

Discovering the Psychology of Well-Being

Brought to you by Melinda Pajak

A New Psychology



Two Leaders



Dr. Martin Seligman
Author of "Flourishing" and
"Authentic Happiness"



Dr. Mihaly Csikszentmihalyi
Author of "Flow: the
Psychology of Optimal
Experience"

Positive Psychology



10 Things You Didn't Know About Happiness

10 Things About Happiness

1. Happiness can be measured

1. Happiness Can Be Measured

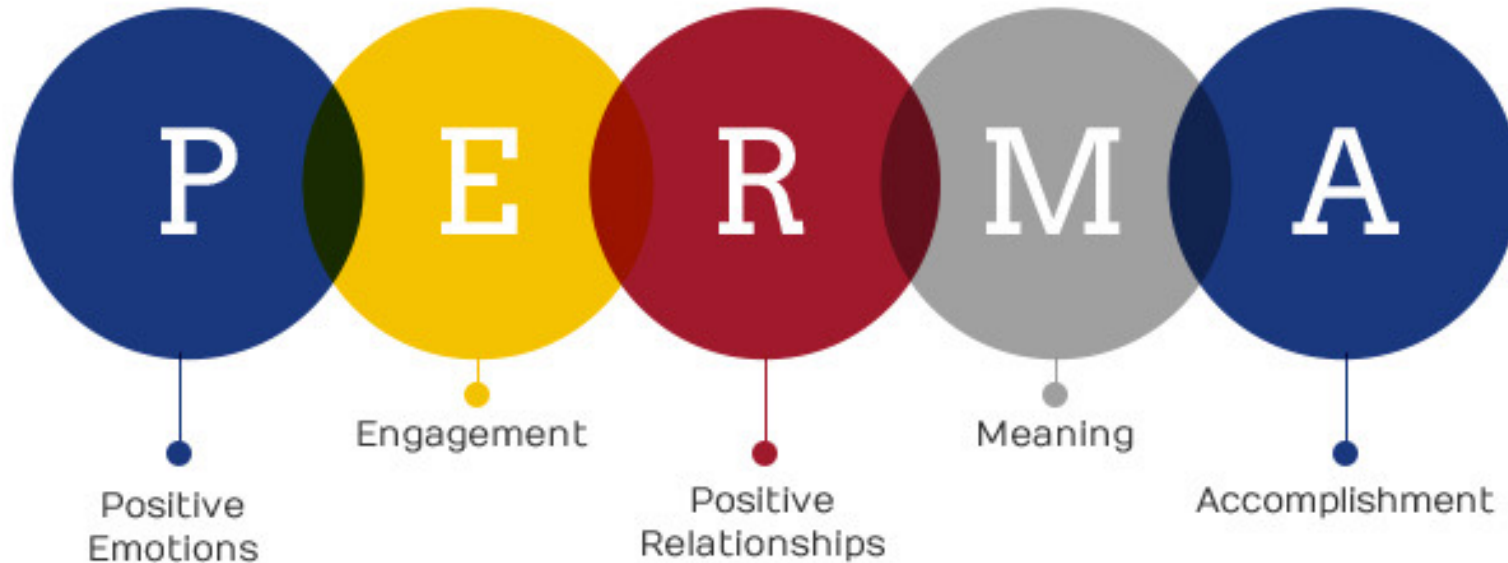


1. Happiness Can Be Measured

- Authentic Happiness Scale
- PERMA
- And many others (see your Resources handout for Seligman's University of Pennsylvania site)

PERMA Inventory

Introducing a New Theory of Well-Being



10 Things About Happiness

1. Happiness can be measured
2. Know your Character Strengths

2. Knowing Your Character Strengths





The VIA Classification of 24 Character Strengths

ViaCharacter.org

WISDOM	CREATIVITY <ul style="list-style-type: none">• Originality• Adaptive• Ingenuity	CURIOSITY <ul style="list-style-type: none">• Interest• Novelty-Seeking• Exploration• Openness	JUDGMENT <ul style="list-style-type: none">• Critical Thinking• Thinking Things Through• Open-mindedness	LOVE OF LEARNING <ul style="list-style-type: none">• Mastering New Skills & Topics• Systematically Adding to Knowledge	PERSPECTIVE <ul style="list-style-type: none">• Wisdom• Providing Wise Counsel• Taking the Big Picture View
COURAGE	BRAVERY <ul style="list-style-type: none">• Valor• Not Shrinking from Fear• Speaking Up for What's Right	PERSEVERANCE <ul style="list-style-type: none">• Persistence• Industry• Finishing What One Starts	HONESTY <ul style="list-style-type: none">• Authenticity• Integrity	ZEST <ul style="list-style-type: none">• Vitality• Enthusiasm• Vigor• Energy• Feeling Alive	
HUMANITY	LOVE <ul style="list-style-type: none">• Both Loving and Being Loved• Valuing Close Relations with Others	KINDNESS <ul style="list-style-type: none">• Generosity• Nurturance• Care & Compassion• Altruism• "Niceness"			SOCIAL INTELLIGENCE <ul style="list-style-type: none">• Aware of the Motives/Feelings of Self/Others• Knowing what Makes Other People Tick

