

Human Flourishing and Positive Psychology

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Disclosure Statement

No financial interest/arrangement or affiliation with one or more organizations that could be perceived as a real or apparent conflict of interest in the context of the subject of this presentation.

Learning Objectives:

- Explore Human Flourishing/ Positive Psychology principles
- Apply them to yourself at home and at work
- Reflect upon your unique character strengths and virtues
- Build moments of “flow” into your life

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What is Positive Psychology



The scientific study of human flourishing or the strengths and virtues that enable individuals, communities and organizations to thrive.



Creativity Perspective
 Judgment Curiosity
 Honesty Bravery Fairness
 HUMOR Zest
PERSEVERANCE Teamwork
 Love Kindness Leadership
 Social Intelligence Love of Learning
Forgiveness **HOPE** PRUDENCE
Appreciation of Beauty & Excellence Humility
 Spirituality SELF-REGULATION Gratitude **VA**
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History

Psychological, philosophical, scientific and spiritual research

Fifties Humanist PhD's Maslow, Rogers, Frankl and May

Authentic Happiness by Dr. Martin Seligman in 2002.

Antidote for the Diagnostic Manual in Psychiatry

Emotional well-being impacts health for all

Positive Psychology enters medicine

A Layered Approach

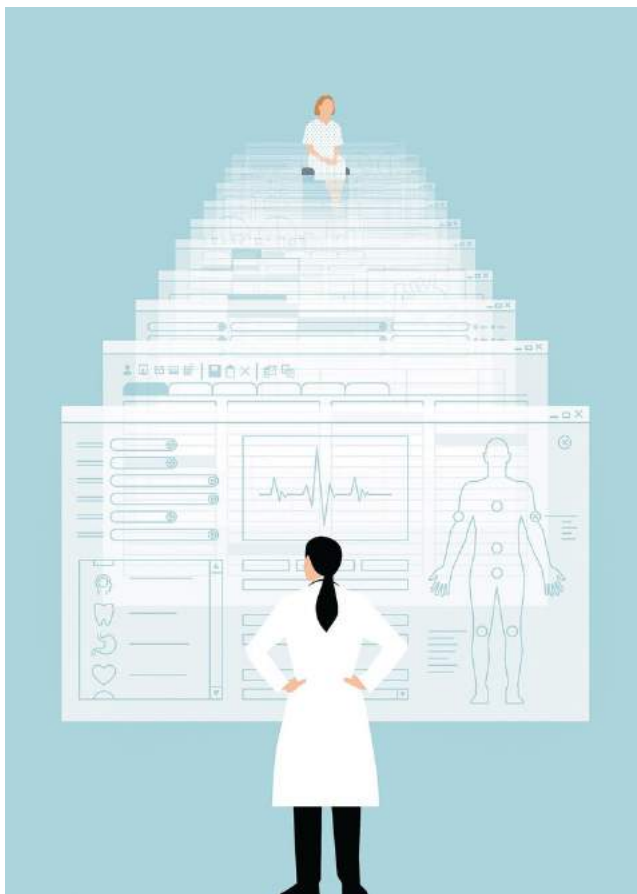
100 articles on psychopathology for every 1 on wellbeing in 90s

Strengths-based interventions mobilize healthy behaviors

Deficit models for psychopathology, not whole person

Shadow side in Positive Psychology 2.0

Consider and integrate all



Why Does It Matter for Us?

“The negative shouts at you, but the positive only whispers.”

Mood and motivation improve with **learned behaviors**

Positive Psychology practices enhance joy at work

PP can enhance patient care

We are all human



What Are The Learned Behaviors?

Warm, brief synchronous moments with **colleagues**.

Leaders create psychological safety and caring culture

Individuals practice and maintain self-care habits. Five minutes!

Fredrickson, B. L. (2001). The role of positive emotions in positive psychology: The broaden-and-build theory of positive emotions. *American Psychologist*

Appreciative Inquiry, Warm Moments with Colleagues

Good relationships enhance health, happiness and productivity

Celebrate the good things others do, let them and others know

Mini actions that reflect magnanimous character do much

We all have different gifts and ways of giving

Formalize the acknowledgment



Do small
things with
great love

MOTHER TERESA

What's Love Got to Do With It?

