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Student Wellbeing Matters! Use Positive Psychology Interventions to Help Your Students Achieve and Succeed.

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**Student Wellbeing Matters!
Use Positive Psychology Interventions
to help your students Achieve and Succeed.**

Andrea Francis, PhD., LPC., CPCS
NYAR 2019

Once upon a time there was Patrick

Hi! I'm Patrick







An illustration of a blue car on a dirt road. To the right of the car is a wooden signpost with a sign that says 'COBB'. The background features green trees and a blue sky. A white speech bubble is positioned above the car, containing the text 'We are moving to Georgia'.

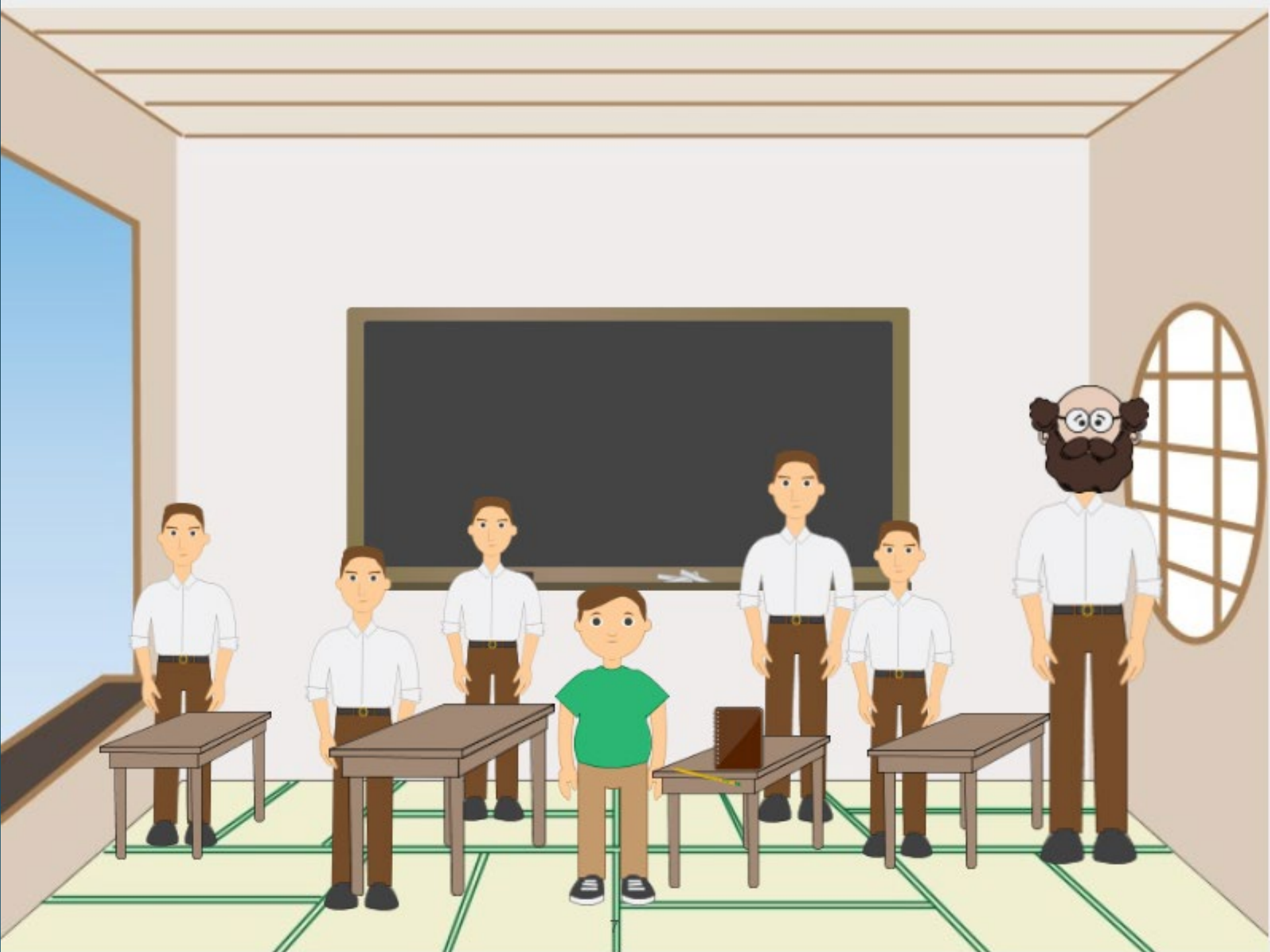
We are moving to Georgia

A large, dark green rectangular sign is mounted on two light-colored concrete pillars. The sign features a stylized orange logo at the top center, consisting of four thick, parallel lines extending from a central point towards the corners. Below the logo, the words "EXTENDED STAY" are written in white, uppercase, sans-serif font. Below that, the word "DELUXE" is written in white, uppercase, sans-serif font, and the word "HOTEL" is written in orange, uppercase, sans-serif font. The background of the sign is dark green. The sign is set against a blue sky with light, wispy clouds. In the background, a multi-story hotel building with tan and brown exterior walls and dark window frames is visible. A palm tree stands to the right of the sign. The overall scene is brightly lit, suggesting a sunny day.


