

HSE HEALTH AND WELLBEING POSITIVE PSYCHOLOGY AND HAPPINESS

*Creating Reason and Meaning in Our Lives
during Challenging Times*



KINGSTOWN
— COLLEGE —

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During Our Time Together We Will



Discuss the importance of creating meaning in our lives and living a Life of Purpose.



Look at the studies carried out on *Optimists and Pessimists and Creating hope in our todays and our tomorrows*



Understand the power of *Compassionate Communication*





AND

**Create a personal
'Happiness Life Guide'**



*POSITIVE
PSYCHOLOGY*

Definition of 'Traditional' Psychology

*Conventional psychology
interventions focus on providing
relief from symptoms of mental
illness*



A smiling woman with blonde hair, wearing a grey blazer over a white top, is seated on a dark blue sofa with a beige throw blanket. She is in a bright, modern living room with white shelves in the background. The image is partially obscured by a white, brush-stroke-like graphic on the right side.

Modern day Positive Psychologists

Origins and roots: Aristotle, Socrates, Maslow

Positive Psychology Established as a Modern Day Science

By

Professor Martin Seligman

and

Professor Mihaly Csikzentmihalyi

(also known for his work on 'flow')

Positive Psychology



- ➡ Focuses on elements that make and keep people well and resilient, rather than components that make them ill.
- ➡ Positive emotions in daily life can be self-generated if people learn the skills to enable them to do this.

The PERMA of Well-Being



Optimism and Pessimism



Pessimists versus Optimists

The 3 'P's: Permanent, Pervasive and Personal

Pessimists	Optimists
View setbacks as permanent <i>'I'll never get a job' – 'I'll never be good in interviews.'</i>	View setbacks as temporary <i>'I was unlucky not to get the job this time' – or 'If I work on that skill, I will have more change of getting the job next time.'</i>
View setbacks as pervasive (all-encompassing) <i>'I didn't get the job. It will be the same old story if I go for another interview!'</i>	View setbacks as specific to that one event <i>'I didn't get the job on this occasion because I didn't prepare well enough.'</i>
Pessimists take setbacks personally <i>'They thought I wasn't good enough for the job. I have such bad luck.'</i>	Optimists tend to take a 'bigger' view <i>'Maybe this particular job was not for me and I'll have more chance next time.'</i>

DID YOU INHERIT YOUR LEVEL OF HAPPINESS?



50% Genetic



40% Your control



10% Circumstances

Our basic temperament is inherited.
Despite this, we have some control over
happy we feel.

Source: Positive psychologist

- **Positive psychologist Sonja Lyubomirsky of the University of California, Riverside, and her colleagues estimate that out of all the population, 50% of happiness is genetic, 10% depends on circumstances (work, home, relationships, etc.) and 40% is under the control of each individual. This proportion can obviously vary according to each individual.**

DEFINITION OF HAPPINESS

Research in the field of positive psychology often defines a happy person as someone who experiences frequent positive emotions, such as joy, interest, and pride, and infrequent (though not absent) negative emotions, such as sadness, anxiety and anger (Lyubomirsky et al., 2005).

Happiness has also been said to relate to life satisfaction, appreciation of life, and moments of pleasure, but overall it has to do with the positive experience of emotions.



