Imagine Flourishing
Feeling Good and Doing Good
An introduction to positive psychology

Judy Hilton
Judy.Hilton@tafesa.edu.au
Positive Psychology

• “Positive Psychology is founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work and play” Martin Seligman

• “Positive Psychology is an umbrella term for work that investigates happiness, wellbeing, human strengths and flourishing” Shelley Gable and Jonathan Haidt

• Learn it, live it, teach it, embed it Geelong Grammar
Flourishing

The presence of wellbeing is **MORE THAN** the absence of illness
What is wrong with you? & What is right with you?

How do we go beyond 0 (e.g. from +3 to +8)?

What is above the line is as important to study and be aware of, as what is below the line.

So much deficit-based psychology focused on getting people back to 0. There is a range of experience above and below neutral.
Flourishing has been described as;

Think about a time where you were feeling good and functioning well …..
PERMA Dashboard

Positive emotion
Engagement
Relationships
Meaning
Accomplishment

Strengths of Character – Virtues
Each is Measurable and each is Teachable
PERMA Plus Dashboard

P ositive emotion
E ngagement
R elationships
M eaning
A ccomplishment

Plus
Sleep, Nutrition, Physical Fitness, Optimism

Strengths of Character – Virtues
Positive Psychology

Positive Psychology is not just ....
PERMA

Why Positive Emotion?

• The negativity bias
• Broaden and Build theory
  – Positive emotions broaden our thinking and attention
  – Build our psychological resources and resilience
  – Undo negative emotions and trigger upward spirals Barbara Fredrickson 2001

• The balance between positive and negative emotion is critical to wellbeing
• Gratitude – hunt the good stuff
PERMA
Positive Emotions

Gratitude  Inspiration
Hope  Joy  Interest
Love  Pride
Serenity  Awe
Amusement

Fredrickson, 2009
PERMA
Positive Engagement

"Time stood still..."
"I was at one with the music"
"...so absorbed, nothing else seemed to matter"

• Ingredients for flow
  – Completely focused motivation
  – Balance between the challenge of the task and the skill of the individual.

• Possible benefits
  – Positive emotion
  – Rejuvenation
  – Improved performance
  – Further learning & skill development
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Positive Engagement

High

Anxiety
Arousal
Flow

Worry
Control

Apathy
Boredom
Relaxation

Low

Low
Skill level
High
Flow

- Goldilocks task
  - Not too hard
  - Not too easy
  - JUST RIGHT

- Using character strengths more is one of the best ways to increase engagement
Strengths Assessments

http://www.viacharacter.org
The 24 Character Strengths

- Transcendence
  - Appreciation of Beauty & Excellence
  - Spirituality
  - Gratitude
  - Hope
  - Humour

- Transcendence
  - Forgiveness
  - Humility
  - Prudence
  - Self-Regulation

- Justice
  - Teamwork
  - Fairness
  - Leadership

- Humanity
  - Love
  - Kindness
  - Social Intelligence

- Courage
  - Bravery
  - Perseverance
  - Honesty

- Wisdom
  - Creativity
  - Curiosity
  - Judgment
  - Love of Learning
  - Perspective
Character Strengths

Using your signature strengths typically:

• Builds positive emotion.

• Feels energising and satisfying.

• Fosters a sense of ownership and authenticity, as well as greater vitality and self-esteem.

• Increases the rate of learning something new.

• Increases happiness and decreases depression (at home and at work).

How can you find ways to incorporate your signature strengths more in what you do?
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Positive Relationships

- Other people matter
  - Increase resilience
  - Increase feelings of autonomy, competence & relatedness (self-determination)
  - Buffer against depression
  - One of the strongest indicators of your satisfaction with life
PERMA
Positive Meaning

- People who can identify a source of meaning in their lives report:
  - Greater happiness and life satisfaction
  - Physically and emotionally healthier
  - More resilience
  - Greater sense of control over their lives

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<thead>
<tr>
<th></th>
<th>Hedonic Activities</th>
<th>Eudaimonic Activities</th>
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<tbody>
<tr>
<td><strong>Short Term</strong></td>
<td>Pleasant feelings, less negative emotions, more energy</td>
<td></td>
</tr>
<tr>
<td><strong>Sustainable</strong></td>
<td></td>
<td>Greater life satisfaction</td>
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Meaning and Purpose

- Who are you?
- Who are you to others?
- What do you give to others?
- What are your core values?
- Cultivating Altruism
- Random Acts of Kindness
- Considering priorities
- Time machine – 110 year old self
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Positive Accomplishment

• Fixed Mindsets
  – You believe your talents and abilities are set.
  – You must prove yourself over and over, trying to look smart and talented at all times

• Growth Mindsets
  – You know that talents can be developed and that great abilities are built over time.
  – You believe your qualities can be cultivated through your efforts

  Carol Dweck 2006

• Self Esteem vs Self Worth
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Positive Accomplishment

• One pathway is GRIT

• Angela Duckworth PhD studies show grit is essential to high achievement
  – Roughly twice as important as IQ in academic success
  – GRIT = passion and perseverance for long-term goals (stick-to-it-ness)
Pause for breath….

‘We can have the experience, but miss the meaning…’
(attributed to someone famous)

In what has been presented ….

• What struck you?
• What surprised you?
• What is the key point you have taken from the presentation so far?

• One question I would like to ask the presenter is…
Positive Education and Wellbeing in ECEC

- Children have a strong sense of identity
- Children are connected with and contribute to their world
- Children have a strong sense of wellbeing
- Children are confident and involved learners
- Children are effective communicators
Positive Education and Wellbeing in ECEC

• EDUCATORS have a strong sense of identity

• EDUCATORS are connected with and contribute to their world

• EDUCATORS have a strong sense of wellbeing

• EDUCATORS are confident and involved learners

• EDUCATORS are effective communicators

Flourishing
Positive Psychology and Wellbeing

Feeling Good    Doing Good

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