EXTENDED STAY
DELUXE HOTEL

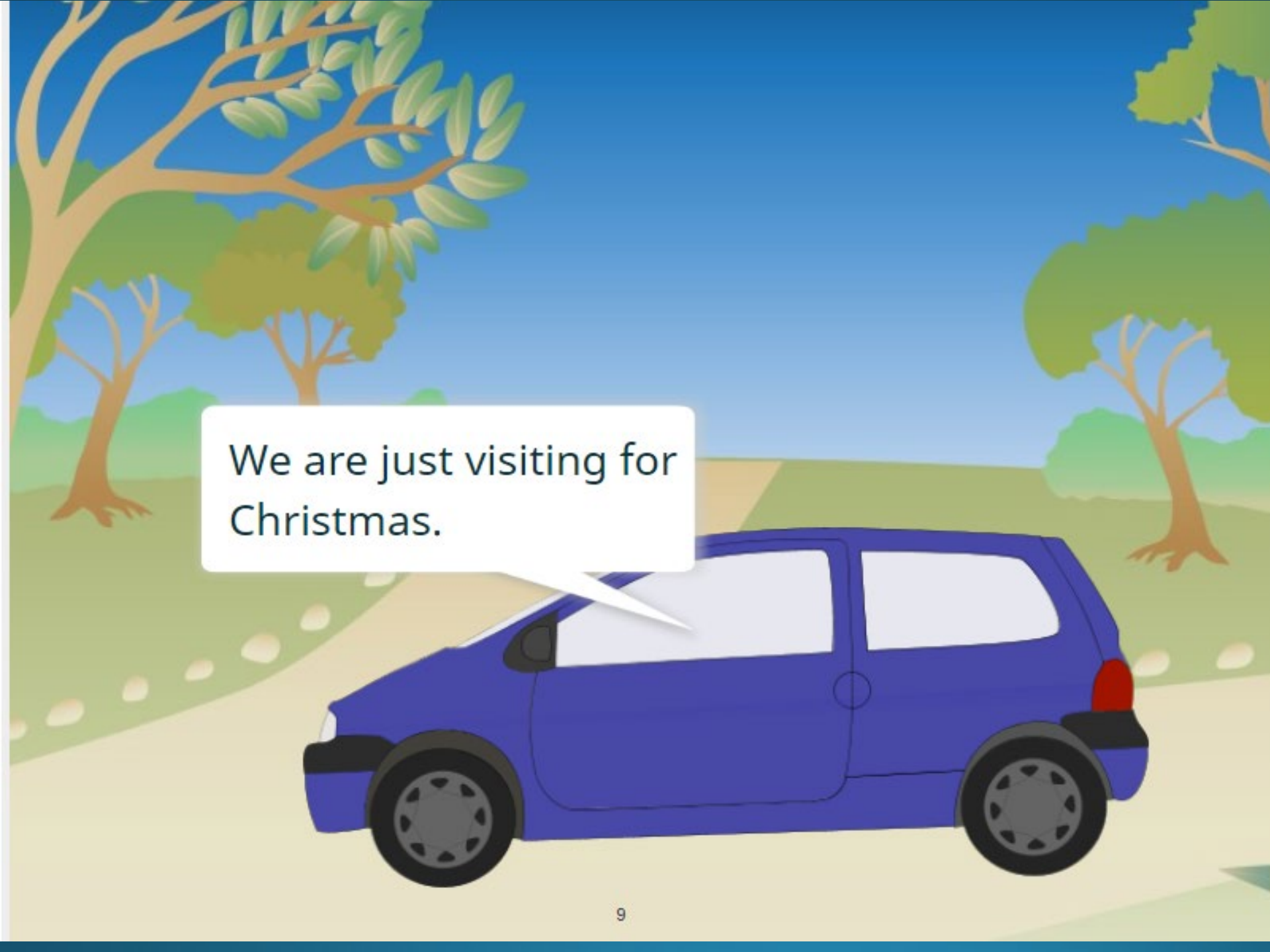
welcome to our
new home



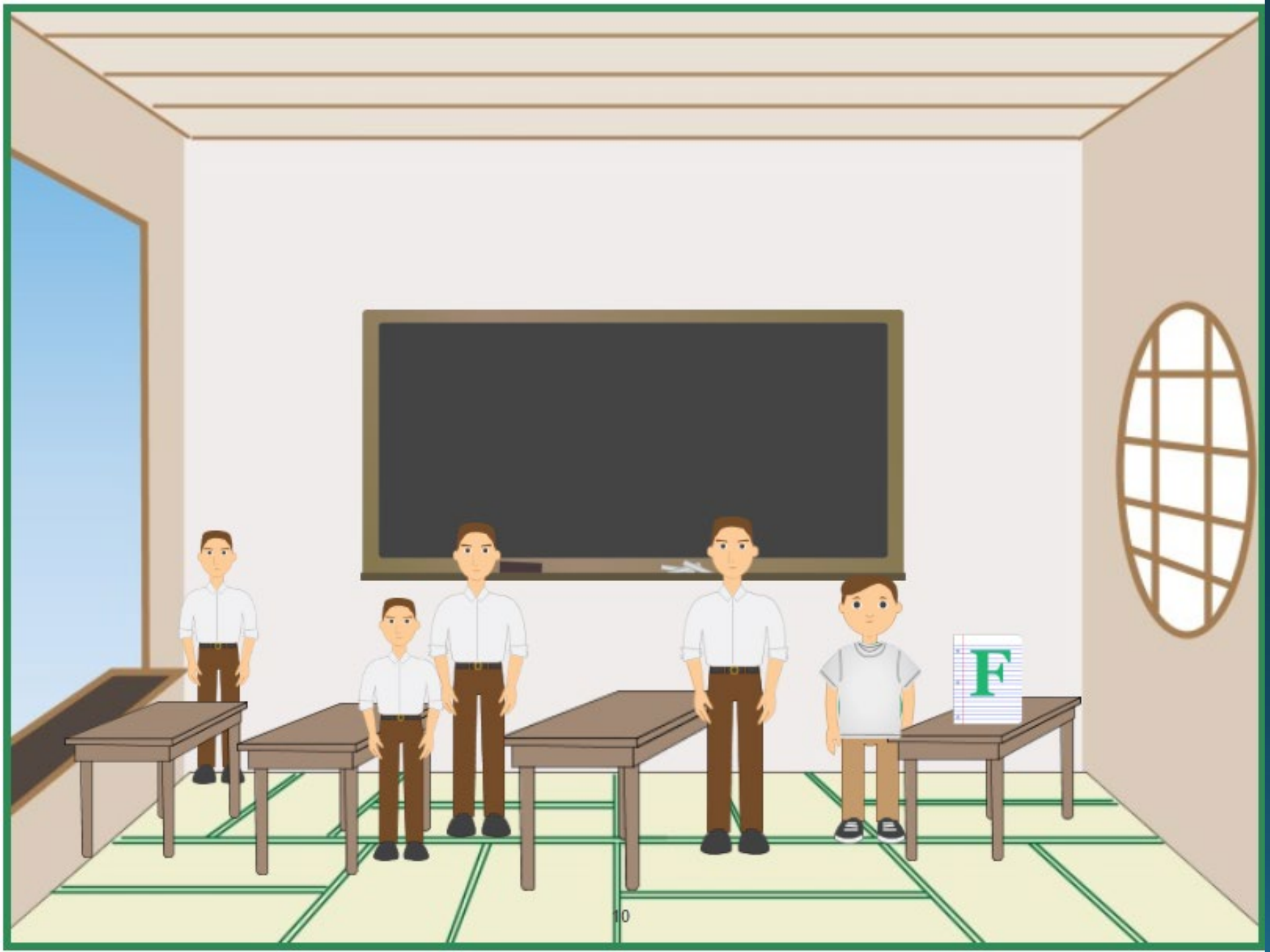


We are here for
you Patrick!



A blue hatchback car is parked on a dirt road in a rural landscape. The car is shown from a side profile, facing left. The background features rolling green hills, several trees with brown trunks and green foliage, and a clear blue sky. A white speech bubble is positioned above the car, containing the text "We are just visiting for Christmas."

We are just visiting for
Christmas.



What's wrong with Patrick?

Focus on Pathology

- Trauma/PTSD
- Grief
- Loneliness
- Anger
- Sadness/depression
- Disappointment/Despair



SAY WHAT?

Negative? Psychology VS. Positive Psychology

Marty Seligman, 1988. APA.

- Sad profession. Problem and deficit focused – traditional models
- Shift focus to a Strengths base – WHAT IS WORKING?
 - optimism, flourishing, wellbeing, resilience

What strengthens and promote a positive outlook?

- Mihaly Csikszentmihalyi - Founding Father of “Flow’ Being lost in the moment