**NURSE –
BOSTON
HOSPITAL SAID
WHAT MAKES
ME HAPPY IS:**

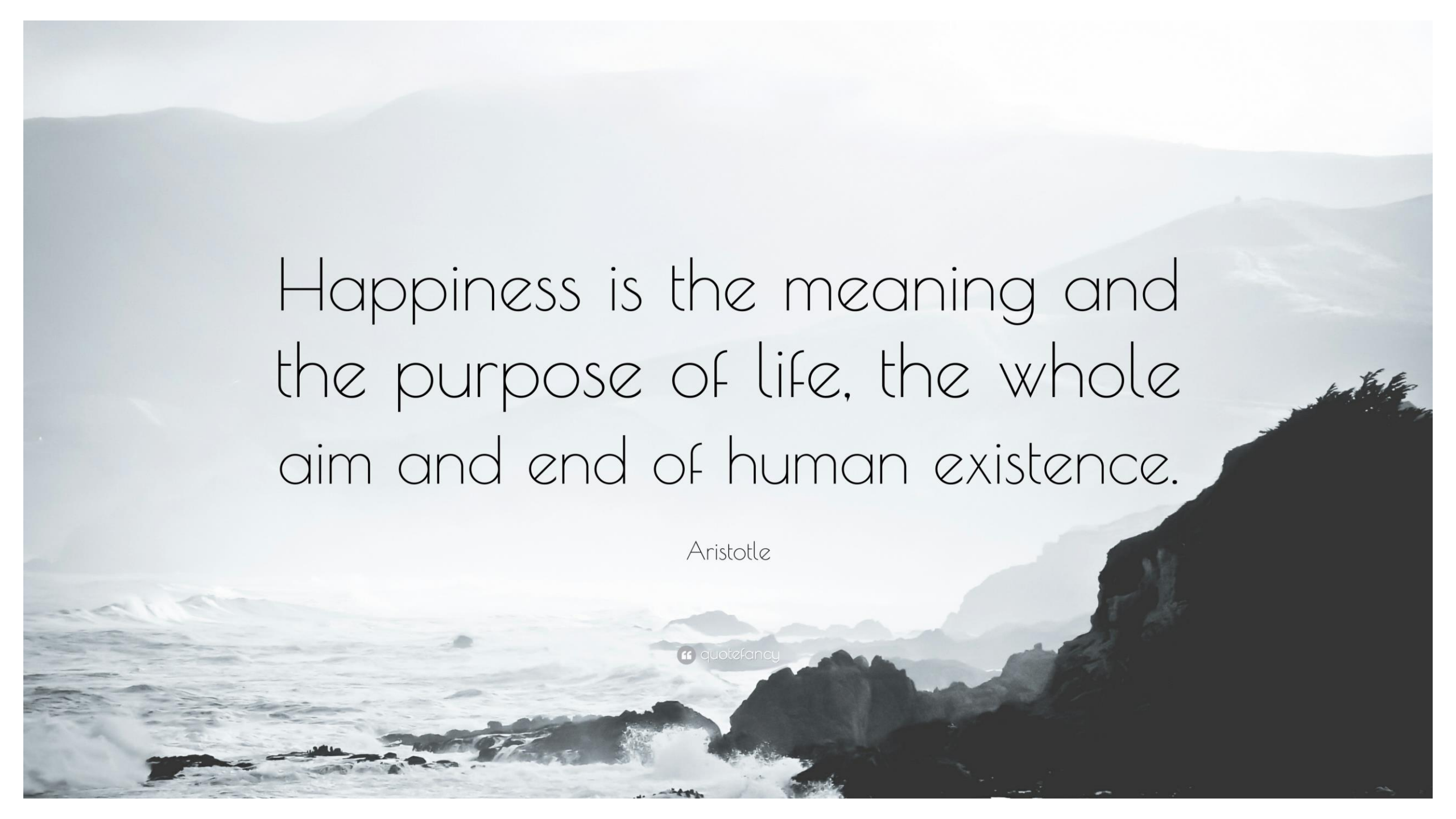


family	watching a good movie with family or friends
sunshine	Watching my seeds and flowers grow
music	Seeing the hummingbird come back in April
Going to the beach	Seeing all the wildlife in my yard
Wine and walks with friends	Evening falling and doing barbecues
Looking forward to a trip	Lying in bed with family or dogs!!
First snowstorms	My patients
Seeing my kids and husband succeed at something	Planning a girls day or night out
Doing trivia	Going to the casino
Singing with friends or in choir	Listening to my family sing
Getting my nails done	Putting on a nice smelling lotion
making a good meal and having the time to do it.	Biking with my husband
Sitting by the ocean..	Lighting candles and putting on a fire .
A trip to a nice hotel.	A nice haircut or colour.
Making someone else happier.	Watching my son's babies grow ♡
Leaving work after a 12 hour shift 🤖	

HOW HAPPY ARE YOU?

	Strongly Disagree	Disagree	Slightly Disagree	Neither Agree nor Disagree	Slightly Agree	Agree	Strongly Agree
In most ways my life is close to my ideal.	1	2	3	4	5	6	7
The conditions of my life are excellent.	1	2	3	4	5	6	7
I am satisfied with my life.	1	2	3	4	5	6	7
So far I have gotten the important things I want in life.	1	2	3	4	5	6	7
If I could live my life over, I would change almost nothing.	1	2	3	4	5	6	7

- Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction with Life



Happiness is the meaning and
the purpose of life, the whole
aim and end of human existence.

