



Positive Psychology Introduction (15 minute 'no-click' Read)

Created by Kami Huck: kamip@comcast.net

Summary (3 min read or less)

Positive Psychology is the study of Human Flourishing. It was founded as an official discipline in 1998 by Martin Seligman, a traditional psychologist, who is now known as the Father of Positive Psychology. He saw that the absence of trauma and grief, which are often the plights addressed by traditional psychologists, don't equal or guarantee a flourishing life. A flourishing person is vigorous, enjoys healthy growth, and is active and successful.

According to research done by Corey Keyes, 17% of the world's population is flourishing. Of those who are not flourishing, 57% are moderately mentally healthy, 12% are languishing, and 14% are mentally ill. The moderately healthy are the people who can easily and greatly benefit from Positive Psychology.

The basis for Positive Psychology is a model called the PERMA model (Positivity, Engagement, Relationships, Meaning, and Achievement), which defines what makes life good. These areas are the pillars for well-being, and Positive Psychology research has been done on hundreds of practices that can increase your well-being in these areas of your life. The difference between Positive Psychology and Self-Help is the research behind it. The good news for all of us is that we have control over our well-being. There are things we can do to make it better, and there's a ripple effect on the people around us so it's not selfish to focus on it.

If you think of psychology on a spectrum from -10 to +10, traditional psychology is a discipline to help people get out of the negative range and positive psychology is a discipline to move one's life from a 3 to an 8, 9, or 10. There are hundreds of positive psychology practices backed by research and data. Generally the positive psychology research is done in two masters programs at the University of Pennsylvania and the University of East London. The research supporting these practices sets it apart from Self-Help and people who simply give advice from their own experience. Plus, the research includes large numbers of people and it's often measured over time.

The results of the research include many tested interventions which individuals or groups can take part in to increase flourishing and address all elements of the PERMA model.

Video Intro to Positive Psyc (5 minute watch) <https://www.youtube.com/watch?v=1qJvS8v0TTI&feature=youtu.be>
)

PERMA OVERVIEW (non-clickable 7 minute read/digest). (clicks optional)

This is a brief introduction to the PERMA model and a few optional videos and books you can check out. There are 100's of positive psychology books and ted talks available. This link is for the '[top 10](#)' TED talks, and this is a long list of [positive psychology books](#) for summer reading ☺.

PERMA AREA	Summary	Pointers
Positivity	Out weighing negative emotions by 3:1 is a recipe for a flourishing life. We control 40% of our positive outlook or happiness and can affect it with what we think, feel, and do. There are 12 research based interventions which are free, fast, and easy to do. Positive emotions include curiosity, joy, inspiration, gratitude, empathy. The 12 practices are gratitude letters and journaling, writing about your best self, savoring life, nurturing friendships, practicing random acts of kindness, commit to reaching goals, learning to forgive and practicing it, engaging in flow experiences, practicing spirituality, moving and meditating (mind/body), redirecting negative thoughts and being aware of them, and avoiding overthinking and social comparison. Increasing positive emotions is an easy way to increase well-being.	<p>Ted Talk on 3:1 Ratio Your Ratio: positivityratio.com</p> <p>Book: http://thehowofhappiness.com/ (12 interventions for Happiness) Book and website Action for Happiness (10 Keys to Happiness)</p> <p>ABC Model: http://www.davidbonham-carter.com/abcmodelcbt.html; overcoming triggers</p>
Engagement	Full engagement in what we're doing is pivotal to our well-being. Flow states increase learning and well-being. Balancing challenge and skill is the best way to get into a flow state. Managing energy instead of time is key to engagement also. Build challenges into daily life for more	<p>Book: Flow</p> <p>Book: Will Power Doesn't Work:</p>

	engagement (gamify). Self-regulation is a key skill and allows you to show up in the world the way you want to. Self-Regulation is required for mindfulness and ironically meditation helps us develop self-regulation. Knowing and Using our strengths makes us feel more connected and engaged.	VIA Strengths Assessment Headspace - only \$1 a month for Teachers
Relationships	Other people Matter. Relationships define our lives and having positive relationships increases our well-being and quality of life. Building great relationships requires skill in communication, connection, compassion and kindness. There are several positive psychology models which can help students to understand how to handle conflict, meeting others and getting to know them, how to handle emotions related to other people, and how to communication in an assertive way (expressing opinions / feelings and firmly advocates for rights and needs without violating the rights of others). Thinking of your classroom as a team and working with students to create a culture, while helping them to develop relationships with each other will help them to connect and step outside of social norms to make new friends.	Non-Violent Communication Book: Non-Violent Communication 36 questions Escaping Drama: TED Minute to Win In – Team building Active Constructive Responding Team Building - Quick
Meaning	Meaning is a subjective experience / feeling that life fits into a larger context and has significance and purpose is an overall sense of direction in life. Having meaning and purpose in life increases resilience. The 4 pillars of meaning are storytelling, belonging, purpose, and transcendence.	What do you want? (3 min watch) https://www.youtube.com/watch?v=agbsQbMi7x0 Book: Man's Search for Meaning
Achievement	Achievement is about performance, doing something and doing it well. Higher Self-efficacy and agency are the results of this focus area. This element of the PERMA model provides resources for achieving including goal setting, visualization, creating good habits and breaking bad ones, motivation, understanding and managing polarities and balance in our lives across the PERMA areas. The expectation of achievement is clear in academic settings, this part of the PERMA model provides achievement boosting tools.	Book: The power of Habit Book: Wire your Brain for Confidence Book: The Power of Smart Goals Website: Polarity Thinking Book: Polarity Management