- Christopher Peterson - Character Strengths. “ Other people matter”

Positive Psychology is A SCIENCE. IS research based – Not baseless, pie in the sky.

- MASLOW – 1960’s

<https://positivepsychologyprogram.com/what-is-positive-psychology-definition/#founder-positive-psychology>



CORE OF PP

THEORY OF WELL-BEING -PERMA

Based on research of free people who are not suffering – 5 things they choose:

- P - Positive Emotions
- E - engagement
- R - good relationships
- M - meaning and purpose of life
- A -achievement and accomplishment

APPLYING PERMA

- **P – POSITIVE EMOTIONS**
- Nurture POSITIVE EMOTIONS – how?
 - Happy Memories
 - Time Spent With Friends
 - Being with nature, ExerciseIntentional practices to increase
Positive Emotions: gratitude, HTGS



Dream a little: <https://www.thecut.com/2016/10/how-to-be-more-creative-spend-more-time-daydreaming.html>

Dance a little: <https://www.nytimes.com/2017/04/05/education/edlife/get-happy-four-well-being-workouts.html>

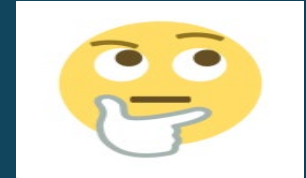
Sing a little: <https://www.nytimes.com/2003/03/02/nyregion/well-being-call-it-the-singing-cure.html>

WHAT DO WE SAY TO PATRICK?

PERMA

- **E – ENGAGEMENT**

We must be engaged, doing something
to thrive – to be in FLOW – getting lost in –utter
joy – build confidence , satisfaction
getting lost in a good book, art, music,



Fortnite ?

Patrick - What does he love to do? How do we help him to become engaged at New Middle School (NMS)?

R – RELATIONSHIPS - We are social beings – born into a community
Other people matter – connection important,
love, physical and emotional contact

Patrick - How do we help mentally visit and affirm his old connections and validate the connections in his family - Genogram

PERMA

- **M – Meaning and Purpose**

-We are our best selves when we dedicate ourselves – to something greater. Something outside ourselves

- Religious Faith. Community work. A Creative Goal

Patrick- How do we help to connect – to see his circumstances as a chance to serve? What are his CHARACTER STRENGTHS based on his VALUES?