Aristotle

“ quote fancy

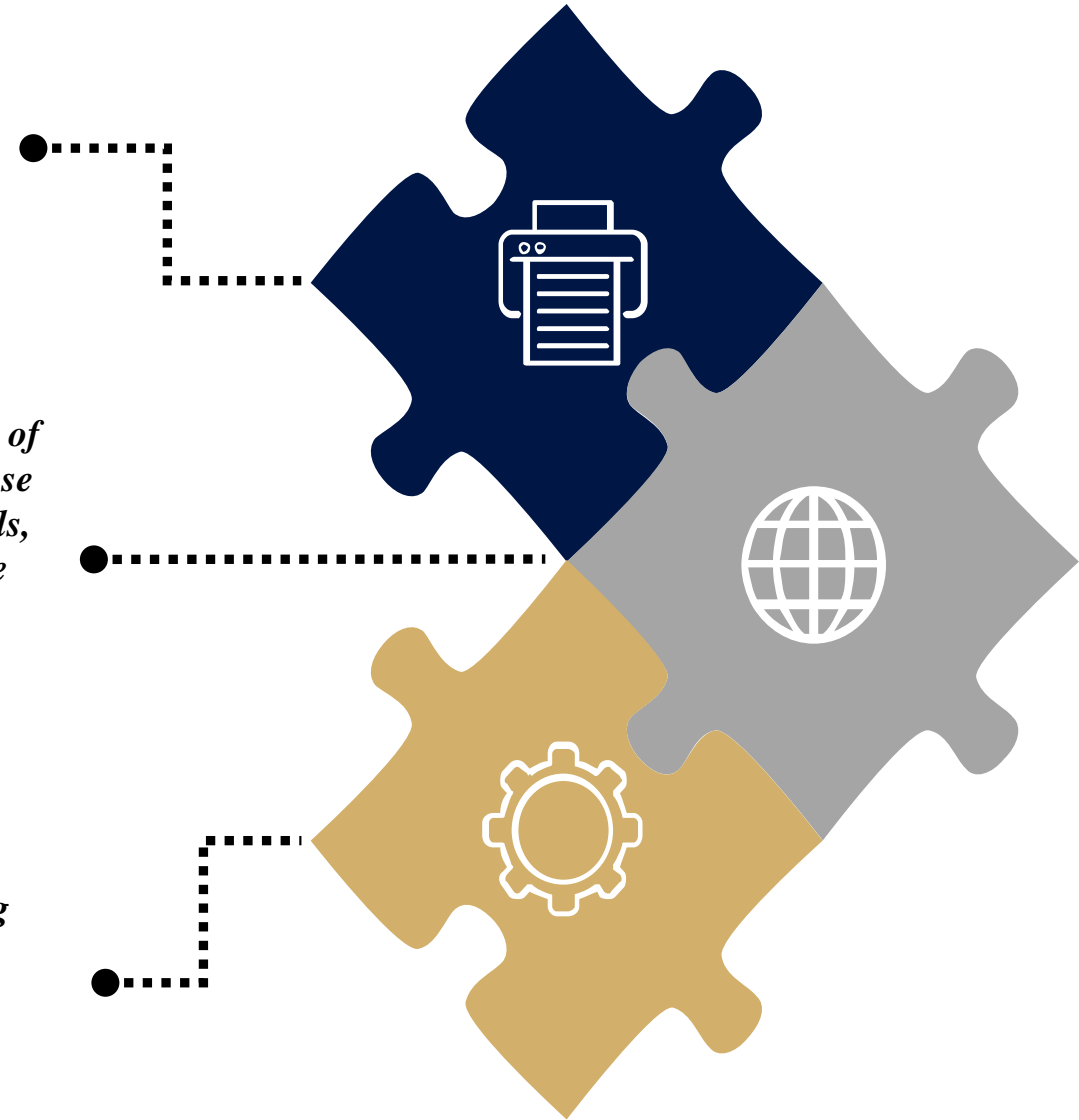
What is a Life of Purpose?

