

Resilient Resourcefulness

Applying the Principles of Positive Psychology to build resilience

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The “real” happiness

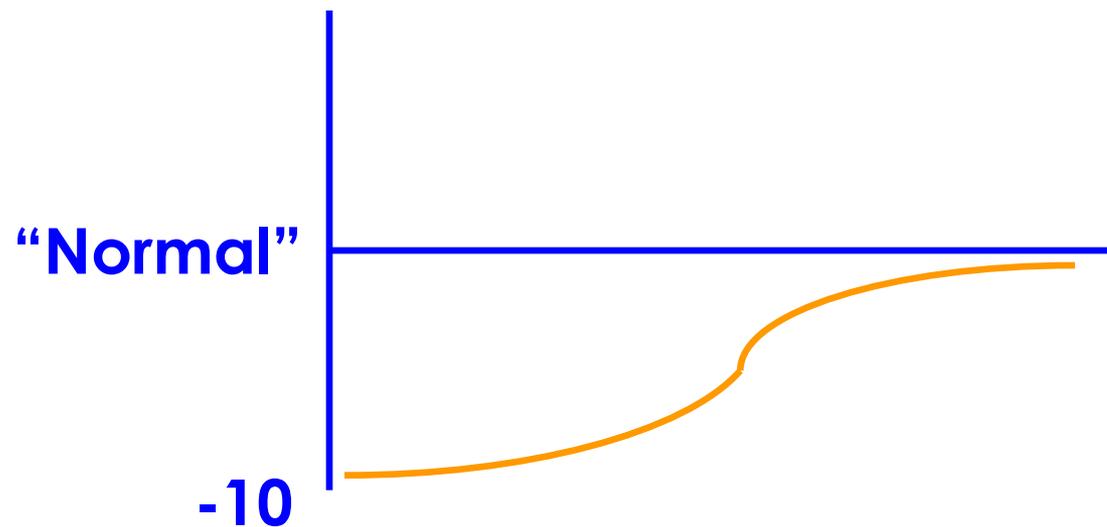
- 😊 Positive Psychology is the scientific study of **optimal human functioning**. It aims to discover and promote the factors that allow individuals and communities to **thrive**.

This includes resilience...

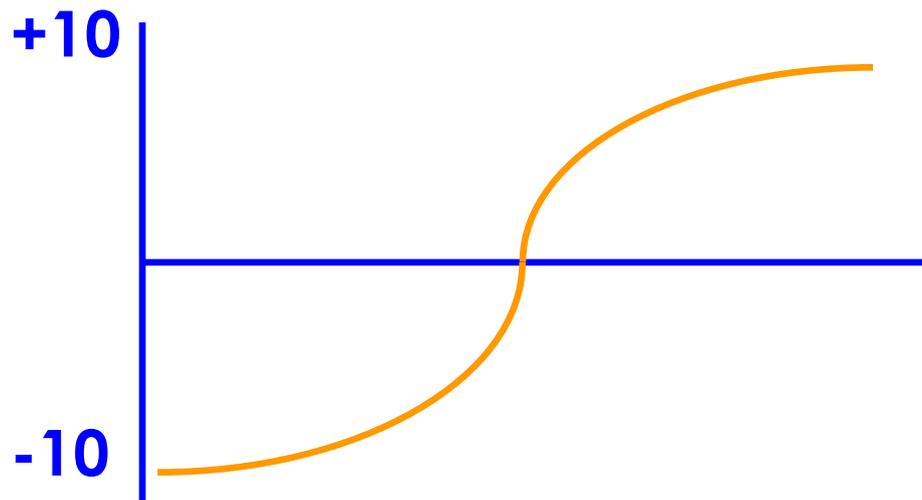
- 😊 The **positive capacity** of people to cope with stress and adversity. It also includes the ability to overcome challenges and to bounce back

...which acknowledges that life's not perfect!

From dealing with problems (and getting by)...