“The presence of love at all levels of the organization, is a driving force in achieving quality, safety and exemplary patient-centered experiences. It is an act of **loving leadership** to see something of value in those you serve and to let the person know you see it.”



#1 Gratitude Attitude Exercise for **Individuals**

Think about the past week and write down:

Three things that went well and your role in it

Share your story with your group

Self-awareness, Flow and Teams

Self awareness, focus and intentional use of strength leads to flow

Flow is meaningful engagement in a desired activity. Time flies

Pleasure, productivity, peak moments and prowess result

Collaborative Team: An orchestra: your flute, my cello,



#2 Self-Awareness and Flow Exercise

Think of a time when you were in flow

What circumstances allowed this to occur?

Which of your character strengths were in play?

Share your story with your neighbor or your group



A first rate soup is more creative than a second rate painting



3 Group Guess: Positive Psychology Principles

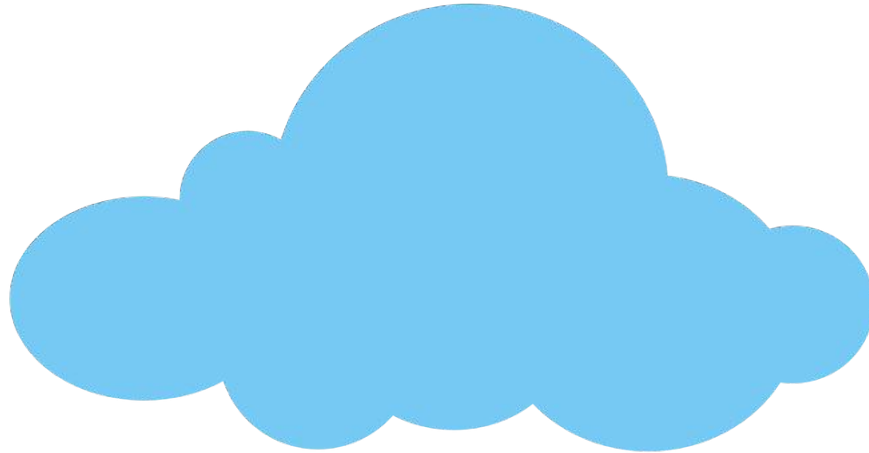
P:

E:

R:

M:

A:



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PERMA Word Cloud

PERMA for Human Flourishing

An optimal, not a perfect life

“It is extraordinary to live ordinary life well”

Not permanent joy but greater number of peak moments

P: Positive Emotion

E: Engagement

R: Relationships

M: Meaning

A: Accomplishment



“Happiness
makes up in
height for what
it lacks in
length.”

- *ROBERT FROST*

Barriers to PERMA

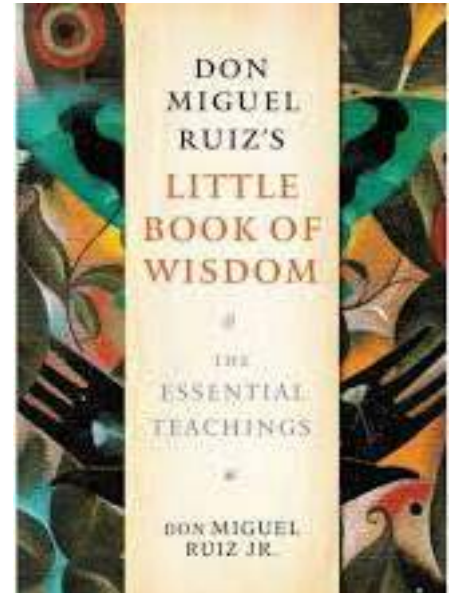


Interpersonal Conflict



Helpful Stances

1. Do your best
2. Don't make assumptions
3. Listen with slight skepticism
4. Be impeccable with your word
5. Don't take it personally