A life full of purpose is a life of vitality, excitement and ultimately success.

Your life purpose consists of the central motivating aims of your life—the reasons you get up in the morning. Purpose can guide life decisions, influence behaviour, shape goals, offer a sense of direction, and create meaning. For some people, purpose is connected to vocation—meaningful, satisfying work.

SOME EXAMPLES

Providing for my family/Living a successful life/Making positive connections with others and enjoying those around me/Traveling the world/Fighting the declining condition of our planet





IS THIS AN EASY QUESTION TO ANSWER?

“Whilst you probably agree that it is important to have a purpose in life if you want to be happy, right? But do we have any scientific research to indicate there is a truth in this? I did a bit of research and found some interesting results that will show you just how important it is to have a purpose in life.”



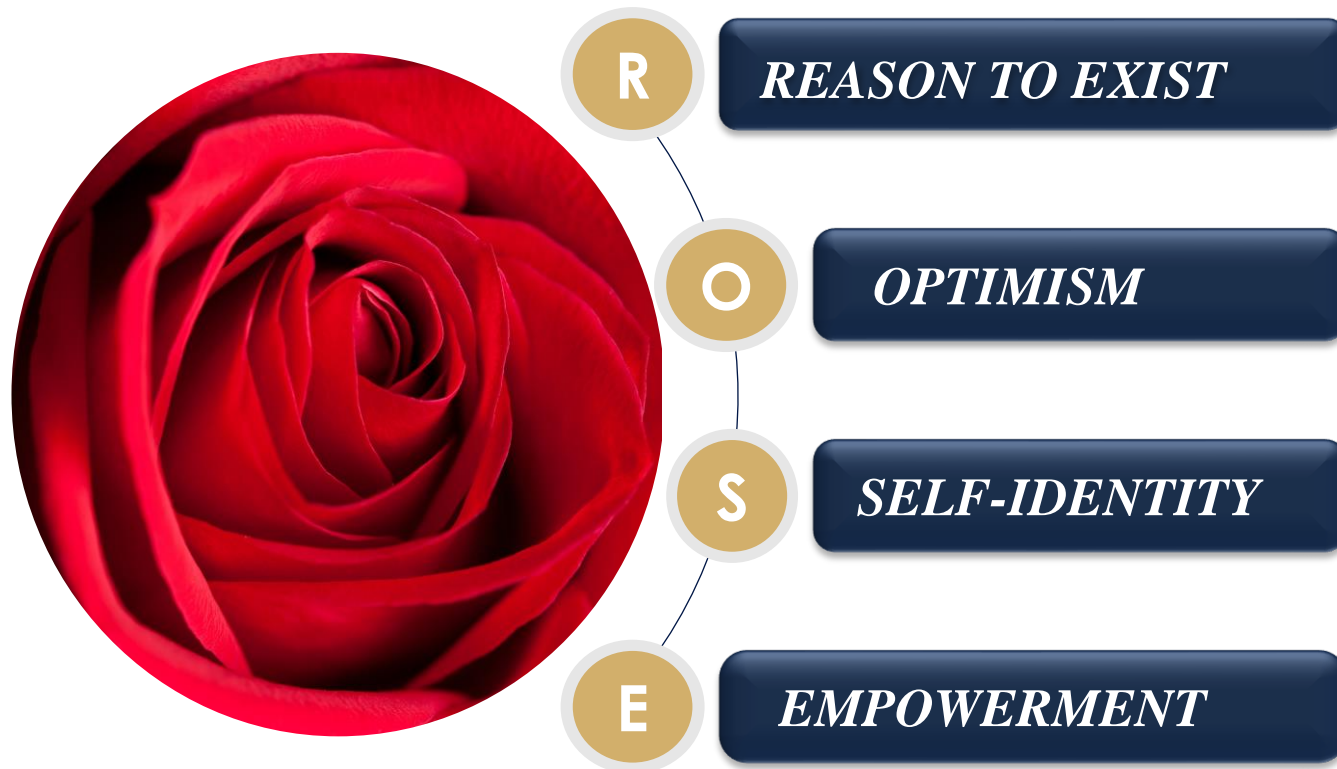
The most prominent and well-referenced study that I found is very interesting. This study was conducted by Randy Cohen, and his colleagues As part of the study, over 136,000 people were evaluated and followed for about 7 years. The average age at the start of the study was 67 years old, and as the people in this subject passed away or faced health issues, the researchers found out an interesting piece of data.

