

Positive Psychology

Overview

- Scientific study of the strengths and virtues that enable individuals and communities to thrive.
- Founded on the belief that people want to lead meaningful and fulfilling lives.

Happiness



"HAPPINESS"
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- Happiness is a state of mind or feeling characterized by contentment, love, satisfaction, pleasure, or joy.
 - A variety of biological, psychological, religious, and philosophical approaches have tried to define happiness and identify its sources.

History

- Positive psychology finds its roots in the humanistic psychology of the 20th century, which focused heavily on happiness and fulfillment.
- Earlier influences on positive psychology came primarily from philosophical and religious sources.

Goals

- Families and schools that allow children to flourish
- Workplaces that foster satisfaction and high productivity
- Communities that encourage civic engagement



Goals



- Therapists who identify and nurture their patients' strengths
- The teaching of Positive Psychology
- Dissemination of Positive Psychology interventions in organizations & communities

Areas of Research

- Pleasant Life
- Good Life
- Meaningful Life



Pleasant Life

- **Life of Enjoyment**
- Examines how people optimally experience, forecast, and savor the positive feelings and emotions that are part of normal and healthy living .
- **Examples:** relationships, hobbies, interests, entertainment

Good Life

- **Life of Engagement**
- Investigates the beneficial effects of immersion, absorption, and flow that individuals feel when optimally engaged with their primary activities.
- **Example:** when one feels confident that she can accomplish

Meaningful Life

- **Life of Affiliation**
- Questions how individuals derive a positive sense of well-being, belonging, meaning, and purpose from being part of and contributing back to something larger and more permanent than themselves
- **Examples:** social groups, organizations, movements, traditions, belief systems

Positive Experiences



- Mindfulness
- Flow
- Spirituality

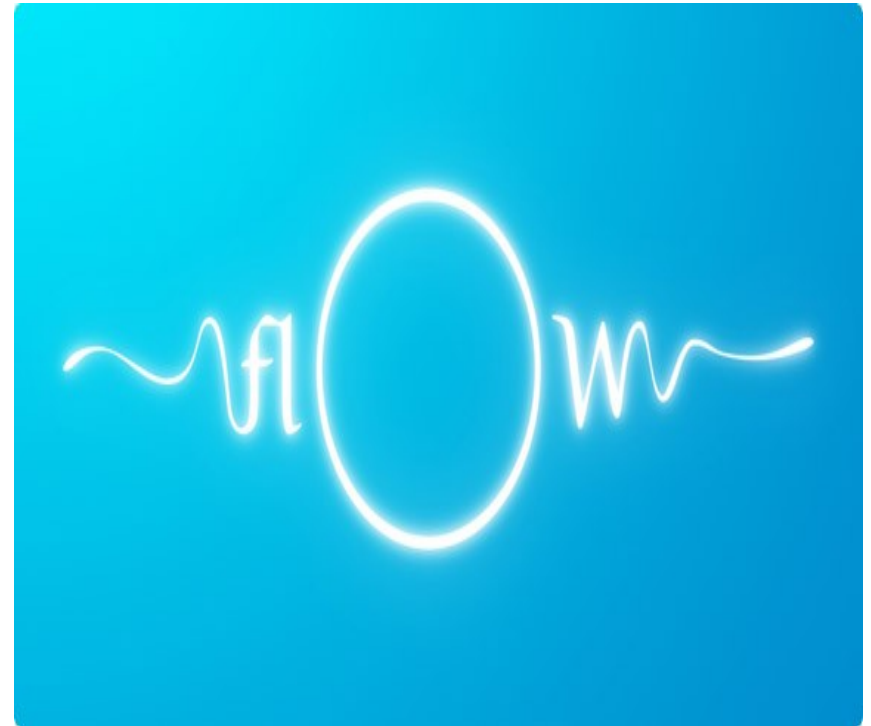
Mindfulness

- Actively searching for novelty, is also characterized as non-judging, non-striving, accepting, patient, trusting, open, letting go, gentle, generous, empathetic, grateful, and kind.



Flow

- State of absorption in one's work, is characterized by intense concentration, loss of self-awareness, a feeling of control, and a sense that "time is flying."



Spirituality



- Associated with mental health, managing substance abuse, marital functioning, parenting, and coping.
- Also leads to finding purpose and meaning in life.

THANK YOU