Exercise #3 Truth Talk

T: *Talk* to yourself or friend about your situation

R: *Reflect* upon what you wish to happen or change

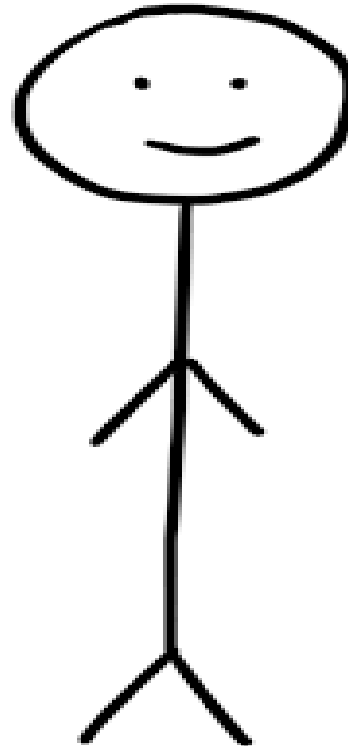
U: *Unveil* your perception of the facts to the person involved

T: *Tell* the person how the incident made you feel with inner calm

H: *Hear* what they have to say and let it be what it is

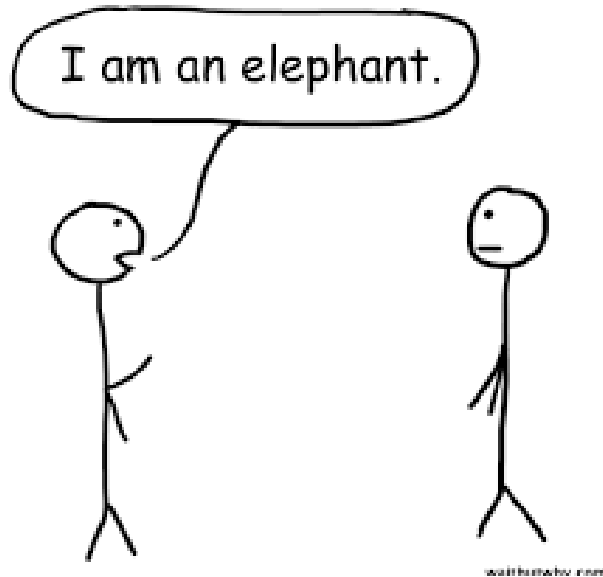
S: *Share* your request or wish. Wait and see.

What if we could build lives from which we did not need vacations?



Human Flourishing or Eudaimonia (Good Spirit)

EUDAIMONIA is a MNEMONIC



EUDAIMONIA:

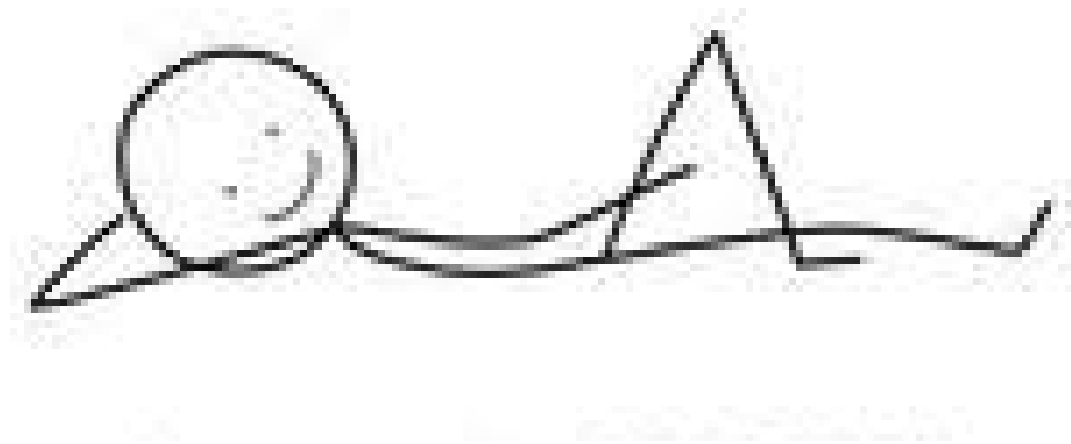
E: Expression
U: Unwinding
D: Deep Connection
A: Altruism
I: Insight
M: Meaning
O: Own Two Hands
N: Nature
I: Improvisation
A: Autonomy



