

ONECA Conference
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The Science of Well-being and Building Resilience in Children

Presented by:



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THE PERMAV WELL-BEING MODEL

- ❖ **P**ositive Emotions - Find Joy Everyday
- ❖ **E**ngagement - Be Fully Engaged
- ❖ **R**elationships - Nurture Positive Relationships
- ❖ **M**eaning – Connect to Purpose & Meaning
- ❖ **A**ccomplishment – Build your Confidence
- ❖ **V**itality – Eat, Sleep, Move

EXERCISE: INCREASING YOUR POSITIVITY RATIO

 **POSITIVE**



 **NEGATIVE**

THREE GOOD THINGS EXERCISE

The Three Good Things exercise is intended to increase happiness and a sense of wellbeing. Research shows that we spend far more time thinking about how we can correct something that has gone wrong, or is about to go wrong, instead of basking in what has gone right. There may have been an evolutionary advantage to analyzing bad events more thoroughly, but this minimizes your life satisfaction and it maximizes anxiety and depression. The Three Good Things Exercise improves well-being by a simple method of redirecting attention towards positive thoughts and away from negative thoughts and sweetens your memories about the past. It has been determined in research that it is true that becoming more conscious of good events reliably increases your happiness and decreases depression. Noticing and analyzing what goes well in our lives builds the skills of remembering good events and not taking them for granted. It builds gratitude as well. Analyzing why events go well encourages a consciousness of blessings and molds an explanatory style that promotes optimism about the future.

The Exercise:

Spend a few minutes each night right before you go to bed to recall and write down three good things that happened today. These things can be anything that went well, both big (like you won a math contest) or small (a friend gave you a delicious cookie). It is important to write down why that good thing happened to you and specifically you. Do this faithfully for two weeks, and you will discover a shift in the way you go through your day and the things that you choose to notice and amplify in the future.

Positive event 1: What good thing happened today and why did it happen to me?

Positive event 2: What good thing happened today and why did it happen to me?

Positive event 3: What good thing happened today and why did it happen to me?

Adapted and reprinted with permission from Dr. Martin Seligman.

EXERCISE – YOU AT YOUR BEST

Instructions:

1. Think of a time when you were at your best at work. Take a few moments to think about this story.
2. What was the situation?
3. What were the conditions that allowed you to be at your best?
4. What skills or strengths were you using?
5. How did you feel? Why?
6. Write these down in the space below.

Now, working with a partner, share your story with each other. As the listener, see if you can identify any other strengths your partner cannot see.

Timing:

- 3 minutes – on your own
- 7 minutes – with a partner

FIXED VS. GROWTH MINDSET

	Fixed Mindset	Growth Mindset
Main Goal	Look Smart/Good - Set performance goals	Learning - Set learning goals
Challenges	Avoid - Challenge or failure means I am not talented	Embrace challenges - Challenge or failure means I have not worked hard enough
Obstacles	Give up easily	Persist in the face of setbacks
Effort	See effort as fruitless or worse - View effort as a sign of low intelligence	See effort as the path to mastery - View effort as a necessary part of success
Criticism	Ignores useful negative feedback	Learn from criticism
Success of Others	Feels threatened by the success of others	Find lessons and inspiration in the success of others

ACTIVE CONSTRUCTIVE RESPONDING

	Constructive	Destructive
Active	<p><i>Active-Constructive:</i> authentic, enthusiastic support</p> <p>ex: "Wow! I knew you would get the promotion. You've worked so hard. How did they break the good news to you??"</p>	<p><i>Active-Destructive:</i> explaining why "good news" is really "bad news"</p> <p>ex. "Wow! Another promotion? You're already overwhelmed at work. Isn't this going to mean even MORE work?!"</p>
Passive	<p><i>Passive-Constructive:</i> mild, unenthusiastic support</p> <p>ex. "A promotion? That's nice honey."</p>	<p><i>Passive-Destructive:</i> ignoring the good news/ changing the subject</p> <p>ex. "You got promoted? Well, what do you think we should we have for dinner tonight? I'm starving."</p>

Reference: Gable, E. L., Reis, H. T., Impett, E. A., & Asher, E. R., Capitalizing on Daily Positive Events, Journal of Personality and Social Psychology, 87.

CONFIDENCE QUESTIONS

1. Tell me about a time when you were successful at doing this in the past (or doing something similar). What was key to your success?
2. What is already going well? Or What small successes have you had so far?
3. How can you do more of what is already going well?
4. How have you managed to get this far?
5. How did you manage to do that?
6. What does that tell you about yourself?
7. What have you done in the past that might help you now?
8. What is one thing you did then that you are not doing now?
9. What personal qualities or strengths do you have that will help you be successful?
10. What ideas do you have for solving this?
11. What is one small step you can take to get you closer to your goal?
12. Who can help you with this?
13. Who would have a different perspective on this?

HOPE QUESTIONS

1. What can you learn from this?
2. How else could you look at this?
3. Who else would have a different perspective on this?
4. What can you do to enjoy the process while you change things?
5. What is the optimistic view of how things could turn out?
6. What is one small step you can take towards achieving your goals?
7. What are others doing in similar circumstances?
8. Who else can help you?
9. What are you doing that has stopped things from getting worse?

FOUNDATIONAL BOOKS IN POSITIVE PSYCHOLOGY

- **Learned Optimism, Authentic Happiness, What you can Change and What you Can't, Flourish and The Optimistic Child** by Martin Seligman www.authentichappiness.org
- **Positivity** by Barbara Fredrickson www.positivityratio.com
- **A Primer in Positive Psychology and Pursuing the Good Life** by Chris Peterson
- **FLOW** by Mihaly Csikszentmihalyi
- **Happiness** by Ed Diener and Robert Biswas-Diener
- **The How Of Happiness** by Sonja Lyubomirsky
- **Stumbling on Happiness** by Daniel Gilbert
- **Thanks** by Robert Emmons
- **Creating your Best Life** by Caroline Adams Miller
- **The Resilience Factor** by Karen Reivich and Andrew Shatté

Positive Health

- **Spark** by John Ratey
- **Changing for Good** by James Prochaska, John Norcross, Carlo DiClemente
- **Smarts & Stamina** by Marie Josée Shaar and Kathryn Britton
- **Counter Clockwise** by Ellen Langer

Other

- **Mindset** by Carol Dweck
- **The Paradox of Choice** by Barry Schwartz
- **Man's Search for Meaning** by Victor Frankl
- **Positive Psychology Coaching and Practicing Positive Psychology Coaching** both by Robert Biswas-Diener