

POSITIVE PSYCHOLOGY IN PRACTICE

Simon Ward

PERMA

- P OSITIVITY
- E NGAGEMENT
- R ELATIONSHIPS
- M EANING/PURPOSE
- A CCOMPLISHMENTS

EMOTIONAL WELL-BEING

Positive affect – positive emotions,
positive moods and positive attitudes
may in fact be the single most
important active ingredient in the
recipe for human flourishing.'

Barbara Fredrickson



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Overcoming our negativity bias

- Noticing
- Savouring: past, present, future
- Mindfulness
- Gratitude

Overcoming our negativity bias

- Hunt the good stuff
- Compliment cookies
- 365 project
- WOWW
- Journal
- Board of thanks
- Gratitude letter

Overcoming our negativity bias

- Noticing
- Savouring: past, present, future
- Mindfulness
- Gratitude



Mind Full, or Mindful?



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PSYCHOLOGICAL WELL-BEING

Self- Efficacy, Optimism, Mindset

- Mastery action – Mastery thinking
- Challenge negative thinking
- Growth mindset feedback
- Promote pathway thinking
- Build autonomy

SELF EFFICACY

- Mastery Experiences
- Vicarious Experiences
- Social Persuasion
- Emotional State

Self- Efficacy, Optimism, Mindset

- Mastery action – Mastery thinking
- Challenge negative thinking
- Growth mindset feedback
- Promote pathway thinking
- Build autonomy

Rachel is a 14 year old girl who is very keen on singing. For the past year she has attended singing classes and now feels ready to enter a singing competition. She is one of the youngest entrants. At the competition she sings very well but misses a few notes because she is nervous. At the end of the evening she leaves, hurt and despondent, without any prizes or distinction.

What should Rachel's parents or teacher say to her?

1. That they think she sung better than anyone else?
2. That the judges should have made allowance for her age?
3. That singing isn't important?
4. That she is a talented singer and will win next time?
5. That she didn't deserve to win?



PRAISE FOR EFFORT AND DETERMINATION

Self- Efficacy, Optimism, Mindset

- Mastery action – Mastery thinking
- Challenge negative thinking
- Growth mindset feedback
- Promote pathway thinking
- Build autonomy

SOCIAL WELL-BEING

Positive Relationships

- Self awareness
- Focus/attention
- Listening
- Redirection techniques
- Positive language

A teacher's response has crucial consequences....it creates a climate of compliance or defiance, a mood of contentment or contention, a desire to make amends or to take revenge.

Haim Ginott

Positive Relationships

- Self awareness
- Focus/attention
- Listening
- Redirection techniques
- Positive language

Active/Constructive

Passive/Constructive

Active/Destructive

Passive/Destructive

**LISTEN
WELL**

Positive Relationships

- Self awareness
- Focus/attention
- Listening
- Redirection techniques
- Positive language

DON'T / STOP

- Stop running
- Don't talk to me like that
- Stop tapping your pen
- Don't shout out
- Stop acting like an idiot
- Don't worry about the exams
- Don't spit



MATTHEW SYED
HOW CHAMPIONS ARE MADE

'A GRIPPING
EXAMINATION OF
THE HIDDEN FORCES
THAT COME TOGETHER
IN THE MAKING OF
A CHAMPION.'
MIKE ATHERTON

'A FASCINATING
SUBJECT AND SYED IS
A DAZZLING WRITER.'
OWEN SLOT, *THE TIMES*



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Steps to well-being

- Take care of your body
- Practice gratitude and savour life's joys
- Nurture relationships (Talk to your partner for 1 hour 3 times per week, Phone a friend that you have lost touch with)
- Do more activities that truly engage you (cut your TV viewing in half)
- Develop coping strategies
- Cultivate optimism
- Avoid overthinking and social comparison
- Commit to your goals
- Laugh every day/ Give yourself a treat
- Practice acts of kindness and contribution to others and the world.

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