

Positive Psych.

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Martin Seligman

Determinants of happiness:

Genetics - 50%, Actions/Thoughts - 40%, Ext. Circums. - 10%

Happiness - a way of being + knowing what's right + good, + living true to that  
Create a state of flow + do that.

Watch less news

Steps to flow:

- Clear goal, not multi-tasking.
- Concentrated focus on what needs to be done.

Savor the moment.

Gratitude - list before sleep → calm

Empathy - takes focus off us.

Avoid snap judgments. Active listening. Random acts + spread kindness. 5 to 1

Optimism realistic.

Exercise: 3 W's - what went well? Find +s among negatives.

Ask what would good look like?

Humility

Learn to laugh at self

Seek accurate feedback.

Model humility

Exper. awe - we're part of st.

Focus beyond self

Hope - goals (small + large) for all areas of life

Chg. self-talk.

Work on this - progress gradual.

Friendship - most imp. in looking back

Functions of friendship

More excitement w/ friends > w/ partner.

Intimacy, joy

Critical # of friends - 3

- Rules of friendship - schedule
- Assign priority to close friends
  - Practice transparency.
  - Learn to listen
  - Convey warmth
  - Create space
  - Be loyal, defend friends.

Book: Creating Well-Being by Pamela ~~Hays~~ Hays

How make tomorrow go right?

1. Rehearse what'll go right.
2. Think how to get into flow.