The Next 60 Minutes

All about me
A little bit about wellbeing
Some fun stuff
10 mins of Q&A
Applause
My Short Academic Story

Hated school

• Cards.
• Sports.

No idea what I wanted to study

• But I did know I wanted to leave home and explore.

Philosophy → Social Psychology → IT → Clinical Psychology → Positive Psychology → Academic → Entrepreneurship

20 years and 6 universities later:

• Bachelors of Social Sciences with a double major in Psychology and Philosophy, Bachelors of Social Sciences with honours in philosophy, Graduate Diploma of Applied Ethics, Bachelor of Arts with honours in psychology, Masters of Arts in psychology, Diploma in Clinical Psychology, PhD in psychology, Post-Graduate Certificate in Tertiary Teaching.
What are the three most important things to first year students?

- Getting boozed.
- Having sex.
- Finding a park.

But, students as a group have considerably lower wellbeing than the average public – for a number of reasons:

- Financial pressures.
- Social pressures.
- New experiences and learning curves.
- Stress.
- Lack of social supports.
Today is an introduction and taster session…

- Wellbeing science + Positive psychological interventions
- Know stuff + do stuff (knowledge + experience)
Let’s do a “back of the napkin” assessment.

• How happy are you right now in life?

What would you pay / give / do / sacrifice / commit to in order to be, on average, one point happier?

Positive Assessment

10 - Extremely happy
9 - Very happy
8 - Pretty happy
7 - Mildly happy
6 - Slightly happy
5 - Neutral
4 - Slightly unhappy
3 - Mildly unhappy
2 - Pretty unhappy
1 - Very unhappy
0 - Extremely unhappy
Positive Introductions

- **Step 1**: Pair up.
- **Step 2**: In 2 minutes (1 minute each), tell a story – a thoughtful narrative with a beginning, middle and end – that illustrates when you are at your best.
- **Note**: Swap when you hear the bell the first time after 1 minute, stop completely when you hear the bell the second time after 2 minutes.
Key point: Wield your strengths – they are paths to engagement and enjoyment.

http://www.viacharacter.org
I'm no expert on your wellbeing

&

“happiness is not a spectator sport” (Chris Peterson).

• Hard work required.

• One healthy meal or one gym session will not impact much.
Positive psychology (PP) & wellbeing science

- Positive psychology is a branch of psychology that conducts scientific inquiry into the factors that help individuals, communities and organisations thrive by building on their strengths and virtues.
- Positive psychology is the study of topics as diverse as happiness, optimism, hope, flow, meaning, subjective wellbeing and personal growth.
- Positive psychology aims to expand psychology from its focus on repairing the negatives in life to also promoting the positives in life.

What is optimal human functioning?
The good life is best construed as a matrix that includes happiness, occasional sadness, a sense of purpose, playfulness, and psychological flexibility, as well as autonomy, mastery, and belonging/connection.

For me, it’s not just about learning to be more positive – it’s about using scientifically-informed tools and strategies to make my thinking more flexible, accurate, clear, and expansive. This thinking (I hope) leads to happiness and more healthy behaviours.
What Is Wellbeing

- Different definitions and theories of wellbeing and flourishing.
- SWB = Satisfaction with life + high positive affect + low negative affect

### Flourishing

**Keyes**
- Emotional Wellbeing
  - Positive affect (happy)
  - Positive affect (interested)
  - Life satisfaction
- Social Wellbeing
  - Social contribution
  - Social integration
  - Social actualisation
  - Social acceptance

**Huppert & So**
- Positive Appraisal
  - Positive emotion
- Positive Functioning
  - Engagement
  - Competence
  - Meaning
  - Positive relationships
- Positive Characteristics
  - Emotional stability
  - Vitality
  - Optimism
  - Resilience
  - Self-esteem

**Diener et al.**
- Purpose and meaning
- Positive relationships
- Engagement
- Social contribution
- Competence
- Self-acceptance
- Optimism
- Self-esteem

**Seligman et al.**
- Positive emotion
- Engagement
- Positive relationships
- Meaning and purpose
- Accomplishment / competence
Ways To Wellbeing

• **Step 1:** Pair up with a partner, get a pen ready, as well as a blank A4 page…

• **Step 2:** Raise a hand in the air when you're ready…

• **Step 3:** Without looking down at your blank page, and ONLY looking at your partner’s face, you have 1 minute to draw a portrait of your partner, starting on the bell!

