

Resilient Resourcefulness

Applying the Principles of Positive Psychology to build resilience

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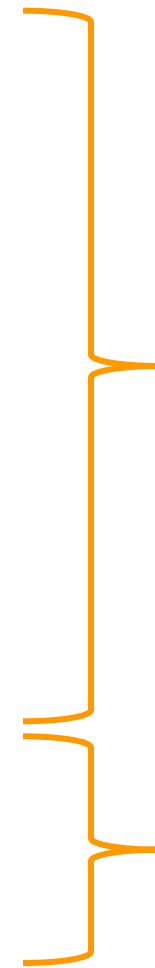
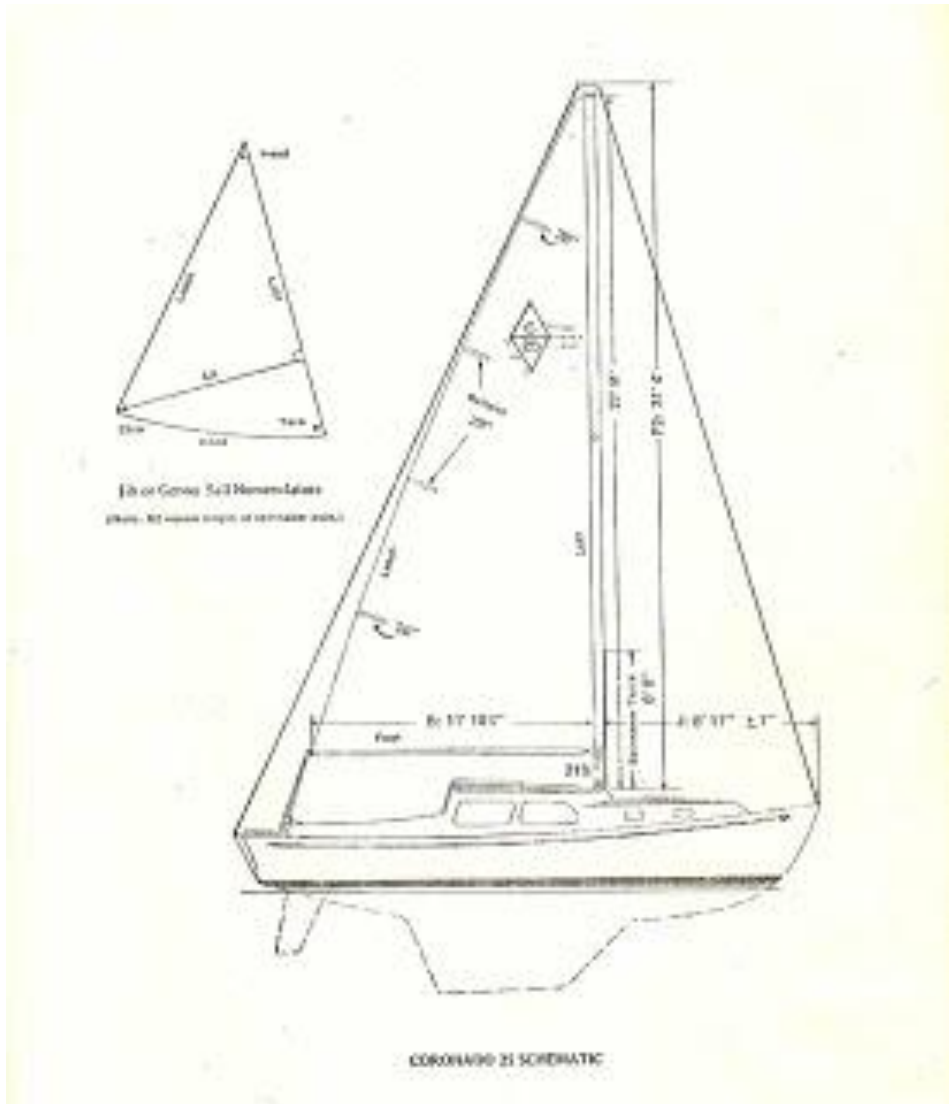
The “real” happiness