<https://pubmed.ncbi.nlm.nih.gov/26630073/>



What did the Results Show?

The analysis showed a lower risk of death for participants with a high sense of purpose in life. After adjusting for other factors, mortality was about one-fifth lower for participants reporting a strong sense of purpose.



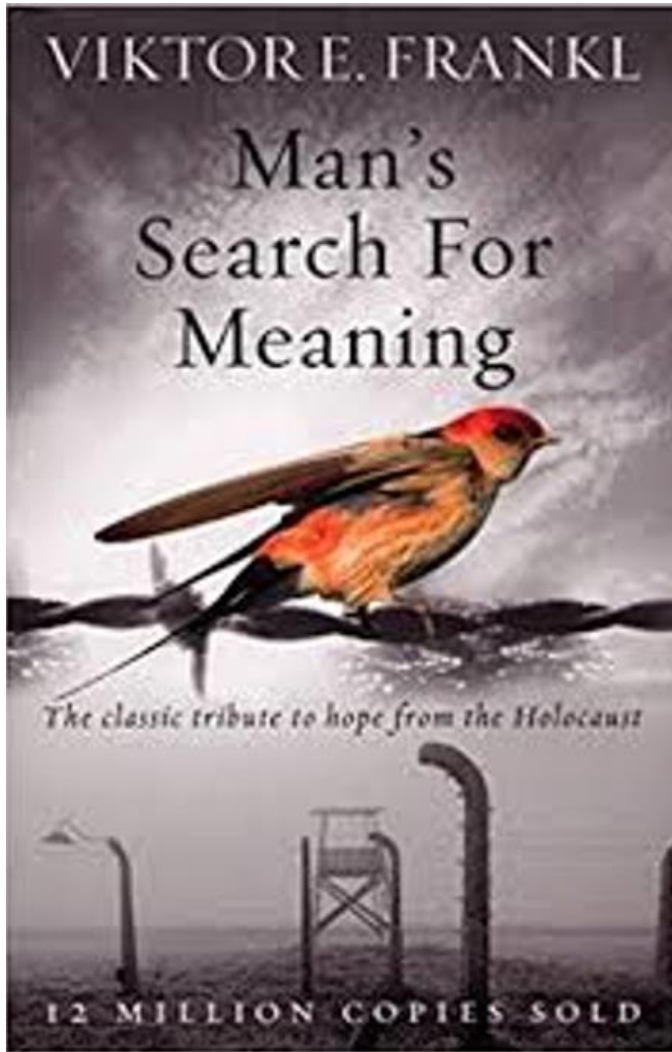
- ✓ **The ROSE Model** is a blueprint for us to discover our Authentic Self and to begin living it.
- ✓ Living our best lives and striving to be the best version of ourselves is a journey towards true fulfilment, happiness and *wellbeing*.

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REASON AND MEANING

As human beings it is an imperative that we create meaning in our lives both in work and play. Living our best lives and striving to be the best version of ourselves is a journey towards true fulfilment and happiness.



