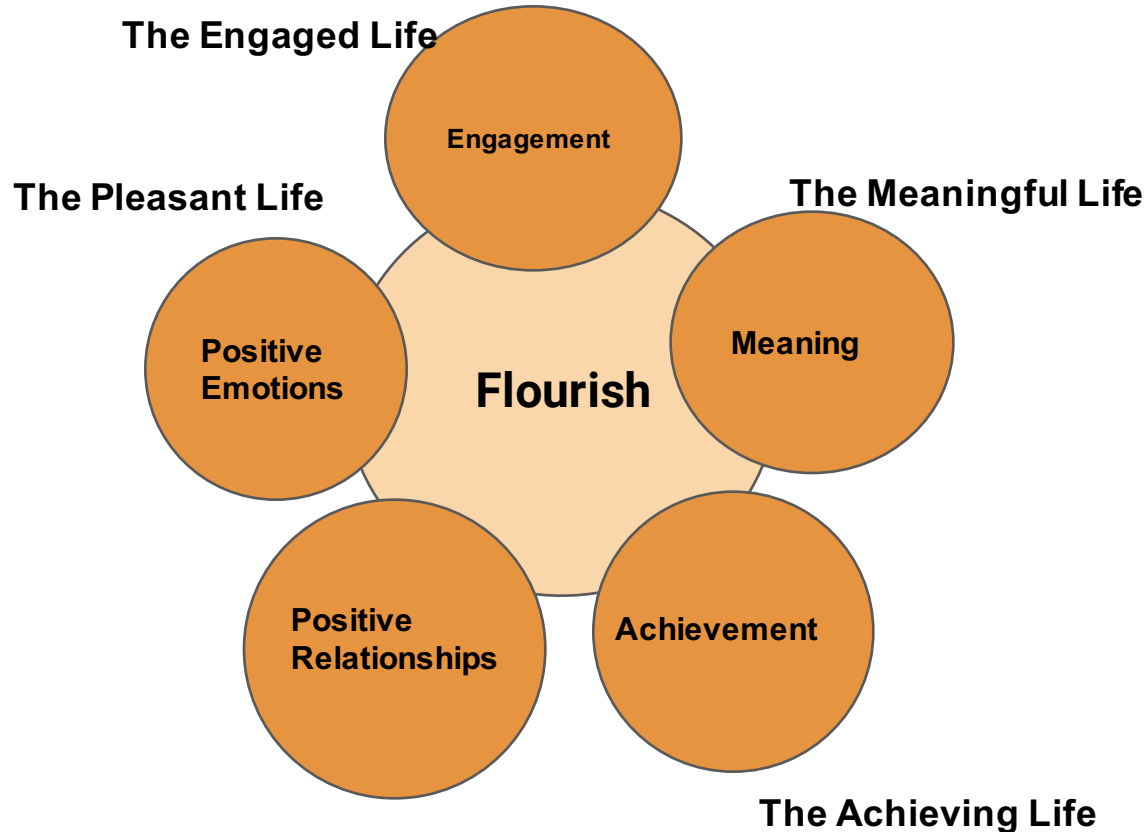
- Seeking enjoyment
- Seeking pleasure
- Seeking fun
- Seeking relaxation
- Seeking to take it easy
- Seeking to have things comfortable

-
- Seeking to develop a skill, learn, or gain insight into something
 - Seeking to pursue excellence or a personal ideal
 - Seeking to use the best in yourself
 - Seeking to do what you believe in
 - Seeking to contribute to others or the world

Some Eudaimonic Activities

- Know your life goals
- Focus your skills & capabilities to achieve these goals
- Writing out future goals
- Express yourself: 'Who you are' , not just 'how you feel'
- Volunteering
- Expressing gratitude: written or verbal
- Listening to someone
- Confiding in someone about something that is of personal importance

PERMA Model: Defining Well Being



Properties of Elements:

- It contributes to well being
- Many people pursue it for its own sake, not merely to get any of the other elements.
- It is defined and measured independently of the other elements

Positive Psychology Interventions (PPIs)

Gratitude

Savouring

Meditation & Mindfulness

Journaling

Random Acts of Kindness

Positive Affirmations

- Gratitude evokes strong feelings of positivity in the person who gives it and the person who receives it. ~Schueller & Parks
- Express Gratitude - Gratitude Visits, Gratitude Letters, Gratitude Exchange Sessions
- 3 Good Things Exercise
- Gratitude Meditations

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Positive Affirmations

- **Savouring Interventions focus on a particular experience and aim to enhance their effect for maximising happiness. ~ C. Peterson**
- **Promotes Positive Emotions**
- **Applies to Past, Present and Future Events**
- **How - Photographs, Video, Achievement, Milestones**