• **Step 4:** Sign your name, date it, and swap pictures with your partner…
Five ways to wellbeing
Ways To Wellbeing

Connect, be active, take notice, keep learning, give

- **Connect** – Make connections with friends, family, colleagues and neighbours. When you build these connections they help enrich your life with new experiences and opportunities.

- **Be Active** – Get moving. Walk, skip, run, dance – move your muscles. Exercise not only makes you feel good, it keeps you healthy. Pick a physical activity that you enjoy.

- **Take Notice** – Be mindful. Be curious. Like a child, see the wonder and beauty of the world. Notice the things around you – the weather, the landscape, the mood and feelings of the people around you. In noticing you learn to appreciate the things that matter.

- **Keep Learning** – We never stop learning. Keep trying something new – a new course you’ve been wanting to do or a more challenging task at work. Challenges keep us on our toes and increase our confidence and excitement in our day.

- **Give** – Be generous with your time, your knowledge and your talents, giving to friends, family and even strangers. Be thankful, smile at people, and volunteer. Sharing to a wider audience gives you a greater reward than just doing things for yourself.
Ways To Wellbeing
Is happiness within your control?

- Yes genetics play a big role, but turns out our external circumstances don’t necessarily have to have a big hold on our wellbeing.
- Wellbeing is a CHOICE: daily practices in life have a big impact on wellbeing.
Four ways of responding, and “active constructive responding” has been shown to build solid, strong and lasting relationships the best:

- **Active Constructive Response** involves expressing enthusiastic positive support = “That’s really great. Your wife will be pretty proud of you. I know how important that promotion was to you. We should go out and celebrate”. During such communication the person is maintaining eye contact and displaying positive emotion, such as laughing or smiling.

- **Active Destructive Response** involves expressing a derogatory or critical response = “That sounds like a lot of responsibility to take on. There will probably be more stress involved in the new position and potentially longer hours at the office”. The person is displaying negative emotions, such as frowning or anxiety.

- **Passive Constructive Response** involves showing benign disinterest = “That’s good news”. The person is displaying little nonverbal communication.

- **Passive Destructive Response** involves distancing or failing to respond = “What are we doing Friday afternoon?” The person does not acknowledge the good news, is not in eye contact, and may be turning away or leaving the room.

**Using active constructive responding is a good way to convey understanding, validation and caring, and to increase the wellbeing of your existing friends, as well as to make new friends.**
Embrace negative emotions – they are functional.

Embrace discomfort – chances are the best days of your life to date included an element of discomfort.
Longevity

**Age 85**

Happy Nuns: 90%

Unhappy Nuns: 34%

**Age 94**

Age 94: 54%

11%

*(The Nun Study: Danner, Snowdon, & Friesen, 2001
Positive emotional content, 180 nuns, mean age = 22 years)*
Building a State of Wellbeing
“Wellbeing is measurable, teachable and learnable”
What I Do Now

PERMA+

Positive Emotion
Engagement
Relationships
Meaning
Accomplishment

Optimism
Physical Activity
Nutrition
Sleep
What I Do Now

Building a State of Wellbeing

“And what else are we striving for if it’s not for the wellbeing of all of our citizens”

Jay Weatherill, Premier of South Australia
What I Do Now

Building Nations of Wellbeing

“All the efforts of our government must be focused primarily on the SAFETY & WELLBEING of each individual Pole.”

Photo: Mateusz Wiedarczyk
Free Assessment

Work on Wellbeing: www.workonwellbeing.com
Peak-end theory states that people’s judgments of their overall experience (like of this 60 minute talk) is greatly influenced by the peak of their experience, and how it ends.

- It has to do with our memory of experiences…
A Wellbeing Overview

- Invest time and effort in family connections.
- We are social creatures so be enmeshed in a community of friends - deep and meaningful relationships.
- Know your personal values and live by them. Similarly, know your purpose and what derives meaning for you.
- Know your personal strengths and find ways to exercise them every day.
- Develop and optimistic thinking style.
- Invest your money in experiences rather than things.
- Be in work or study, and work or study that you enjoy.
- Be grateful.

- Savour the now regularly – rather than the past or future.
- Slow down and do less – perhaps meditate?
- Be curious.
- Monitor your wellbeing.
- Look after your health (the below 5 can make approximately 14 years difference to your life expectancy).
  - Eat real food – not too much, and mostly plants (LCHF).
  - Exercise regularly – and different types: aerobic, resistance, flexibility, balance.
  - Drink alcohol in moderation.
  - Don’t smoke.
  - Get enough quality sleep.

Caveat: Genetics and upbringing also make a slight bit of difference, but since you can’t do too much about those, don’t worry about them…
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