What does your tongue have to do with your brain and positive psychology?

If the tongue is a tool of survival...

...how does it work?

Dare2BeHappy.com
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Negativity Bias & positive psychology

Retraining the Brain

- Kindness
- Insight
- Goals
- People

- Happiness
- Exercise
- Flow
- Attitude
- Gratitude
SONYA LYUBOMIRSKY FROM THE HOW OF HAPPINESS
40% OF OUR HAPPINESS CAN COME ABOUT FROM INTENTIONAL ACTIVITIES—POSITIVE INTERVENTIONS

Why Positive Interventions?
Because Not Being Depressed Isn’t The Same As Being Happy

The Psychology of Possibility
MICRO CHANGE 
YOU
are the agent of change
Teaching people to have more positive emotions and building well-being

Us Army is the world’s largest consumer of positive psychology and has adopted positive education at the core of its training program. Over 1.2 million people are now part of this training.

Based on the studies growing out of the Penn Resilience Program (PRP)

• We have a **choice** about what we feel~
• We can **change** how we think and feel~
• We can **cultivate** sustainable positive feelings~
• We can **create** and inspire this in others~

Positive Psychology is about a shift in perception
Reframe and Refocus
What do you see?

This glass is completely full

Half with water ---

Half with air

Positive Psychology is About Perception
There is more than one way to view a situation

Only positive feelings predicted longevity:
• Age 85: 90% of most cheerful quartile
  34% of least cheerful quartile alive.
• Age 94: 54% of most cheerful quartile
  11% of least cheerful quartile alive.
Why is Positive Psychology happening now?

Cognitive Behavior Therapists flush out irrational thought patterns, (awfulizing, catastrophising) and works toward "cognitive restructuring."

Aaron Beck    Albert Ellis

What Is Learned Helplessness?

Learned Helplessness to Learned Optimism

- Jonas Salk and Martin Seligman -
  the shift to Psychological Immunization

Uncontrollable bad events
Perceived lack of control
Generalized helpless behavior
From Learned Helplessness...

A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty. - Winston Churchill

...to Learned Optimism

Flourishing & Well-Being
What does it mean to flourish?

PERMA

• Positive Experiences (Pleasure)
• Engagement
• Relationship
• Meaning
• Achievement

20 tests on AuthenticHappiness.org related to PERMA
Positive Experiences (Pleasure)

Positive

• Barbara Fredrickson and the Positivity Ratio
• Negative thoughts are three times stronger than positive thoughts
• The “Tipping Point” for thinking positively occurs when we reach a critical mass of 3 to 1 ratio of positive to negative thoughts.
• PositivityRatio.com

Positivity

10 forms of Positivity
Joy
Gratitude
Serenity
Interest
Hope
Pride
Amusement
Inspiration
Awe
Love

--- THE POWER OF NEGATIVE THINKING ---

Negative thoughts are more powerful than positive thoughts
“modest level of negative affect, if combined with high levels of positive affect, may help to generate creativity,”

The Emotional Piggy Bank
Gratitude - daily spiritual hygiene

- A gratitude list of what you are thankful for within the last 24 hours has been shown to:
  - Change your perception of the past
  - Make you feel good about the present
  - Cast a more positive outlook over 2 weeks
- A daily practice of gratitude:
  - Increases your positivity ratio
  - Sets your perception to look for and anticipate positive experiences
  - Adds to your sense of well-being

POSITIVITY RESONANCE

Positive Experiences
Engagement
Relationship
Meaning
Achievement

The Research On Flow and The Connection To Well-being and Signature Strengths
In 1976 a book was written that arguably created the field of positive psychology’s first book — *Flow: The Psychology of Optimal Experience*.

Csikszentmihalyi said that flow is... "being completely involved in an activity for its own sake. The ego falls away. Time flies. Every action, movement, and thought follows inevitably from the previous one, like playing jazz. Your whole being is involved, and you’re using your skills to the utmost."

The event is freely chosen; The goal is clear; There is a high degree of focus; A loss of self-consciousness occurs by engaging in the action; Time is distorted; Feedback on performance is immediate and concrete; There is a sense of control in the situation or activity; The challenge is high, but there is balance between ability and the task; Bodily needs are less noticed; There is effortlessness in the activity because it is intrinsically rewarding.

Signature Strengths
The positive alternative to the DSM
6 Virtues (24 Character strengths)
- Wisdom and Knowledge
- Courage
- Justice
- Humanity
- Temperance
- Transcendence

AuthenticHappiness.org
Signature Strengths & Flow

Fight—Fight—Freeze—or—Flow.

Using your signature strengths increase positive experiences.

Those who use their top strengths regularly report being in flow more often.

Positive Experiences
Engagement
Relationship
Meaning
Achievement
Shelly Gable, assistant Professor of Psychology at the University of California, has examined the different types of responses we give to other people’s good news.

The quadrants utilize four possible ways to respond to someone’s good news about promotion and a pay-rise:

**Active Constructive**
“WoooHooo!!!”
(Help Relive the Experience)

**Passive Constructive**
“That’s Nice”

**Active Destructive**
They are going to make you work harder and longer for it. You’ll never be home. Its all going to taxes!

**Passive Destructive**
“What are we doing for dinner on Friday?”

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**Active and Constructive Responding**

- Shelly Gable, assistant Professor of Psychology at the University of California, has examined the different types of responses we give to other people’s good news.
What Are You Going To do When Things Go Right?

Fredrickson’s Research:

- oxytocin activation
- vagal tone
- mirror neurons, or “brain coupling

A higher vagal tone index is linked to physical and psychological well-being. A low vagal tone index is linked to inflammation, negative moods, loneliness, and heart attacks.

I am larger and better than I thought. I did not know I held so much goodness. ~Walt Whitman

May I be filled with loving kindness.

May I be safe from inner and outer dangers.

May I be well in body and mind

May I be at ease and happy.

Positive Experiences
Engagement
Relationship
Meaning
Achievement
POST-TRAUMATIC GROWTH
“Character is at least as important as IQ,”
~Angela Duckworth

$625,000 MacArthur Fellowship.

GRIT: Passion & Perseverance for Long Term Goals
SELF-control is the voluntary regulation of behavioral, emotional, and attentional impulses in the presence of momentarily gratifying temptations or diversions.”
A Quiz

• In two words or less: What is it you want for your children?

• In two words or less: What is it we teach in schools?

“NOT THAT”