



Flourishing Families

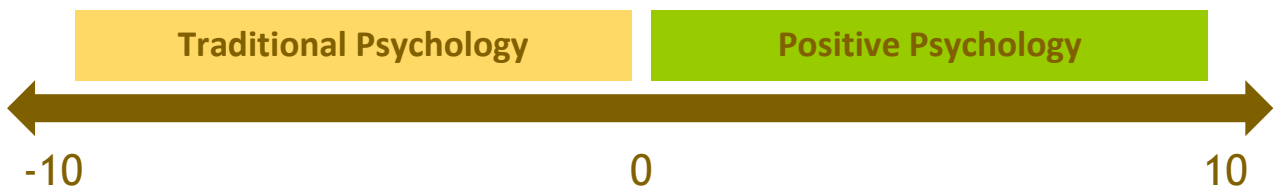
Applying the
principles of
Positive
Psychology to
family life



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What is Positive Psychology?

“Positive psychology is the study of happiness.”



Positive psychology is research into all of the components that go into making life as worthwhile as possible. It examines your strengths and weaknesses, looking to bolster the strengths and fortify the weaknesses for an overall enhancement of well-being.

As with any science, positive psychology stems from facts, studies and data compiled from empirical evidence.



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The benefits of a Positive Psychology approach

- Alleviate depression
- Kick out negative emotion
- Build resilience that helps combat physical illness
- Offer relief for anxiety and other mental disorders.

Happiness
can be learned!

Tufts University says about 50 percent of happiness is set in the disposition we're born with, but 10 percent comes from environment circumstances and a full 40 percent comes from intentional activity.

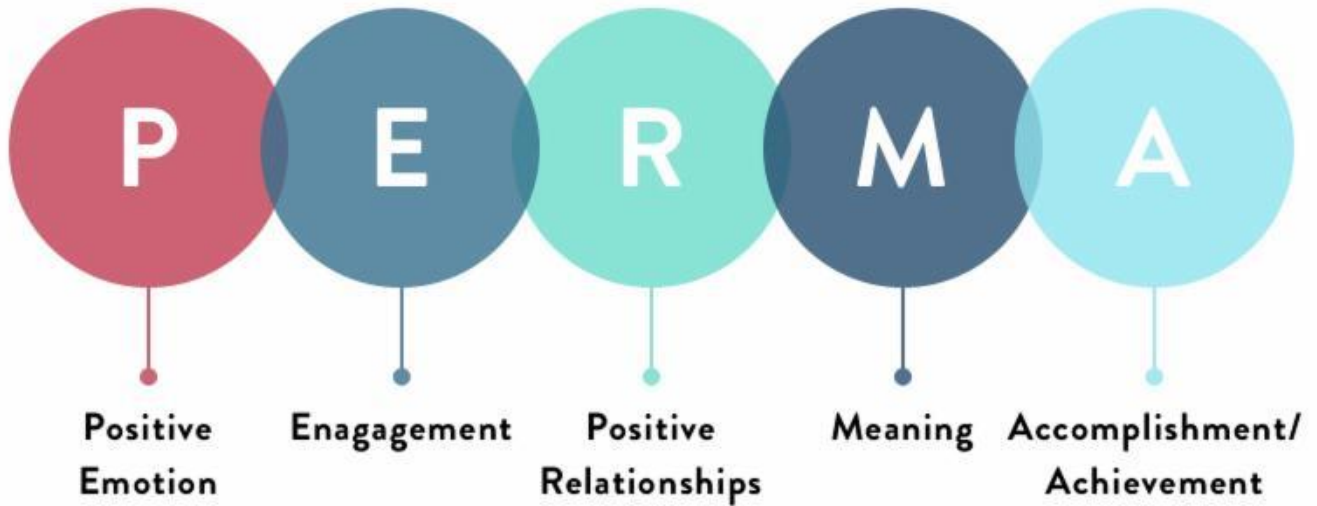
Intentional activity can be filled with ways of thinking, acting and living that have been shown to increase levels of well-being.

"People who are optimistic or happy are more successful in work, school and sports, are less depressed, have fewer physical health problems, and have better relationships with other people."