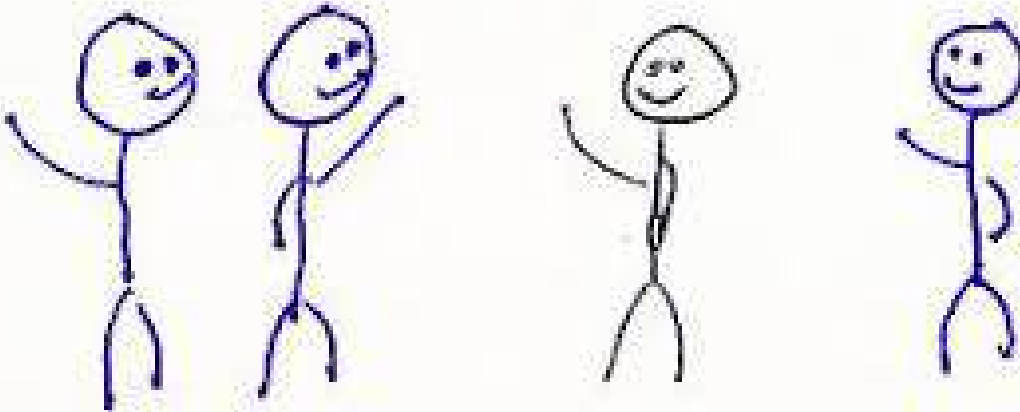
Expression



Unwinding

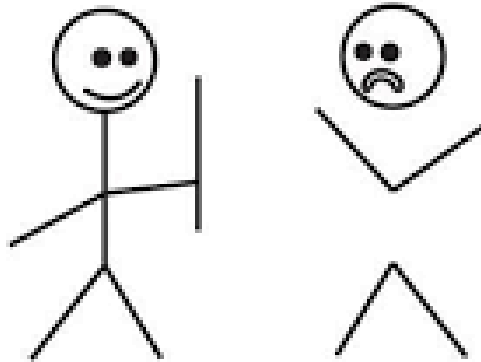


Deep Connection

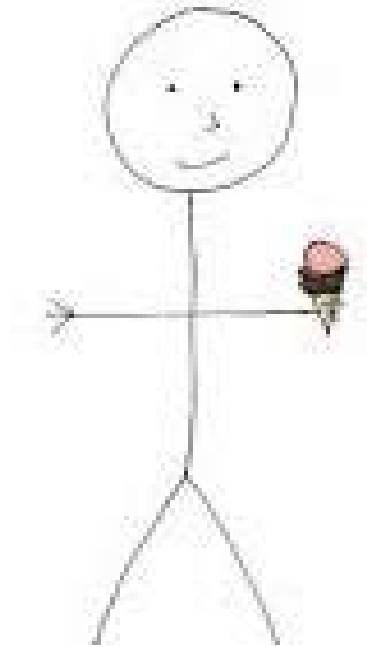


Altruism

I've got your back!



Altruism has the same impact on the brain as sugar.



Cool!

On Being with Krista Tippett, Mark Hyman, MD, James Gordon, MD,

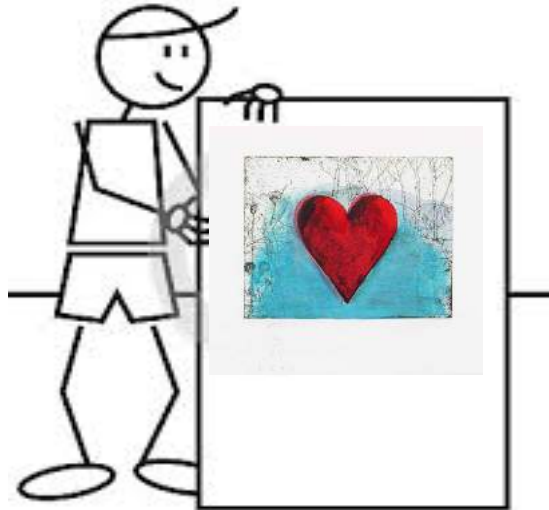
Insight



Movement



Own Two Hands



dreamstime.com

Nature



Improvisation

Go with
the flow

Autonomy



Take-Home Exercise: Five Minutes Per Day Practice

Keep a journal beside your bed. 5 minutes before sleep:

