Human Flourishing and Positive Psychology

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or

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Disclosure Statement

No financial interest/arrangement or affiliation with one or more organizations that could be perceived as a real or apparent conflict of interest in the context of the subject of this presentation.
Learning Objectives:

- Explore Human Flourishing/ Positive Psychology principles
- Apply them to yourself at home and at work
- Reflect upon your unique character strengths and virtues
- Build moments of “flow” into your life

http://www.viacharacter.org/Survey/Account/Register
What is Positive Psychology

The scientific study of human flourishing or the strengths and virtues that enable individuals, communities and organizations to thrive.
History

Psychological, philosophical, scientific and spiritual research

Fifties Humanist PhD’s Maslow, Rogers, Frankl and May

Authentic Happiness by Dr. Martin Seligman in 2002.

Antidote for the Diagnostic Manual in Psychiatry

Emotional well-being impacts health for all

Positive Psychology enters medicine

A Layered Approach

100 articles on psychopathology for every 1 on wellbeing in 90s

Strengths-based interventions mobilize healthy behaviors

Deficit models for psychopathology, not whole person

Shadow side in Positive Psychology 2.0

Consider and integrate all

A Vital, Inclusive Health Ecosystem
Why Does It Matter for Us?

“The negative shouts at you, but the positive only whispers.”

Mood and motivation improve with learned behaviors

Positive Psychology practices enhance joy at work

PP can enhance patient care

We are all human

Fredrickson, BT, Twitter
What Are The Learned Behaviors?

Warm, brief synchronous moments with colleagues.

Leaders create psychological safety and caring culture.

Individuals practice and maintain self-care habits. Five minutes!

Appreciative Inquiry, Warm Moments with Colleagues

Good relationships enhance health, happiness and productivity

Celebrate the good things others do, let them and others know

Mini actions that reflect magnanimous character do much

We all have different gifts and ways of giving

Formalize the acknowledgment

Do small things with great love

MOTHER TERESA
What’s Love Got to Do With It?

“The presence of love at all levels of the organization, is a driving force in achieving quality, safety and exemplary patient-centered experiences. It is an act of loving leadership to see something of value in those you serve and to let the person know you see it.”

Advancing Relationship Based Cultures by Abelson, MD,
#1 Gratitude Attitude Exercise for Individuals

Think about the past week and write down:

Three things that went well and your role in it

Share your story with your group
Self-awareness, Flow and Teams

Self awareness, focus and intentional use of strength leads to flow

Flow is meaningful engagement in a desired activity. Time flies

Pleasure, productivity, peak moments and prowess result

Collaborative Team: An orchestra: your flute, my cello,

A Vital, Inclusive Health Ecosystem
#2 Self-Awareness and Flow Exercise

Think of a time when you were in flow

What circumstances allowed this to occur?

Which of your character strengths were in play?

Share your story with your neighbor or your group
A first rate soup is more creative than a second rate painting
# 3 Group Guess: Positive Psychology Principles

P: 
E: 
R: 
M: 
A: 

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PERMA for Human Flourishing

An optimal, not a perfect life

“It is extraordinary to live ordinary life well”

Not permanent joy but greater number of peak moments

P: Positive Emotion
E: Engagement
R: Relationships
M: Meaning
A: Accomplishment
“Happiness makes up in height for what it lacks in length.”

- ROBERT FROST
Barriers to PERMA
Interpersonal Conflict
Helpful Stances

1. Do your best
2. Don’t make assumptions
3. Listen with slight skepticism
4. Be impeccable with your word
5. Don’t take it personally
Exercise #3  Truth Talk

T: *Talk* to yourself or friend about your situation

R: *Reflect* upon what you wish to happen or change

U: *Unveil* your perception of the facts to the person involved

T: *Tell* the person how the incident made you feel with inner calm

H: *Hear* what they have to say and let it be what it is

S: *Share* your request or wish. Wait and see.

Barron, 2019
What if we could build lives from which we did not need vacations?
Human Flourishing or Eudaimonia (Good Spirit)

EUDAIMONIA is a MNEMONIC

I am an elephant.
EUDAIMONIA:

E: Expression
U: Unwinding
D: Deep Connection
A: Altruism
I: Insight
M: Meaning
O: Own Two Hands
N: Nature
I: Improvisation
A: Autonomy
Expression

Pennybaker, JW  Expressive Writing in Psychological Science, Perspect. in Psycholog. Science 2017
Unwinding

Deep Connection

Altruism

I’ve got your back!

Altruism has the same impact on the brain as sugar.

Cool!
Psychodyn psychothe: devel evidence base
J. Yakeley Advances in Psychiatric Treatment Jul 2014
Movement

Own Two Hands

Pen Mightier Than the Keyb Advantages of Longhand Over Laptop, Mueller, P, Psych Sci, April, 2014
Improvisation

Autonomy

#4 Eudaimonia Exercise

E: Expression  
U: Unwinding  
D: Deep connection  
A: Altruism  
I: Insight  
M: Movement  
O: Own Two Hands  
N: Nature  
I: Improvisation  
A: Autonomy

Take moment to write or reflect upon how you can create these
Take-Home Exercise: Five Minutes Per Day Practice

Keep a journal beside your bed. 5 minutes before sleep:

Write down what moved you, cheered you or inspired you today

Create a nudge by adding this activity to your calendar

Keep it up for two weeks and see how you feel

True change comes with repetition

https://today.duke.edu/2018/08/one-easy-step-toward-building-resilience
Where did you find that? I've been searching for it everywhere.

I created it myself.
\[(\text{THANK YOU})^n\]

\[n \in \mathbb{N}, n > 1\]

\[\text{YOU} \in \{\text{Awesome People Set}\}\]