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Theory of Wellbeing



Martin Seligman 'Flourish' 2011

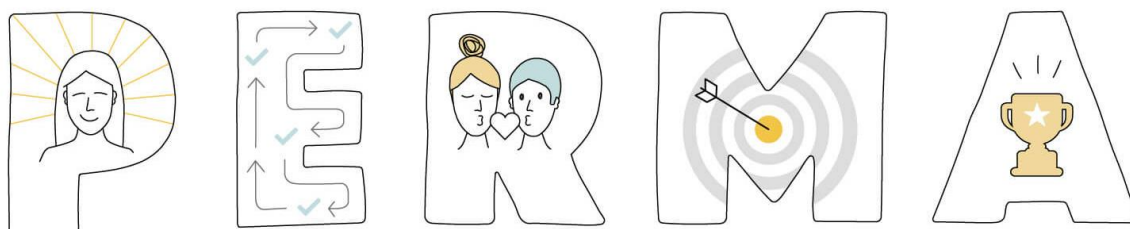


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Applying the theory

- P - Positive Emotion.** Feeling good, positive emotions, optimism, pleasure and enjoyment.
- E - Engagement.** Fulfilling work, interesting hobbies, "flow."
- R - Relationships.** Social connections, love, intimacy, emotional and physical interaction.
- M - Meaning.** Having a purpose, finding a meaning in life.
- A - Accomplishments.** Ambition, realistic goals, important achievements, pride in yourself.



How to Apply the PERMA Model to Your Life

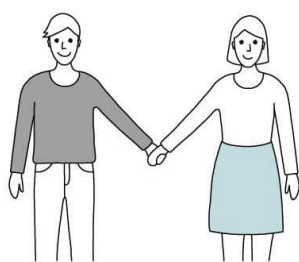
Remember to adopt a positive perspective as often as you can.



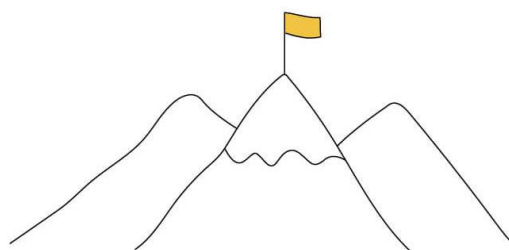
Find the things that make you happy and engaged.



Focus on your relationships with family and friends, and find ways to connect.



Search for meaning and lead a life of purpose.



Savor your accomplishments and strive for further achievement.



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Give it a whirl at home!

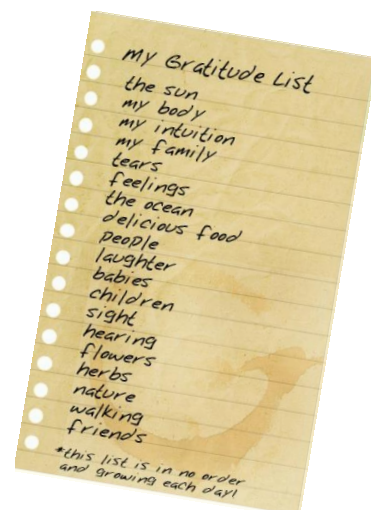
- 🌿 Reframe the day: The gratitude list/the three good things list
- 🌿 The random act of kindness
- 🌿 Character strength activities
- 🌿 Savouring
- 🌿 Facilitate meaningful relationships
- 🌿 The goal chart.



Random Acts of Kindness Ideas

1. Post **positive** notes around your community.
2. Randomly pick a small business/lesser known author & leave a **positive review**.
3. Choose a friend and celebrate them for the whole day, kinda like a **birthday** but random.
4. Help buy a disadvantaged kid **school** supplies.
5. Give a **compliment** to as many people as you can.
6. Start a game night for friends or for coworkers you'd like to **get to know**.
7. Carry around loose change and put it in **tip jars**.
8. Use sidewalk chalk to write out **positive messages**.
9. Send **letters** with tons of stickers and colors to the kids in your life.
10. Buy a gift for a child who is in **foster care**.
11. Put (or leave) **change** in the vending machine.
12. Connect a **charity** to your Amazon account.
13. See if your local **homeless** shelters have Amazon wishlists where you can send essentials.
14. Let someone go ahead of you while you're **waiting** in line.
15. Collect **litter** that you see on the ground when you're out and about.

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Importance of role modelling



**LEAD BY
EXAMPLE**



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Classification of Character Strengths



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