

Day 1:

Heritability:

- Biology of positive experience (eg. Environmental interaction) and positive traits (which seem to have a higher tendency to be hereditary seeming as pathological disorders such as depression seem to have biological correlation)

Enjoyment vs. Pleasure:

- Enjoyment has permanent positive effects (eg. Reading a book)
- Pleasure can be described as a bodily relief (eg. Sex) and the sensation isn't permanent
- However, people prefer pleasure over enjoyment in a given present moment
- Perhaps we don't think in a long-term beneficial scope

Reflection on readings:

- Both articles (article and report) suggest that positive self-monitoring (in sports – report) and overly- (even improbable) optimistic perspectives (in deathly sickness, such as AIDS – article 1) are more effectively pragmatic than negative self-gearing and monitoring
- However, a talented person in any given area is suggested to equip negative self-monitoring as positive self-monitoring does not allow them to excel any further

Lecture notes

Negativity bias

- Survival is #1 – fear is a stronger emotion than affection, adoration, etc. Thus, negative is stronger than positive. Negative is stronger on our emotions, cognition and memory. Positive phenomena stay in the background
- Negative emotions are our first line of defence against external threats
- Negative bias in marriage: one destructive act requires 5 constructive acts to make up for it
- Pain of losing money is greater than winning the same amount
- Bc of our negativity bias, we need to cultivate the ability to hone our attention
- Things that exploit our negativity bias: the news (negative news), advertising

Mind-wandering

- 47% wandering mind rate (Killingsworth – Harvard/UC Berkeley)
- Wandering mind about future (derived from stress), wandering mind about past (negative memories) – negativity bias is prevalent here also
- Wandering mind is not a happy mind
- Eg. Negativity bias: media, Perception: world is full of hate, Narrow your view: closes your mind, Behavioural impact: overwhelmed, desire to ignore, depleted

‘The aim of positive psychology is to catalyse a change in psychology from a preoccupation only with repairing the worst things in life to also building the best qualities in life’ (Seligman, 2002)

- If you eliminate bullying in a team, wellbeing might not still be present due to a lack of synergy, cohesion and fun
- Eg. Advertising = changing quit smoking ads from diseases to young, healthy people who successfully quit

Pathological historical context: the disease model

- Thought that psychology found what was 'bad' in you/wrong with you
- Psychologists become pathologists and victimologists
- Forgot about improving normal lives and high talent
- Positive interventions didn't exist
- PS should be concerned with strength and weakness, and should be concerned with nurturing high talent
- Happy people are extremely social (support)
- Strong relational component to wellbeing
- Idea of the lack of absence = wellbeing, has been challenged
- Two Factor Theory of psychological well-being: removing negative states (depression, anxiety): -5 ----- 0 ----- 5
- Eg. Going somewhere, not for the purpose of enjoying yourself or doing something for you, but in order to capture that moment to show others online that you live a happy, adventurous life

Single-minded pursuit of sensual pleasure

- Temporary feeling
- Constant struggle to sustain
- Create no lasting change in person/growth
- You need to up-scale it to feel any greater the next time

Eudaimonia

- Life based on cultivation of virtue or character
- Completeness that constitutes true and enduring joy

Flourishing (Martin Seligman)

- PERMA (positive emotion, engagement, relationships, meaning, accomplishment)
- "Wellbeing is not just the smiley face"
- "Positive Psychology is not a happy-ology" - Seligman
- Seligman, 2011, Diener, Oishi & Lucas, 2009

'Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom' – Viktor E. Frankl

'MAN'S SEARCH FOR MEANING' – VIKTOR E. FRANKL – BOOK

Shawn Achor – positive psychology YouTube video

- *The happy secret to better work*

- It is not through what is happening, but the lens through which you see the world (paraphrased, Shawn Achor – eg. Medical students reading lists of symptoms of diseases and thinking they have all of them)