

NOVEL AND LESS KNOWN WELLBEING INTERVENTIONS



NZAPP

WELLBEING SUCCESS STORIES

1ST JUNE 2021

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WEDNESDAY APRIL 11TH 7PM-9PM

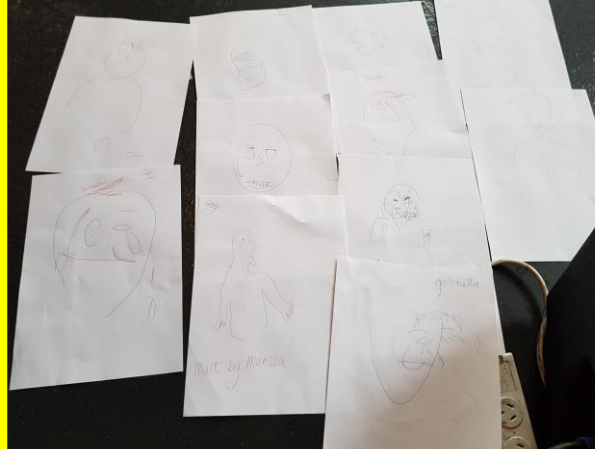
Dr Aaron Jarden: Wellbeing and Resilience Centre, SAHMRI

Dr Suzy Green: The Positivity Institute

Dr Jo Mitchell: The Mind Room



Team Number: _____ Team Name: _____ Judge Number: _____



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3

Maximising and Satisficing

Goal

The goal of the exercise is to increase your decision-making skills which in turn impact your wellbeing.

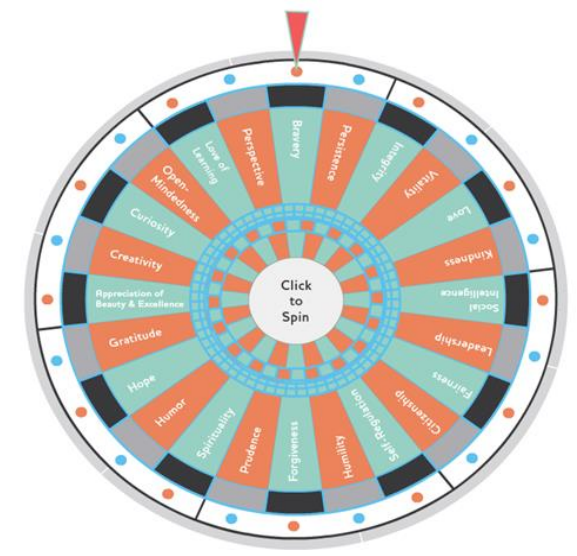
Instructions

Chances are, in relation to decision making, that you have never heard of the terms 'maximising' and 'satisficing'. These are two very different strategies to choose an option from a set of possible alternatives. Individuals who *maximise* consider all possibilities comprehensively and strive to select the best option. These individuals search out information to ensure they are exposed to the best alternative. On the other hand, individuals who *satisfice* seek an alternative that exceeds some criterion of acceptability. Once they identify an acceptable option, they discontinue their search and choose that option. These individuals do not pursue the goal to optimise every decision.

- So which are you? Do you think you are a maximiser or satisficer?

Your answer is probably that you're slightly more one than the other, however use both approaches on occasions. This is good as it highlights that the context and its importance can affect whether or not you tend to maximise or satisfice.

To enhance wellbeing, individuals should, on some occasions, decide not to consider all of the options and alternatives and instead take a satisficing approach. For example, at a restaurant, they should disregard one section of the menu. This approach is especially important if their decision is unlikely to affect their life significantly in the future. Over the coming week when you are making decisions, ask yourself if it is a satisficing decision? In other words, will the first object or option that meets your criteria do? Or is this an important decision that requires a maximising approach? Maximisers typically get better results, but it's also more time consuming and mentally taxing, and maximisers are more likely to experience buyer's remorse and be less happy with their decisions. Thus maximising is not a good approach for *all* decisions. Over the coming week when you are making decisions, ask yourself if a maximising decision is needed?



The Geelong three breaths exercise

- **Breath One.** Take a deep breath. Notice **your physical body** and any points of pain or tension. Breath out slowly and release any tension away.
- **Breath Two.** Take a deep breath. As you breathe **out think** about what you are grateful for right at this very moment. Say to yourself "**Right now I am grateful for...**".
- **Breath Three.** Take a deep breath. As you breathe **out think** what intentional state you want to be in right now. Say to yourself "**My intention right now is to be** (kind, open minded, relaxed, critical, curious etc)..."

Developed by Justin Robinson at Geelong Grammar.



WHY SUCCESS?

- **LIFE RELATED – NOT JUST WORK**
- **OBTAINABLE / MANAGEABLE – NOT COMPLEX**
- **SWIFT AND QUICK (HAVE TIME)**
- **TRANSPORTABLE ACROSS SITUATIONS**
- **FUN**
- **AFFORDABLE**
- **COLLABORATIVE (ME, WE, US)**
- **TAP MULTIPLE SYNERGISTIC PATHWAYS TO WELLBEING**

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LOST FACT