Positive Psychology Interventions (PPIs)

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Positive Affirmations

- **Guided Meditations**
- **Mindfulness** - Fundamentally, it is a way of relating to all experiences - positive, neutral and negative with kindness, openness and receptivity.
- **How** - eating, walking, dishwashing
- **Breath Work**

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Positive Affirmations

- There's simply no better way to learn about your thought processes than to write them down. ~Barbara Markway
- Early Morning, 10~15 Minutes, no distractions
- You don't need to be a writer to journal
- Write down every thought & emotion that crosses your mind

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Random Acts of Kindness

Positive Affirmations

- **Random Acts of Kindness need proximity to people!!**
- **Be Kind to Others - smile, complement, reach out and connect**
- **How can you help someone?**
- **Be Kind to yourself**
- **Increase dopamine and serotonin in your system!**

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Positive Affirmations

- **Backed by Neuroplasticity**
- **Simple Statements - Reminders, challenges, new habits**
- **‘I will get through this!’**
- **‘Everything will be fine’**

What will make me happy?

I'll be happy when

You provide feedback
so that....



I'll be happier when

You apply some
interventions and
benefit from them!



I'll be happiest when

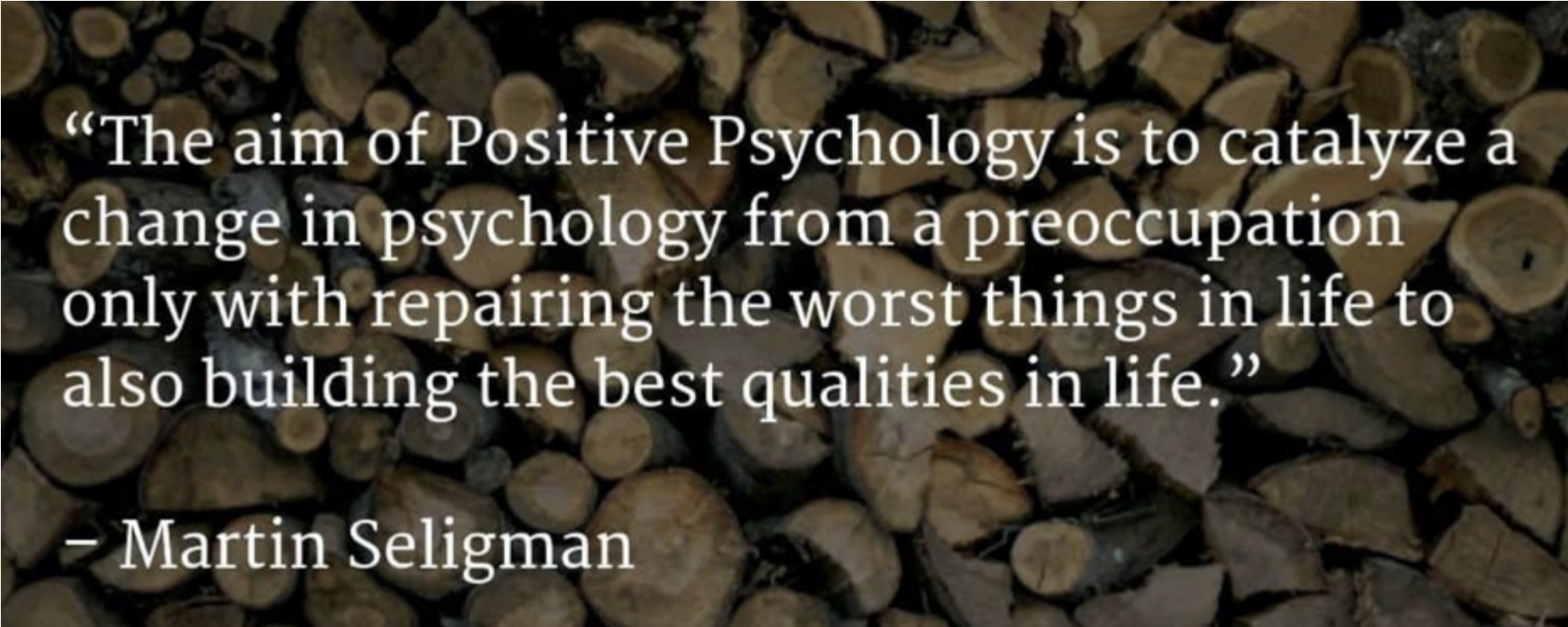
You share your
experiences and
inspire others!!



Thank you!!!



A Quote to wrap up....



“The aim of Positive Psychology is to catalyze a change in psychology from a preoccupation only with repairing the worst things in life to also building the best qualities in life.”

– Martin Seligman