



Building Personal Resilience

Jamuna Jones, LCSW

- Senior Leaders
- Senior Leaders + Managers & Team Leaders
- Senior Leaders + Managers & Team Leaders + Individuals



Learning Objectives

- Define core principles of positive psychology
- Understand how positive psychology differs from traditional psychology
- Identify and describe the 5 critical components of wellbeing
- Learn how to apply positive psychology strategies to everyday life

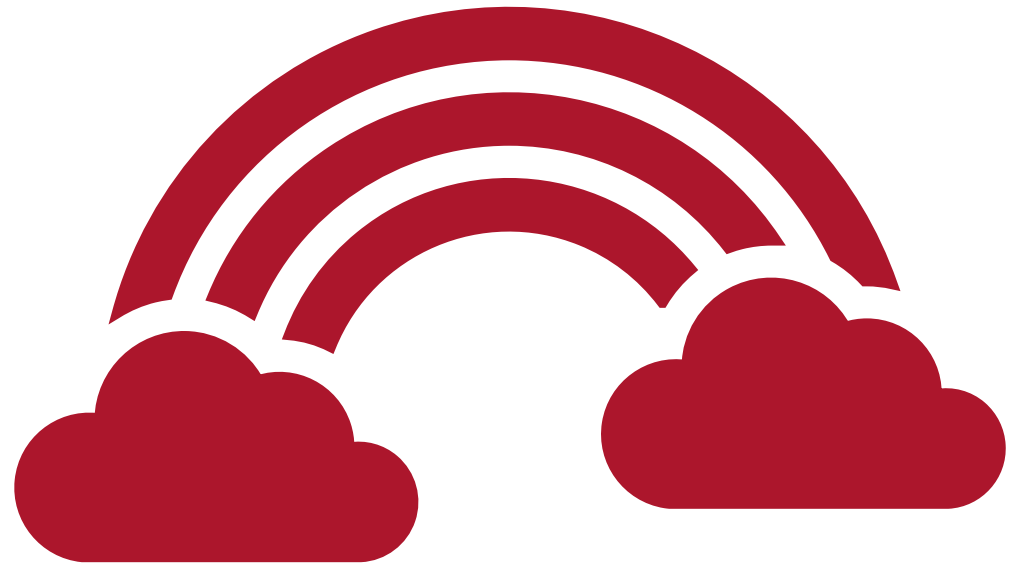
Intro to Positive Psychology

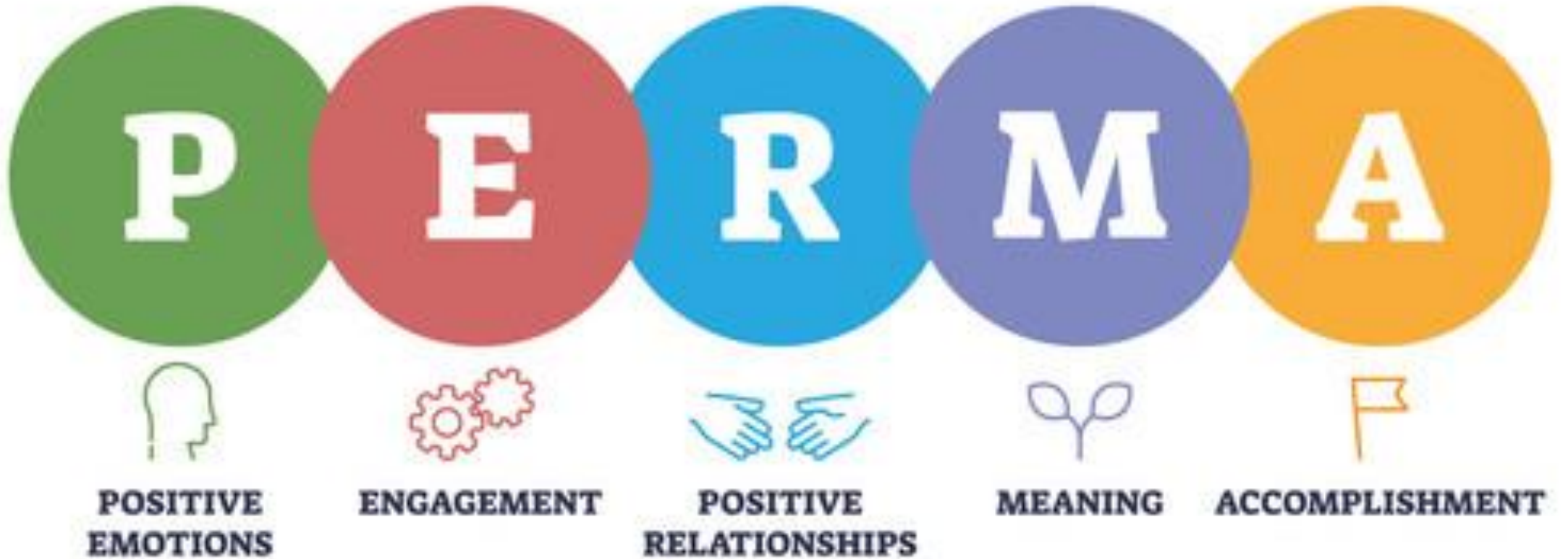
“The aim of Positive Psychology is to catalyze a change in psychology from a preoccupation only with repairing the worst things in life to also building the best qualities in life.” Dr. Martin Seligman