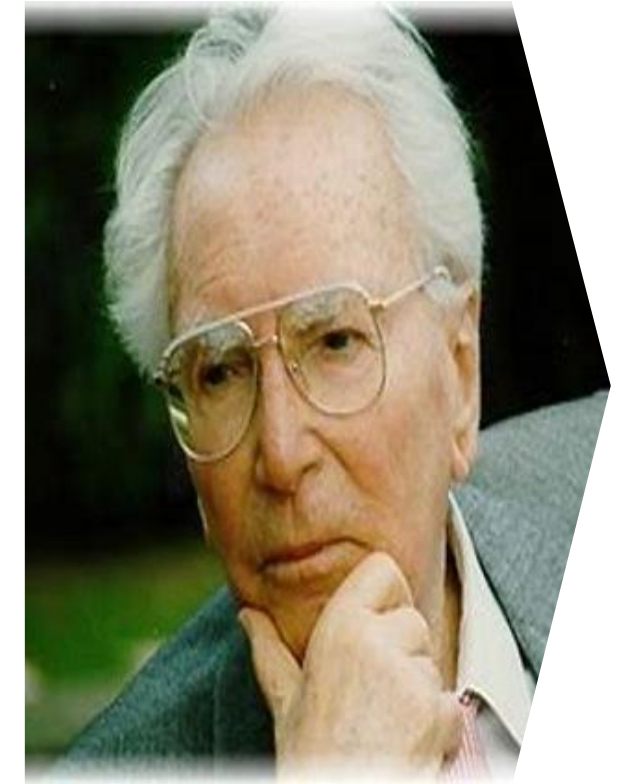


Viktor E. Frankl was an Austrian Psychiatrist

He survived from 1942 to 1945 in several Nazi concentration camps including Auschwitz and Dachau.

From that experience he wrote the best seller.

Man's Search for Meaning



“Man can be taken from everything but one thing: the last of human freedoms—the choice of personal attitude to a set of circumstances—to decide his own path”

Finding Your Ikigai

In 2010, writer Dan Buettner released a book titled [Blue Zones: How to Live Longer from the People Who've Lived the Longest](#) which he studied areas in the world, home to the longest-lived people. What he discovered was that though they had a different word for it, ikigai, or having “purpose in life” was a strong unifying line