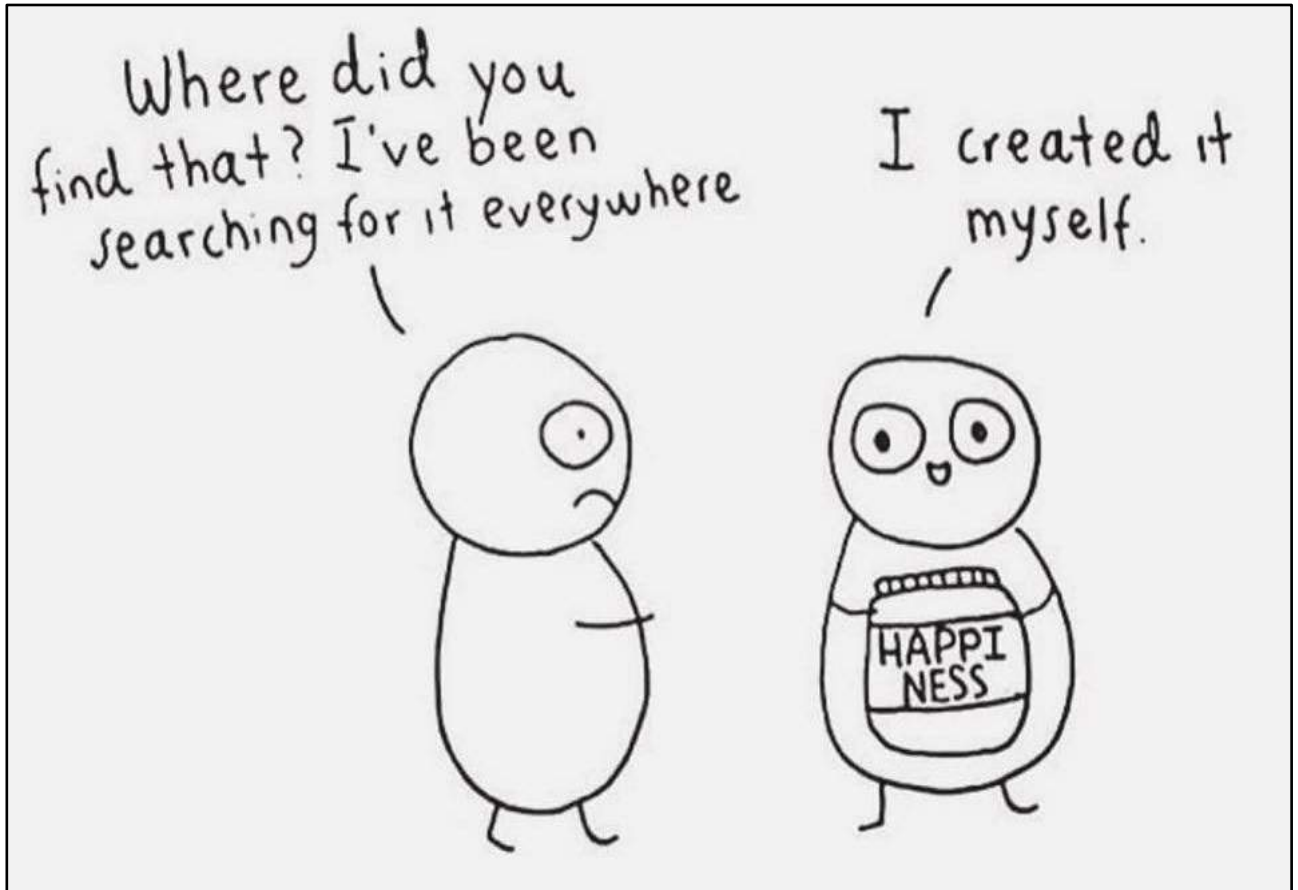
Write down what moved you, cheered you or inspired you today

Create a nudge by adding this activity to your calendar

Keep it up for two weeks and see how you feel

True change comes with repetition

<https://today.duke.edu/2018/08/one-easy-step-toward-building-resilience>





$(\text{THANK YOU})^n$

$n \in \mathbb{N}, n > 1$

$\text{YOU} \in \{\textit{Awesome People Set}\}$