Traditional vs. Positive Psychology

- Focus- diagnosing and treating mental disorders
 - Goal- alleviate symptoms and manage mental health issues
 - Perspective- problem focused
- Focus- identifying and nurturing positive emotions, strengths, and character traits that contribute to a meaningful life
 - Goal- reduce symptoms while promoting happiness, resilience, and overall flourishing.
 - Perspective- strengths focused and aims to complement traditional psychology

Positive
Psychology is
not all about
sunshine and
rainbows







Positive Emotions

Positive Emotions

- Much more than happiness!
- Includes hope, interest, joy, love, compassion, pride, amusement and gratitude
- Prime indicator of flourishing and can be cultivated or learned to improve well-being
- Increasing positive emotions helps individuals build physical, intellectual, psychological and social resources

Ways to build positive emotion

- Spend time with people you care about (Kok et al., 2013).
- Do hobbies and creative activities that you enjoy (Conner et al., 2018).
- Listen to uplifting or inspirational music (Juslin & Sakka, 2019).
- Reflect on things you are grateful for and what is going well in your life (Emmons & McCullough, 2003).



What you pay attention to grows. If your attention is attracted to negative situations and emotions, then they will grow in your awareness.

Deepak Chopra

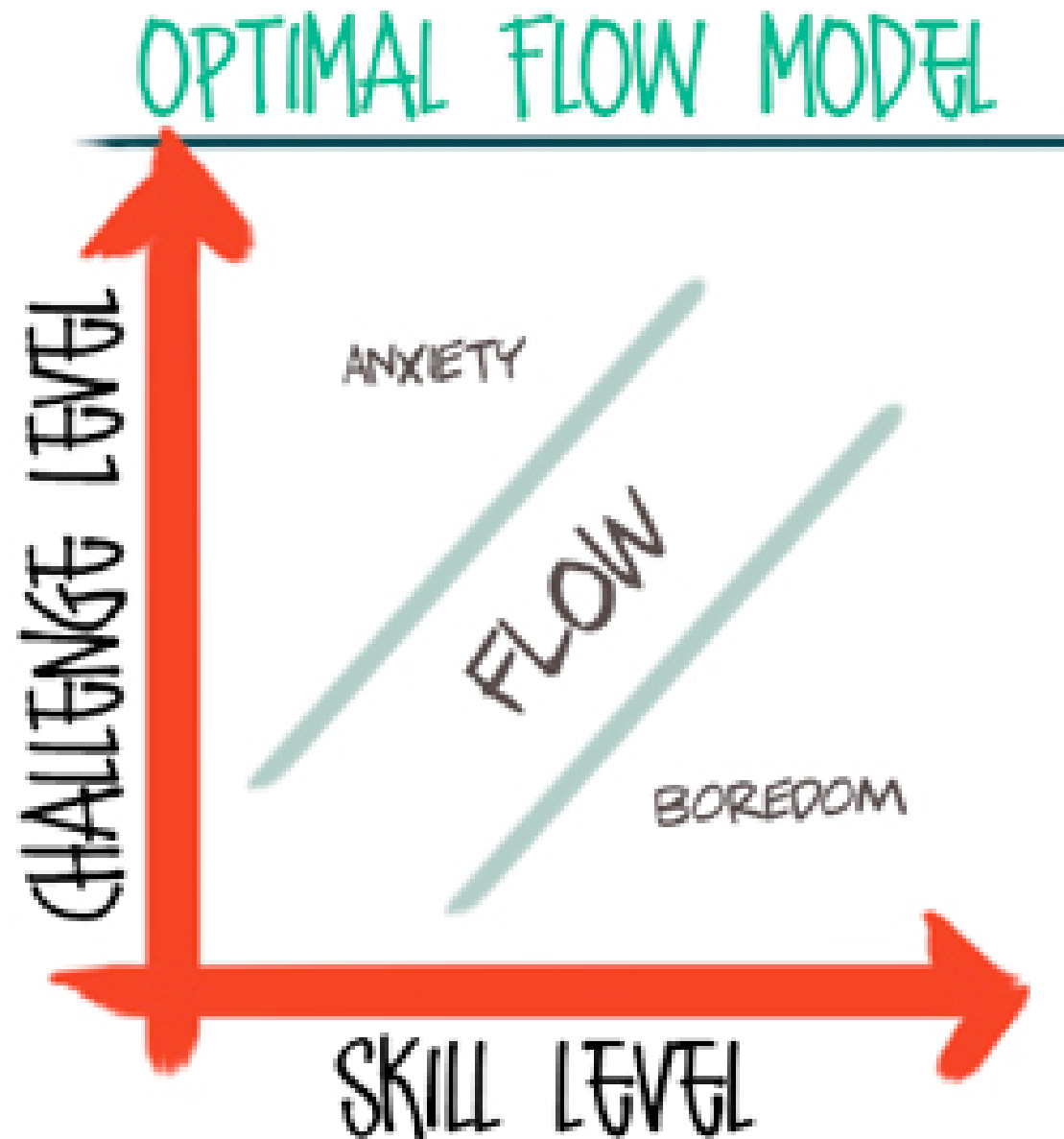


ENGAGEMENT

Engagement and Flow

- "Being one with the music."
- Loss of self-consciousness