- **A - ACCOMPLISHMENT**

- Winning is not everything but we should win sometimes to know that we have a goal and can attain them (Seligman, 2018. Coursera)

*Patrick – How do we help him set goals for himself and achieve?
GRIT. WOOP.*

CHARACTER STRENGTHS

- **DSM V** (Diagnosis and Statistical Manual of Mental Disorders) – American Psychiatric Association - widely trusted and accepted source for classifying mental *dis-ease*
- **Character Strengths and Virtues : A Handbook and Classification** - (Seligman and Peterson, 2004) “Manual of Sanities”

Across cultures and History and Time - **WHAT DO PEOPLE VALUE?** For Example: What do Stories Teach our Children?

- **The Virtue of Wisdom**
- **The Virtue of Courage**
- **The Virtue of Love**
- **The Virtue of Justice**
- **The Virtue of Temperance**
- **The Virtue of Transcendence**

From these **6 virtues** come the **24 character strengths**. When we know our strengths and use them we are being the best we can be.

PATRICK - If he knows his character or signature strengths - will know GRIT and how to keep going

<https://www.viacharacter.org/www/Reports-Courses-Resources/Resources/Character-Strength-Fact-Sheet>

PATRICK – Strength Report

1: Bravery 🦁

Not shrinking from threat, challenge, difficulty, or pain; speaking up for what's right even if there's opposition; acting on convictions even if unpopular; includes physical bravery but is not limited to it.

2: Creativity 🧠

Thinking of novel and productive ways to conceptualize and do things; includes artistic achievement but is not limited to it.

3: Love 💞

Valuing close relations with others, in particular those in which sharing & caring are reciprocated; being close to people.

4: Fairness ⚖️

Treating all people the same according to notions of fairness and justice; not letting feelings bias decisions about others; giving everyone a fair chance.

5: Curiosity 🗨️

Taking an interest in ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering.

6: Perseverance 🏔️

Finishing what one starts; persevering in a course of action in spite of obstacles; "getting it out the door"; taking pleasure in completing tasks.

7: Perspective 🌐

Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself/others.

8: Hope 🌈

Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about.

9: Humor 🤡

Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes.

10: Leadership 🗣️

Encouraging a group of which one is a member to get things done and at the same time maintain good relations within the group; organizing group activities and seeing that they happen.

11: Social intelligence 🗣️

Being aware of the motives/feelings of others and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick.

12: Zest 🌟

Approaching life with excitement and energy; not doing things halfway or halfheartedly; living life as an adventure; feeling alive and activated.

13: Forgiveness 🕊️

Forgiving those who have done wrong; accepting others' shortcomings; giving people a second chance; not being vengeful.

14: Kindness 🤝

Doing favors and good deeds for others; helping them; taking care of them.

15: Humility 🙇

Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is.

16: Teamwork 🤝

Working well as a member of a group or team; being loyal to the group; doing one's share.

17: Honesty 🗣️

Speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretense; taking responsibility for one's feelings and actions.

18: Judgment 🧠

Thinking things through and examining them from all sides; not jumping to conclusions; being able to change one's mind in light of evidence; weighing all evidence fairly.

19: Sense of Meaning 🌟

Your life is infused with a sense of meaning or purpose; you feel a connection with something larger than yourself; your beliefs inform who you are and your place in the universe.

20: Prudence

Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted.

21: Appreciation of Beauty & Excellence

Noticing and appreciating beauty, excellence, and/or skilled performance in various domains of life, from nature to art to mathematics to science to everyday experience.

22: Self-Regulation

Regulating what one feels and does; being disciplined; controlling one's appetites and emotions.

23: Love of learning

Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally; related to the strength of curiosity but goes beyond it to describe the tendency to add systematically to what one knows.

24: Gratitude

Being aware of and thankful for the good things that happen; taking time to express thanks.

THANK YOU! Gratitude works

3 Blessings - 3 Good things - Seligman

<https://www.youtube.com/watch?v=RT2vKMyIQwc>

<https://www.youtube.com/watch?v=ZOGAp9dw8Ac&feature=youtu.be>

7 Keys to Resilience (Reivich, 2018. Coursera)

ra.org/learn/positive-psychology-resilience/lecture/GGedM/1-5-jennifer-loredo-and-resilience-stories

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For Enterprise | Andrea

VARIABLES THAT CONTRIBUTE TO RESILIENCE

The diagram illustrates seven variables that contribute to resilience, arranged around a central human figure. Each variable is represented by an icon and a label:

- Positive Institutions**: Represented by a green circle with a white building icon.
- Connection**: Represented by a yellow circle with three people icons.
- Self-Efficacy/ Mastery**: Represented by a blue and red target icon.
- Biology**: Represented by a black circle with a green DNA double helix icon.
- Self-Awareness**: Represented by a green circle with a white book icon.
- Self-Regulation**: Represented by a blue circle with a traffic light icon.
- Mental Agility**: Represented by a green circle with a white brain icon.
- Optimism**: Represented by a red circle with a white person running icon.