To playing above the line
(and flying high)...



More than hedonism

- 😊 **Pleasure**
- 😊 **Engagement**
- 😊 **Meaning**

And at school?

**There is an “i” in
happiness...**

**...but there are also lots
of other letters!**

Connectedness

Resilience = reaching out

**Now given that we
know all this...**

**...why are so many
people/children not as resilient
as they could be?**

Well, firstly, they are!

- ☺ Adverse events
- ☺ PTSD (and “posttraumatic growth”)
- ☺ Physical injuries

...but there's still room for improvement!

The problem...

...the tyranny of “when”

Are you in
the "now"?

Not yet.
Ask me in
15 minutes



Millard

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The solution?

- 😊 **The primacy of positivity**
- 😊 Get happy first

So now...

- 😊 A few practical tips for you to take away and apply in your life (at home and at work/school) right now!

Support to/from others

😊 **Happiness isn't a solo sport**

Building positive relationships

- 😊 **Boost your Positivity Ratio**
- 😊 Practice acts of kindness
- 😊 Focus on and **appreciate the best in others**
- 😊 Overcome fears re reaching out

Conserve & create energy!

- 😊 **Make sleep and rest a priority**
- 😊 Keep active and exercise
- 😊 Eat well and...

😊 “There’s very little difference in people. But that little difference makes a big difference. **The little difference is attitude.** The big difference is whether it’s positive or negative.”

W. Clement Stone

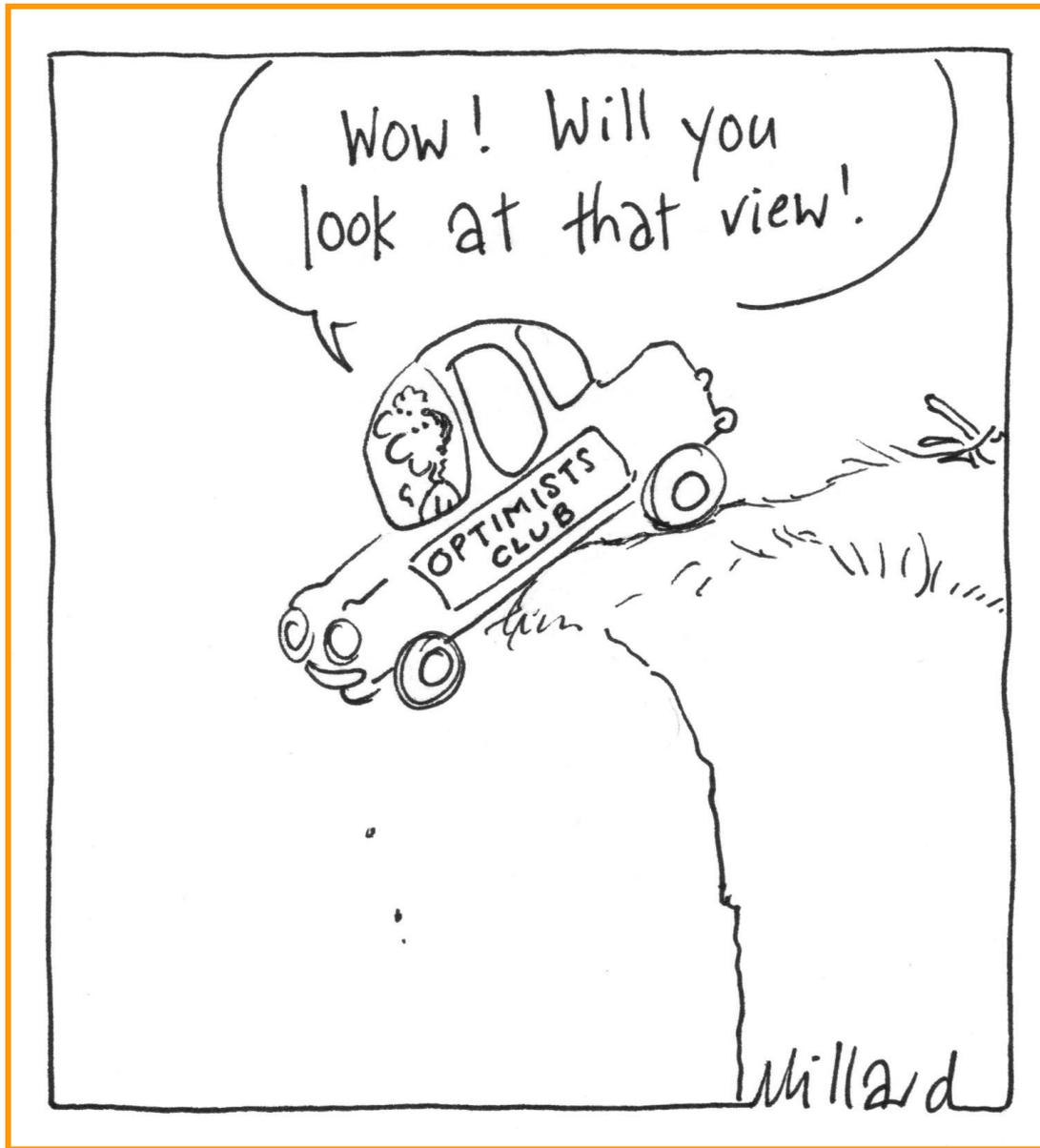
What do you believe...