- Complete absorption in an activity
- Living in the present and focusing on the task at hand

FINDING & CREATING FLOW



Massini, American Psychologist, 2000

<https://www.curiouscoaches.com/2015/06/02/the-task-design-matrix-a-coaches-guide-to-designing-highly-effective-learning-environments/>

Ways to increase engagement

- Participate in activities that you really love, where you lose track of time when you do them (Bonaiuto et al., 2016).
- Practice living in the moment, even during daily activities or mundane tasks (Belitz & Lundstrom, 1998).
- Spend time in nature, watching, listening, and observing what happens around you (Petersen et al., 2021).
- Identify and learn about your character strengths and do things that you excel at (Lai et al., 2018).



RELATIONSHIPS

How to build and nourish relationships

- Share good news and celebrate successes
- Respond enthusiastically
- Join a class or group that interests you
- Ask questions of the people you don't know well to find out more about them
- Create friendships with people you are acquainted with
- Get in touch with people you have not spoken to or connected with in a while

STAY CONNECTED: GIVE & RECEIVE

- **Give**
 - Random Acts of Kindness
 - Gratitude Letter
- **Receive**
 - Have you reached out for support?



Gratitude Exercise

- Write down one interpersonal experience where you feel grateful
- How did it feel? What did you experience?
- Challenge- reach out to that person and tell them via text, email, phone call, letter, etc.