JUSTICE

TEAMWORK

- Citizenship
- Social Responsibility
- Loyalty



FAIRNESS

- Just
- Not Letting Feelings Bias Decisions About Others

LEADERSHIP

- Organizing Group Activities
- Encouraging a Group to Get Things Done

TEMPERANCE



FORGIVENESS

- Mercy
- Accepting Others' Shortcomings
- Giving People a Second Chance

HUMILITY

- Modesty
- Letting One's Accomplishments Speak for Themselves

PRUDENCE

- Careful
- Cautious
- Not Taking Undue Risks

SELF-REGULATION

- Self-Control
- Disciplined
- Managing Impulses & Emotions

TRANSCENDENCE

APPRECIATION OF BEAUTY & EXCELLENCE

- Awe
- Wonder
- Elevation

GRATITUDE

- Thankful for the Good
- Expressing Thanks
- Feeling Blessed

HOPE

- Optimism
- Future-Mindedness
- Future Orientation

HUMOR

- Playfulness
- Bringing Smiles to Others
- Lighthearted

SPIRITUALITY

- Religiousness
- Faith
- Purpose
- Meaning

Perseverance
Humor
Honesty



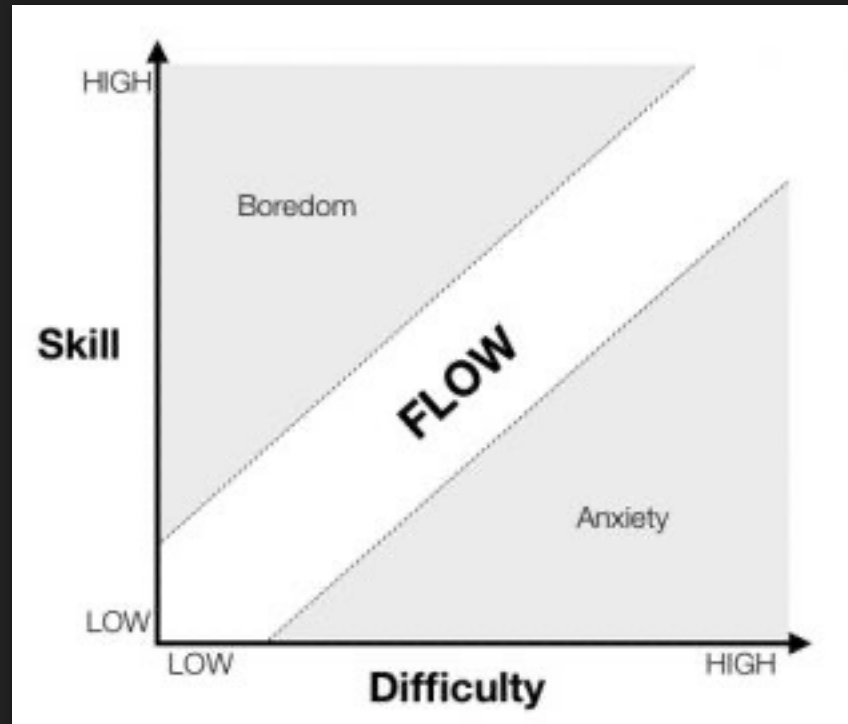
10 Things About Happiness

1. Happiness can be measured
2. Know your Character Strengths
3. Find FLOW

3. Find FLOW



FLOW Graph



3. Find FLOW

○ **Flow: The Psychology of Optimal Experience** by Mihalyi Csikszentmihalyi:

“Flow is the way people describe their state of mind when consciousness is harmoniously ordered, and they want to pursue whatever they are doing for its own sake. In reviewing some of the activities that consistently produce flow—such as sports, games, art, and hobbies—it becomes easier to understand what makes people happy.”

10 Things About Happiness

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3. Find FLOW
4. Gratitude raises happiness

4. The Value of Gratitude

What are you grateful for?

How does gratitude help?

- Increases mood
- Lowers stress
- Strengthens immune system
- Lowers blood pressure



Ways to Practice Gratitude

- Keep a gratitude journal
- Think about what you are grateful for before you sleep
- Share 3 things that went well in your day with someone you love
- Learn to SAVOR



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5. Happiness is Contagious



Happy Neighbors = Happier You



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6. Social Connections



How to Increase Social Connections

- Make an effort to spark a conversation while on public transportation or waiting for your coffee
- Take the time to call or connect with a friend you haven't seen in awhile
- Actively listen to your loved one for a connected chat
- Notice how you feel after these social connections—did your mood improve?