...about yourself?

...other people?

...the world around you?

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Beware of...

☺ I could never...

Black & white

☺ I'm not...

☺ It's my fault...

Catastrophising

☺ This is terrible...

☺ Everything is always...

Overgeneralising

But you can change your thinking...

☺ **Imagine a stressful situation...**

...now consider this!

- ☺ 4 billion people live on less than \$2 a day
- ☺ 40,000 children die daily of preventable diseases
- ☺ More than 6 million children die annually from malnourishment
- ☺ 1 13 million plus children are not in school

The ultimate goal?

- 😊 Realistic and positive and flexible thinking
- 😊 Facing up to cold hard realities...in a constructive way
- 😊 Actively focusing on positives

...and speaking of positives!

Focus on what you have

😊 **Positive Events Record**

- Think of, or write down 3 good things that have happened to you today

😊 **Practise Gratitude**

- Journal, letter, visit



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Build on strengths

**...rather than just fixing
weaknesses**

24 Core Strengths

- 😊 **Wisdom**
- 😊 **Love of learning**
- 😊 **Open mindedness**
- 😊 **Originality**
- 😊 **Emotional intelligence perspective**

- 😊 **Loyalty**
- 😊 **Fairness**
- 😊 **Leadership**

- 😊 **Self-control**
- 😊 **Caution**
- 😊 **Modesty**

- 😊 **Bravery**
- 😊 **Perseverance**
- 😊 **Integrity**

- 😊 **Kindness & generosity**
- 😊 **Loving & being loved**

- 😊 **Appreciation**
- 😊 **Gratitude**
- 😊 **Optimism & hope**

- 😊 **Spirituality**
- 😊 **Forgiveness**
- 😊 **Playfulness & humour**
- 😊 **Passion & enthusiasm**

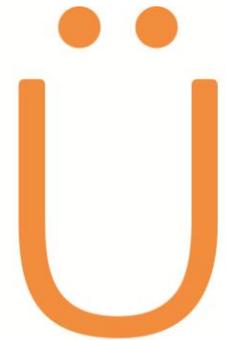
😊 “Don’t ask yourself what the world needs, ask yourself **what makes you come alive**. And then go and do that. Because what the world needs is people who have come alive.”

- Harold Whitman

And if you're still not sure why this is important...

- 😊 The primacy of positivity
- 😊 **Happiness and positivity leads to success** (not the other way round)!

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