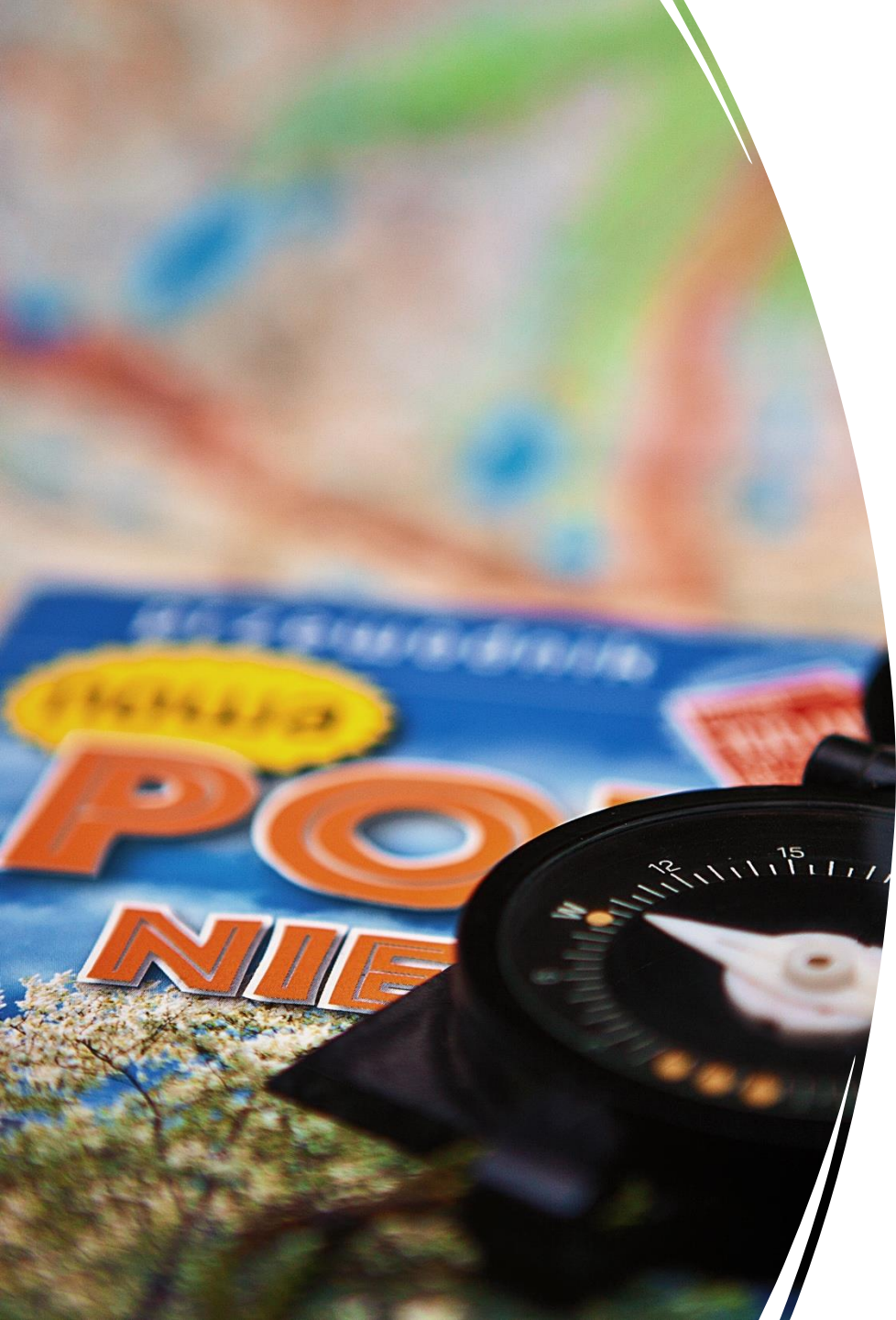


MEANING

Ways to build meaning:

- Get involved in a cause or organization that matters to you
- Try new, creative activities to find things you connect with
- Think about how you can use your passions to help others
- Spend quality time with people you care about





Values

Deepest desires for how you want to treat yourself, others & the world around you.