- 😊 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

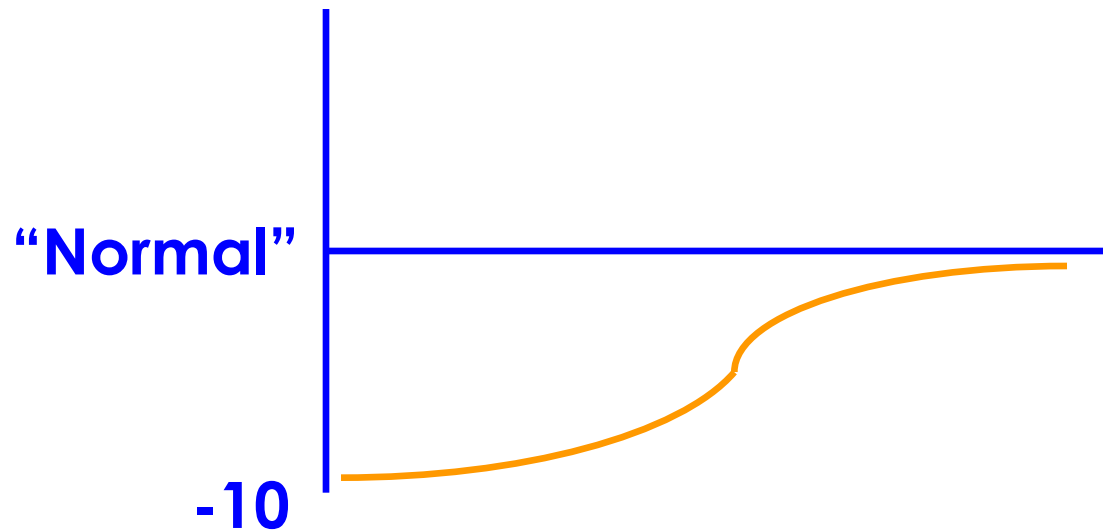
...which acknowledges that life's not perfect!



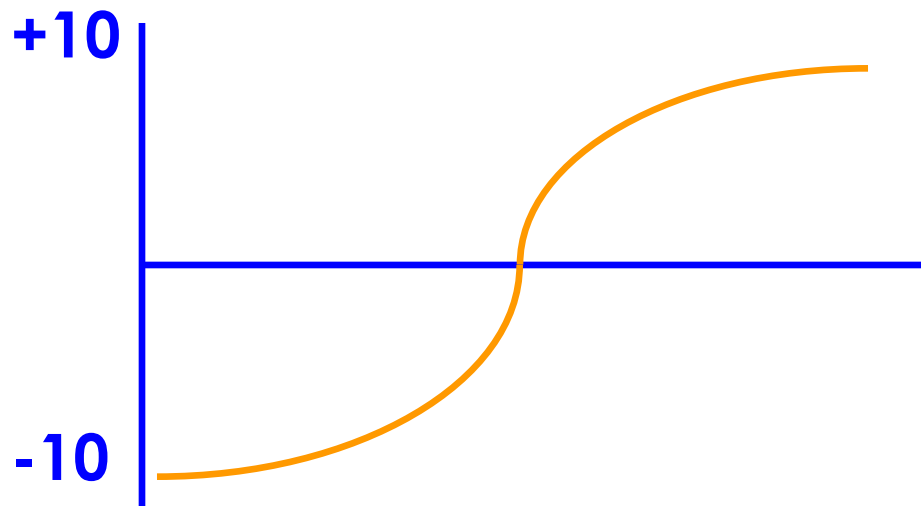
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From dealing with problems (and getting by)...



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**

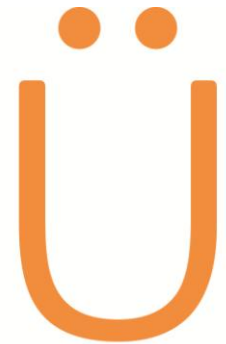
😊 “Don’t ask yourself what the world needs, ask yourself **what makes you come alive**. And then go and do that. Because what the world needs is people who have come alive.”

- 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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