Positive Psychology: The Search for Happiness

Participant’s Guide
Learning Objectives

Upon completion of this training, participants will be able to:

- Explain the benefits of positive psychology
- Describe the 3 basic realms of happiness
- Identify steps to increase levels of happiness and satisfaction
- Appreciate the use of positive psychology as a powerful tool to address and prevent depression
- Design a personal action plan to continue developing tools for positive emotional health

Exercise 1: Positive Behaviors Questionnaire

Write down 3 positive behaviors in part 1 of question 1; you'll learn about the second part of question 1 later. Then, answer question 2 in regards to the 3 positive behaviors you noted in question 1. Later, we'll return to finish the questionnaire by answering question 3.

1. What everyday behaviors do you do that contribute to your happiness and sense of well-being?

<table>
<thead>
<tr>
<th>Part 1: What do you do?</th>
<th>Part 2: Pleasure? Engagement? Or meaning? (we'll learn more about this later)</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1</td>
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<td>#2</td>
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2. What are the benefits of doing each of the 3 things you noted in question 1? How do they improve your happiness?

<table>
<thead>
<tr>
<th>Benefit?</th>
<th>How does it improve your happiness?</th>
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<tbody>
<tr>
<td>#1</td>
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3. Are your positive behaviors characterized as pleasure? Engagement? Or meaning? What ideas do you have about including more of the engagement- and meaning-type behaviors into your everyday life?

| #1       |                                          |
| #2       |                                          |
| #3       |                                          |
Exercise 2: Developing an Action Plan

Review your notes and handouts from today’s workshop and consider the following questions as jumping off points to create your own action plan for improving your emotional health through positive psychology concepts.

1. List 3 personal strengths you believe you possess. Beside each, give an example of how that strength helped you cope or function well with a recent difficult or challenging situation.

   Strength #1:
   Example:

   Strength #2:
   Example:

   Strength #3:
   Example:

2. List 3 current or upcoming difficult situations, and what personal strength you might employ to help you cope with each situation for the most positive outcome.

   Situation #1:
   Strength:

   Situation #2:
   Strength:

   Situation #3:
   Strength:

3. The 2 personal strengths I would like to improve upon most are:

   #1:

   #2:

4. What I currently do to maintain an optimistic outlook:

   What I plan to do to improve my optimism is:
5. What I currently do to express gratitude is:

   What I plan to do to increase gratitude in my life is:

6. What I currently do to create emotional resilience is:

   What I plan to do to further develop emotional resilience is:

7. What I currently do to experience “flow” in my life is:

   What I plan to do to experience more “flow” in my life is:

8. What I currently do to nurture and express my creativity is:

   What I plan to do to inject more creativity into my life is:

9. Two sources of emotional support I use when situations become challenging are:

10. The most important lesson I have learned form a past crisis was:

11. Two positive messages I want to give myself today are:

**Conclusion**

- Positive psychology buffers people against maladaptive health outcomes.
- Cultivating positive emotions and applying positive personal strengths to life’s challenges are critical for optimal physical and emotional functioning.
- Life can also have a greater depth of purpose and meaning if we actively strive for it by identifying and nurturing strengths.
What Types of Concerns Are Addressed by the EAP?

- planning for significant life events such as marriage or the birth of a child
- depression, anxiety, stress, grief and loss
- strengthening relationships
- achieving personal and professional goals
- addiction assessment and treatment recommendations
- work/life balance
- planning for a strong financial future
- sorting through legal matters

For More Information

If you find yourself struggling with ways to make your life more positive, consider contacting your employee assistance program (EAP) for free and confidential professional help. Your EAP phone number is (877) 397-1032. You may also visit your company’s Achieve Solutions® website at www.achievesolutions.net/cvt for more information on this topic.

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