

WELLNESS LETTER

AUGUST 2023

BY EMMA EASTWOOD, CCW
LEICHHARDT ONE MILE COMMUNITY CENTRE

POSITIVE PSYCHOLOGY

Positive psychology focuses on one's strengths over challenges with the aim of seeing life as good. By focusing on positive experiences and traits we learn to turn toward inspiration instead of helplessness in trying times. Focusing on positive perspectives can help to maximise happiness in everyday behaviours.

BENEFITS

The benefits of positive psychology:

- boosts oxytocin which provokes greater trust, empathy, and morality in humans
- happiness is contagious which can improve relationships with friends and significant others
- volunteering can improve life satisfaction
- seeking out positives can help to ground yourself in the present moment, reducing feelings of anxiety

Therefore, positive psychology is beneficial as it increases experiences of positive emotions, helps to set goals, develop strengths, build hope, and maintain positive relationships.



TOXIC POSITIVITY

Toxic positivity is denying yourself experiencing emotions that are not positive. Though grief and sadness are painful emotions, they are essential experiences of human existence. It is important not to diminish or silence painful emotions and avoid putting pressure on yourselves or others to be happy when struggling.



Toxic

WELLNESS LETTER

PERMA

An acronym to remember positive psychology's purpose.

Positive Emotions- enjoy the present moment

Engagement- be absorbed in an activity you enjoy

Relationships- seek positive interactions to help you flourish

Meaning- dedicate yourself to a cause or something bigger (e.g. religion)

Accomplishment- achieve your goals

PERMA

JOURNALING

A GRATITUDE JOURNAL CAN HELP TO REFLECT ON THE GOOD: THE POSITIVE INTERACTIONS AND WHAT IS GOING WELL.

WRITE THREE THINGS DOWN YOU ARE GRATEFUL FOR EACH DAY. ENSURING THEY ARE DIFFERENT HELPS TO VIEW YOUR DAY THROUGH A POSITIVE LENS. OVER TIME YOU MAY NOTICE THAT INSTEAD OF CONSCIOUSLY SEEKING OUT THREE THINGS TO PUT IN YOUR JOURNAL, THE GOOD WILL BEGIN TO JUMP OUT AND YOU'LL HAVE MORE THAN THREE THINGS TO WRITE DOWN.

SIMILARLY, JOURNALING COULD BE IN THE FORM OF WRITING A LIST OF YOUR STRENGTHS, GOALS, AND WISHES TO MAINTAIN A POSITIVE PERSPECTIVE.



NEUTRALISATION

IF YOU FIND YOURSELF RUMINATING OVER NEGATIVE THOUGHTS OR EXPERIENCES AND NEED SOMETHING TO CIRCUIT BREAK, THIS EXERCISE MAY HELP.

THIS PRACTICE INVOLVES LISTING FIVE POSITIVE THOUGHTS TO OFFSET ONE NEGATIVE THOUGHT AND LISTING THREE POSITIVE EXPERIENCES TO OFFSETS ONE NEGATIVE EXPERIENCE.

5

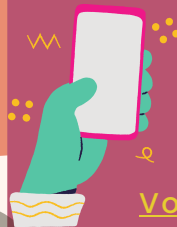
3



RESOURCES

You may find the below helpful:

[Action for Happiness Calendar](#)



[Happify app](#)
measuring happiness



[Volunteering Australia](#)
opportunities



CONNECT WITH US

http://