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7. Random Acts of Kindness

“How do we change the world? One random act of kindness at a time.”

Morgan Freeman



Some ideas...

Random Acts of Kindness

Make a Difference

- Smile at a stranger
- Open the door for someone
- Call a friend to say hello
- Pay someone a compliment
- Leave positive sticky notes
- Write a note to an old teacher
- Let someone merge in front of you in traffic
- Help someone with their groceries
- Leave a generous tip
- Write a handwritten note to a friend
- Bring up your neighbors trash bin
- Donate used books to a library
- Say Thank You
- Ship a care package
- Bring a treat to share with coworkers
- Hold the elevator for someone
- Donate to your local food pantry
- Give someone a hug
- Create a kindness reward chart for your children
- Pick up trash
- Visit a senior center
- Volunteer at a charity
- Let someone go in front of you in line
- Call your grandparents
- Pay for someone's coffee

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8. What doesn't make you happy

8. Know What Doesn't Make You Happy



Hedonic Adaptation

- “Human beings are remarkably adept at becoming rapidly accustomed to sensory or physiologic changes.” - Lyubomirsky



Why does hedonic adaptation occur?

1. Rising aspirations
2. Social comparison



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9. Sleep, Exercise, Meditation

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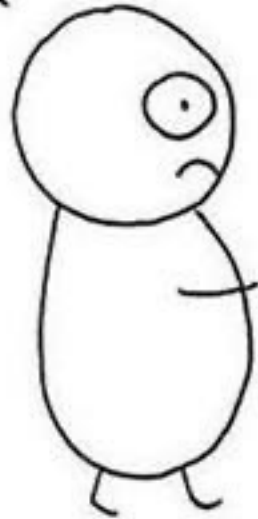
○ Three proven winners for raising your happiness



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8. What doesn't make you happy
9. Sleep, Exercise, Meditation
10. Happiness can be increased

Where did you
find that? I've been
searching for it everywhere.

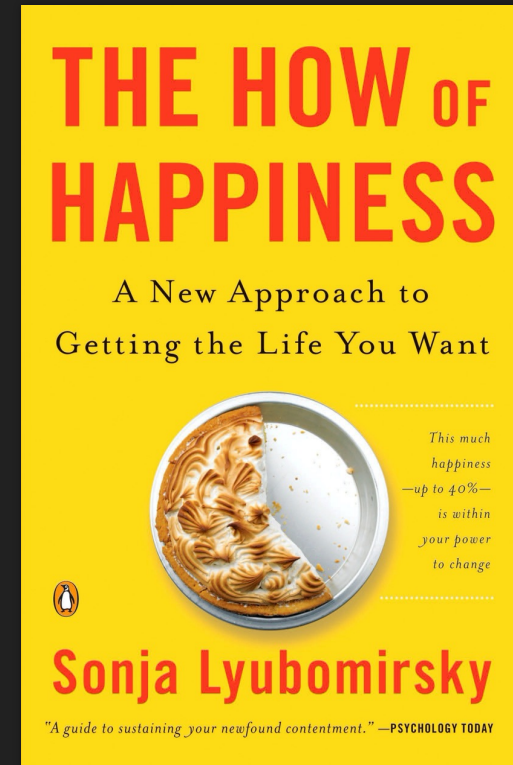


I created it
myself.



10. Happiness can be increased

40% of Happiness is up to you





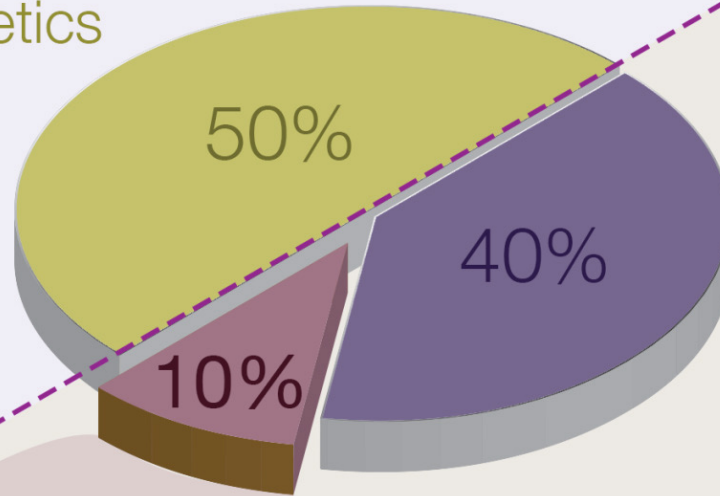
HAPPINESS

by Anna Vital

depends on your



genetics



cannot control
can control



internal
state of mind

circumstances



Funders and Founders

source: Sonja Lyubomirsky "The How of Happiness",
Penguin Books



random
act of kindness



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Further Resources/Questions

- See your handout for more
- Contact me, Melinda Pajak, if you have questions or want a copy of my presentation at melpajak@gmail.com