44:57 | 10:04 | 7:20 PM | 1/15/2018

Seven Components - Resilience

- Biology Genogram – who models resilience?
- Self-Awareness
- Self-Regulation
- Mental Agility
- Optimism
- Self-Efficacy (Grit)
- Connection
- Positive Institutions

RESILIENCE

REAL TIME RESILIENCE – Self talk

Reivich, K. & Shatte, A. (2002)

- Argue against yourself with hard evidence
- Reframing
- If X then Y

HGTS

- "**Hunting the Good Stuff**" counteracts the negativity bias to create positive emotion, and to notice and analyze what is **good**. "When you '**Hunt the Good Stuff**' it leads to better health, better sleep, feeling calm, better relationships, and greater life satisfaction" (Sango. 2014)
- [Hunting the good stuff during resiliency training | Article | The United ...](#)
- https://www.army.mil/article/.../hunting_the_good_stuff_during_resiliency_training

Dreaming for Real – what is your dearest wish? WOOP

- WISH
- OUTCOME
- OBSTACLES
- PLAN

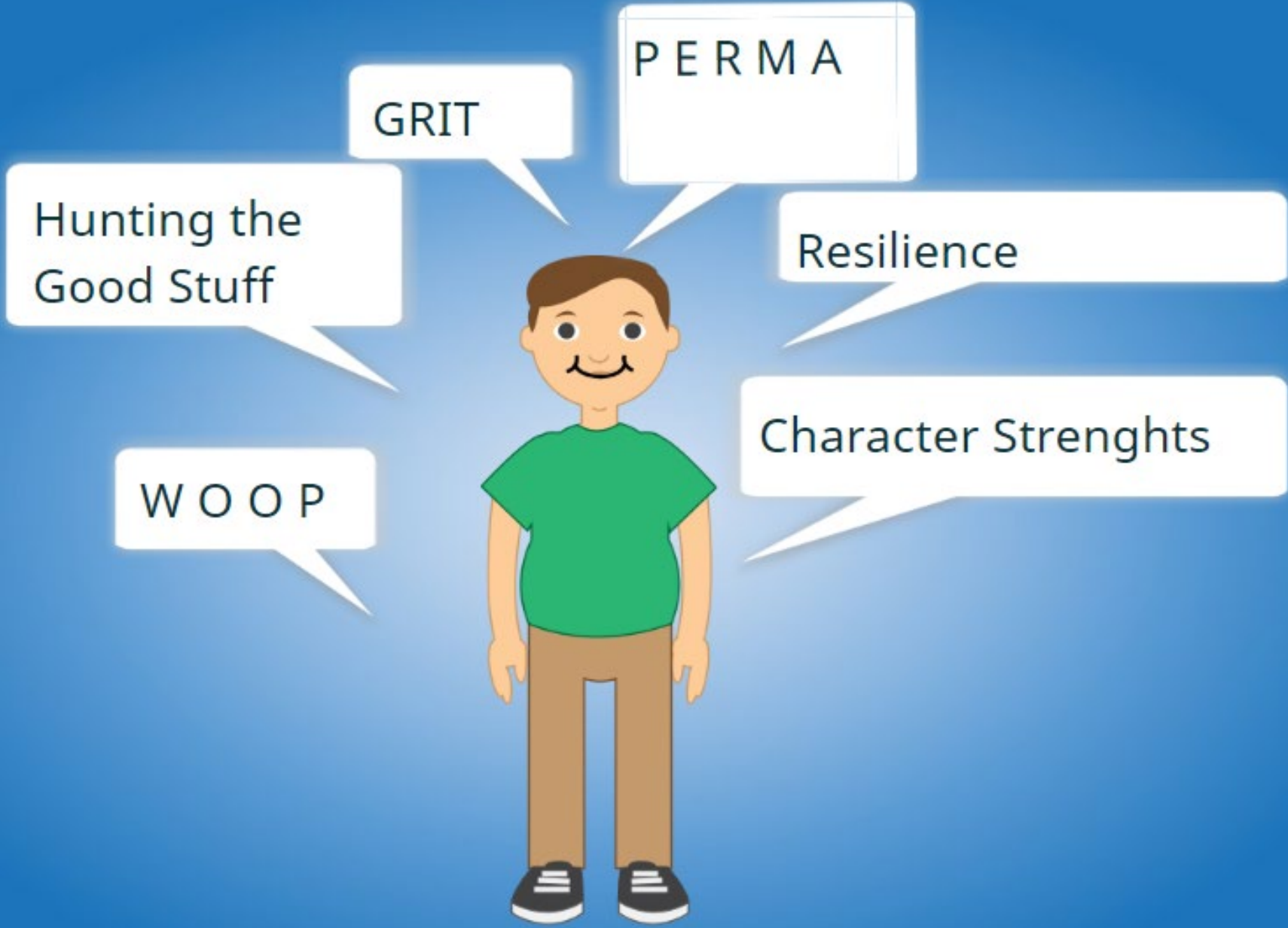
- <http://woopmylife.org/woop-1/>
- <https://www.characterlab.org/woop/>