O

OPTIMISM TO OPTIMISM

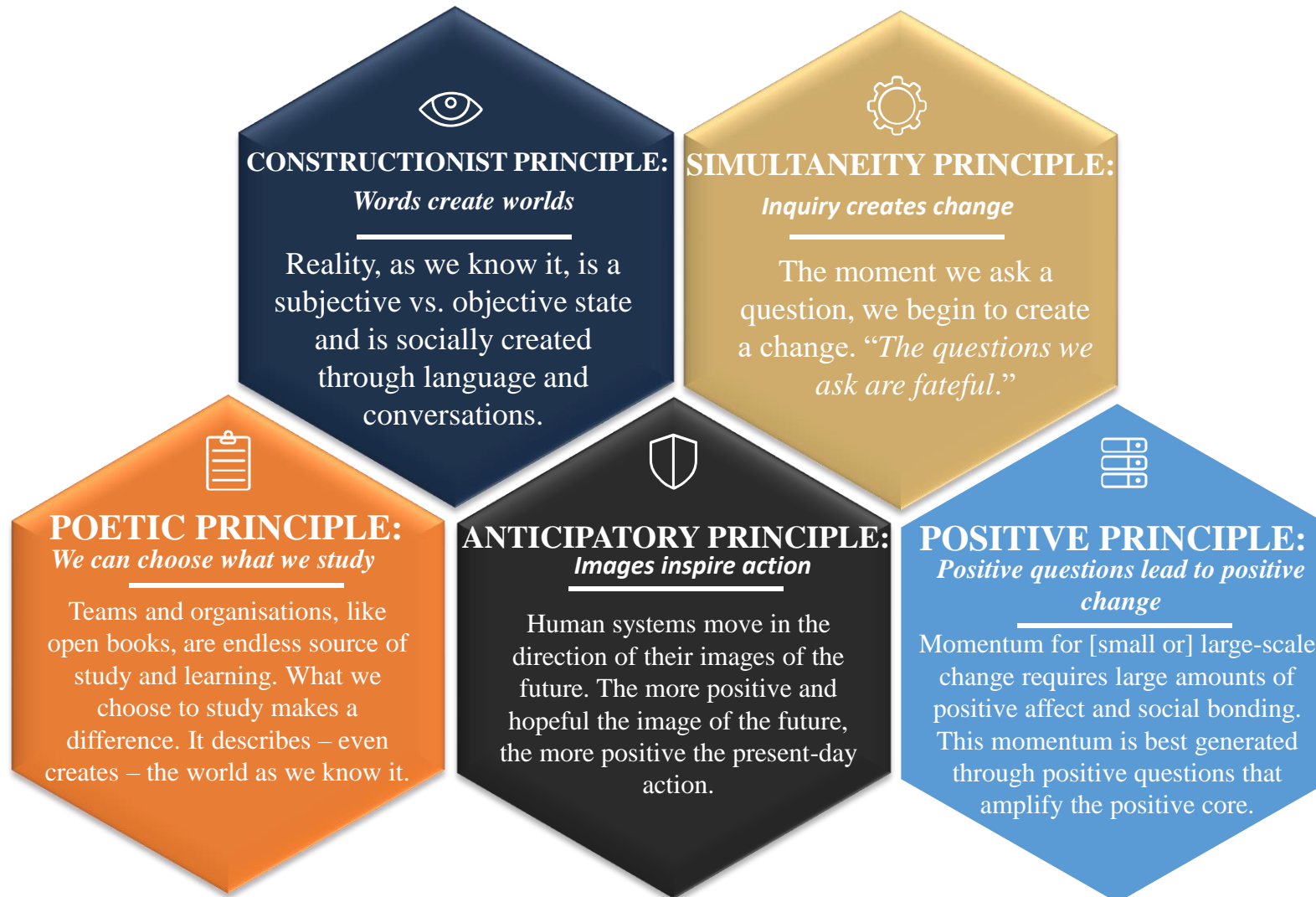


We need to be hopeful today and believe our tomorrows will bring happiness and contentment.

“Hope is a match in a dark tunnel, a moment of light, just enough to reveal the path ahead and ultimately the way out.”



Appreciative Inquiry Principles



S

SELF IDENTITY AND STRENGTH

- ✓ Each person is a unique individual. Everyone has their own unique strengths which, when recognised, can truly assist the person to develop their capabilities.





*The giraffe is a symbol of **Compassionate Communication** because it is the animal with the biggest heart. Thus, when we are thinking and acting in terms of **Compassionate Communication** we are using our “Giraffe Ears” to sense either our own needs or others’ feelings and needs.*



Conversely, the jackal is the scavenger, attacking our weaknesses and allowing our unmet needs to cloud our ability to stay present, and therefore when we are listening with “Jackal Ears” we tend to hear blame or criticism rather than the feelings and needs behind words.

Strengths and Happiness – VIA Character Strengths

Wisdom and Knowledge

1. Creativity
2. Curiosity
3. Open-mindedness
4. Love of learning
5. Perspective

Courage

6. Authenticity
7. Bravery
8. Persistence
9. Zest

Humanity

10. Kindness
11. Love
12. Social Intelligence

Temperance

16. Forgiveness
17. Modesty
18. Prudence
19. Self-regulation

Justice

13. Fairness
14. Leadership
15. Teamwork

Transcendence

20. Appreciation of beauty / excellence
21. Gratitude
22. Hope
23. Humour
24. Religiousness



Identifying your strengths is associated with higher happiness and lower rates of depression.

(Steen, Seligman, Peterson, and Park, 2005).

The Yes/No Exercise

- ✓ It is great to be a giver in life however not to the detriment of your own wellbeing. If you find that you are exhausted at the end of the day, that you have very little time for what is important do this very simple exercise.

- ➔ Make of list of everything you said Yes to during the day and then follow that by making a list of everything you have said No to.
- ➔ Look at the list and remind yourself that every time you say yes to anything you are automatically saying no to something.
- ➔ Your list might reveal some very interesting patterns.





Remember:

- ✓ *Self-care* is not self-centred but rather a way to increase intellectual and emotional commitment to your work and life.
- ✓ Two kinds of erosion : *Meaning Burnout* and *Caring Burnout*
- ✓ We need to *consistently* check in on our own motivation and satisfaction with our work and equally expect the best of everyone.
- ✓ Presenting as our best selves and expect the same from *colleagues* and others in our lives

E

EMPOWERMENT

- ✓ It is a human need to feel that we are in control of our own lives in all areas and develop techniques which will keep us resilient.



**WHAT AM I
GRATEFUL FOR
TODAY?**



gratitude

Join the C.I.A

WHEN YOU ENCOUNTER A CHALLENGING SITUATION ASK YOURSELF:



C

WHAT CAN I CONTROL?

I

WHAT CAN I INFLUENCE ?

A

WHAT DO I HAVE TO ACCEPT ?

CREATE YOUR PERSONAL
HAPPINESS LIFE GUIDE



Paula King www.kingstowncollege.ie



Stay Connected



*Monitor
Your
Thoughts*



*Be Self
Compassionate*



*Keep a
Gratitude
Journal*