VALUES LIST

Acceptance	Courage	Forgiveness	Integrity	Respect
Adventure	Creativity	Fun/ humor	Kindness	Responsibility
Caring	Curiosity	Genuineness	Knowledge	Self-care
Commitment	Engagement	Gratitude	Openness	Supportive
Connection	Friendliness	Honesty	Patience	Trust

Values

Questions to ask yourself in a difficult situation:

- What is my most important value in this moment?
- What is the value behind this thought/feeling?
- How do I want to show up to this discomfort/pain I am feeling?



Morning intention exercise

- Today I will focus on.....
- Today I will let go of....
- I am grateful for.....

ACHIEVEMENT



Ways to build accomplishment:

-
- Set goals that are SMART – specific, measurable, achievable, realistic, and time bound (Falecki et al., 2018).
 - Reflect on past successes
 - Look for creative ways to celebrate your achievements

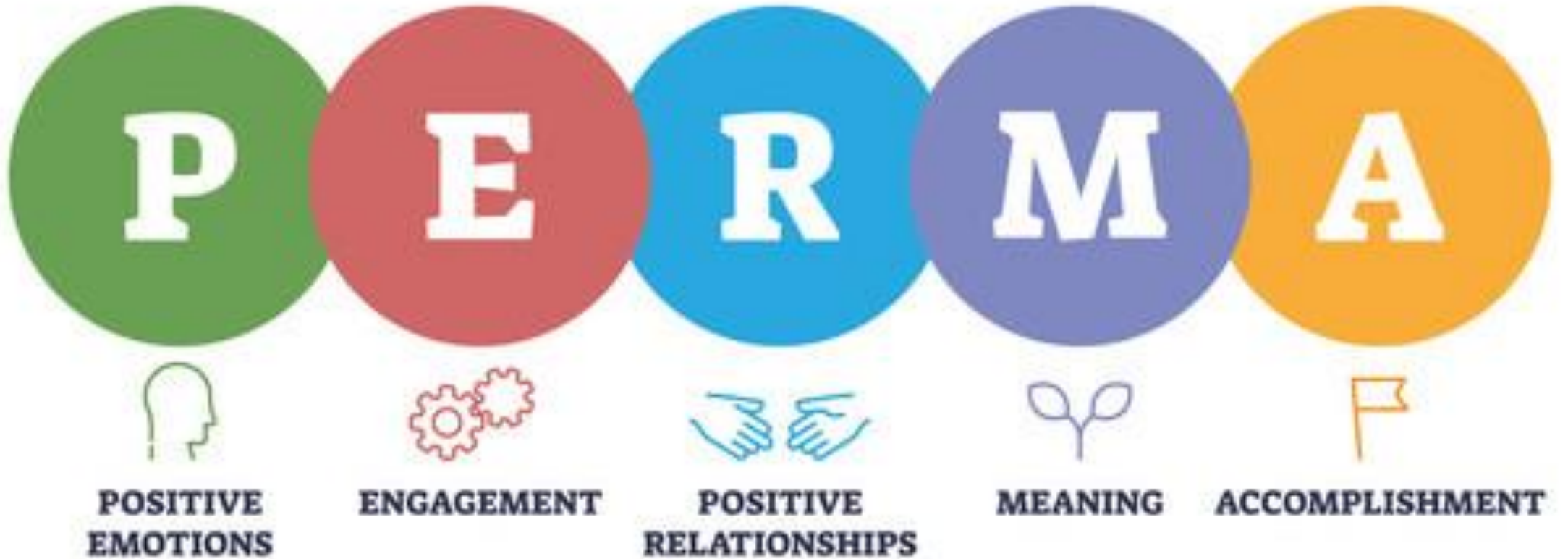


ART OF SAVORING

- Get into pairs
- Person 1: Describe an achievement that has occurred within the past 7-30 days.
- Person 2: Listen with intention to Person 1 & ask at some point
 - *For you, what was the best part of this achievement?*
- Switch

The Plus (+) in PERMA

- Optimism
- Physical activity
- Nutrition
- Sleep



There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.

Albert Einstein



Thank you!