MINDFULNESS

• JUST BREATHE

- https://www.nytimes.com/2017/04/05/well/move/what-chill-mice-can-teach-us-about-keepingcalm.html?em_pos=small&emc=edit_hh_20170407&nl=well&nl_art=3&nlid=79871
- <https://positivepsychologyprogram.com/mindfulness-for-children-kids-activities/>

(Seph Fontane Pennock, 2018)



RESOURCES

- Using Genograms

- McGoldrick, M., Gerson, R., & Shellenberger (1999). *Genograms. Assessment and Intervention*. New York, NY: W.W. Norton & Company Ltd.
- <https://www.psychologytoday.com/us/blog/curious/.../making-sense-character-strength...>

- Pellissier, H. (2017, March 2). Why teach kids to forgive? *Great Schools*. Retrieved from

- <https://www.greatschools.org/gk/articles/teach-kids-forgive/>

- Reynolds, G. (2017, April). Why deep breathing may keep us calm. *The New York Times*. Retrieved from

- <https://www.nytimes.com/>

- Play

- Child's Play Is Good for All of Us www.nytimes.com

- https://www.nytimes.com/2017/05/03/well/move/childs-play-is-good-for-all-of-us.html?em_pos=small&emc=edit_hh_20170505&nl=well&nl_art=7&nlid=79871098&ref=headline&te=1

- <https://www.psychologytoday.com/blog/animal-emotions/201405/the-importance-play-having-fun-must-be-taken-seriously>

- <https://www.psychologytoday.com/blog/freedom-learn/201404/risky-play-why-children-love-it-and-need-it>

- <https://well.blogs.nytimes.com/2015/12/09/teenagers-arent-getting-enough-exercise-at-school-or-anywhere/?action=click&contentCollection=Well&module=RelatedCoverage®ion=Marginalia&pgtype=article&mtrref=www.nytimes.com&login=email>

- Kindness:

- Check This Box if You're a Good Person - The New York Times

- <https://www.nytimes.com/2017/04/04/.../check-this-box-if-youre-a-good-person.html>

- Positivity

- Turning Negative Thinkers Into Positive Ones - The New York Times

- <https://www.nytimes.com/2017/04/.../turning-negative-thinkers-into-positive-ones.html>

- A Positive Outlook May Be Good for Your Health. **JANE E. BRODYMARCH 27, 2011**

- <https://www.nytimes.com>

- Teens Overestimate the Bad Behavior of Peers.

- All the cool kids aren't doing it, says a new study. In fact, teens underestimate good behavior among their classmates. **SARAH W. HELMS | NOVEMBER 25, 2016**

- https://greatergood.berkeley.edu/article/item/teens_overestimate_bad_behavior_peers

School Daze

- <https://www.youtube.com/watch?v=JNgCM7zp3oM>