



## Parent Information Night

### **Positive Psychology**

Professor Martin Seligman, University of Pennsylvania

'The basic premise of PP is 'there's more to wellbeing than an absence of ill-being.'

### **Dr Barbara Fredrickson's research into positive emotion**

Her research shows us that positive emotion influences cognitive capacity;

-broader attention, greater working memory, enhanced verbal fluency, increased openness to information, increased creativity, increased engagement

### **Mood Changers**

Music, exercise, laughter (experiment by rating emotion out of 5, pre and post test)

### **Seligman's Wellbeing Framework includes;**

-gratitude, write down three things you are grateful for every day

-positivity, write down the best part of your day. Ask the question "what was the best thing about school today?"

### **Karen Reivich's learnable attributes of resilience**

#### Emotional awareness/ regulation

This is the ability to control emotions. At worst we see amygdala hijack. This is due to maximum levels of adrenalin and cortisol, To treat this, drink water/exercise.

#### Impulse Control

Resilient people do not act on impulses. Mindfulness training is the key. [smilingmind.com.au](http://smilingmind.com.au)

#### Optimism

Resilient people see light at the end of the tunnel. Ask the question "what went well?"

#### Causal analysis

This is identifying the actual problem. Emotional literacy, use emoticons. Attach faces, to emotions and emotions to events.

#### Empathy

This is people who think about others before themselves. Encourage acts of kindness. When they become purposeful and a force of habit, we see empathetic behavior.

#### Self Efficacy

Identifying your strengths and using them to help you recover from set backs. Discover your strengths with the VIA character strength survey.

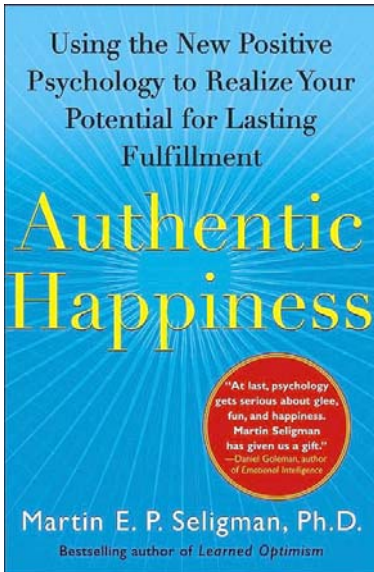
#### Reaching Out

Giving someone the opportunity to let us know that they care

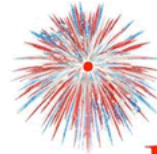
### **Mihaly Csikszentmihalyi**

Flow- when time becomes irrelevant and external distractions disappear

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A Visionary New Understanding of Happiness and Well-being



# Flourish

MARTIN SELIGMAN

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