Understanding Positive Psychology

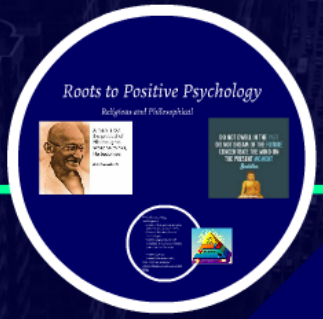
A Look at:
Improvement
Finding meaning,
Reaching potential.















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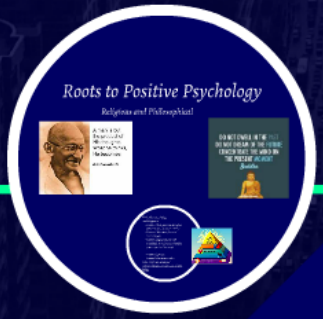
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Subjective Measurement

Based on:

Personal experiences

Life satisfaction (general and specific)

Emotions

Impact of life events

What about you? (complete your assessment)

Complete Personal Assessments and analyze results to be used in your first project.

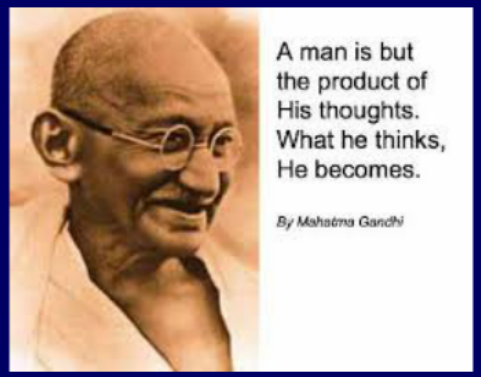
- Life satisfaction: (see survey in module)
-
- Skills based happiness: Use link below to take survey
-
- http://www.pursuit-of-happiness.org/science-of-happiness/happiness-quiz/

Complete Personal Assessments and analyze results to be used in your first project.

- *Life satisfaction: (see survey in module)*
-
- *Skills based happiness: Use link below to take survey*
-
- *http://www.pursuit-of-happiness.org/science-of-happiness/happiness-quiz/*

Roots to Positive Psychology

Religious and Philosophical





Philosophers/psychology and Happiness:

- *Aristotle: Know your true strengths and act according to your virtues*
- *Epicurus: Maximize pleasure/ minimize pain*
- *Maslow: progress toward self actualization (coined term "positive psychology) (see hierarchy)*
- *Martin Seligman: Learned optimisim see video https://www.ted.com/talks/martin_seligman_on_the_state_of_psychology*



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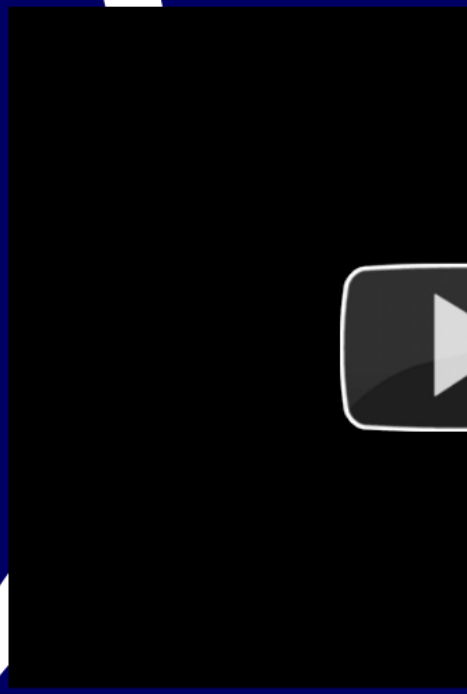
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https://www.ted.com/talks/martin_seligman_on_the_state_of_psychology



Happiness and the Brain

Affects can be similar to that of drugs (dopamine), exercise (endorphins), and also causes release of serotonin. We are hardwired toward negativity so how do we switch to a more positive thoughts, emotions, interactions? HEAL . View the video for more.



See video in module

or go to ted talks, hardwiring happiness

The Surpising Science of Happiness

https://www.ted.com/talks/dan_gilbert_asks_why_are_we_happy

What is Happiness

Experienced differently as to situation

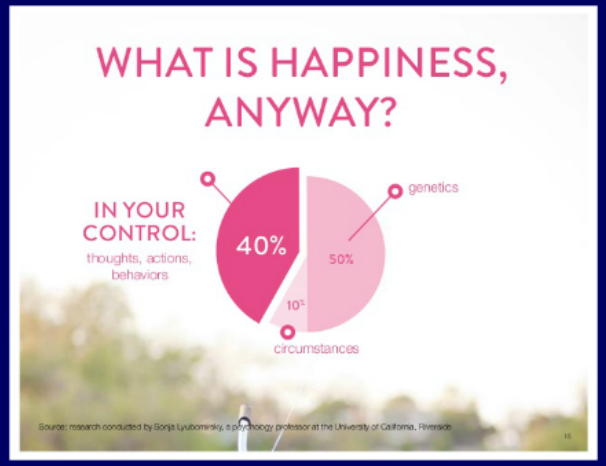
- *sense of contentment*
- *jubilation or ecstatic joy*

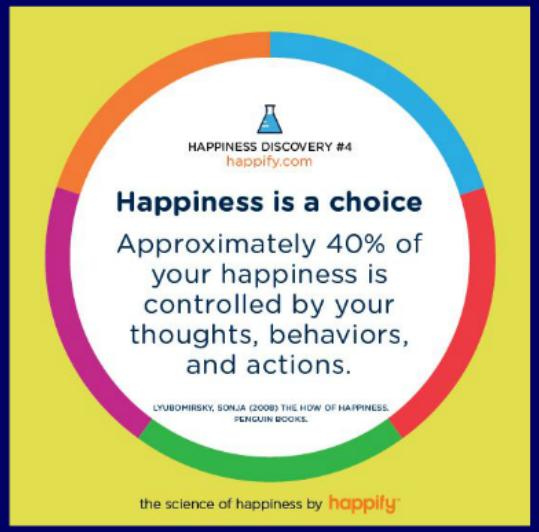
A pleasureabe feeling

Subjective sense of well-being, void of negative thoughts or feelings

A sense that life is worthwhile

Happiness and Genes





What are you doing each day to be happier and take your happiness set point to a higher level

Why happiness matters?

Through this class you will learn about places around the world where people are happinr and where people live longer.
You will find similarities in how they live and in their priorities.

We study this because being happier improves your physical health and make you less liekly to experience heart disease and to engage in behaviors that negatively affect your health.
In addition, happier people are more flexible and resilient. Expressions of positive emotions, such as hope, gratitude and contentment leads to longevity.

Get ready, you may just learn things that transform your life and relationships. This is my goal for you!

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