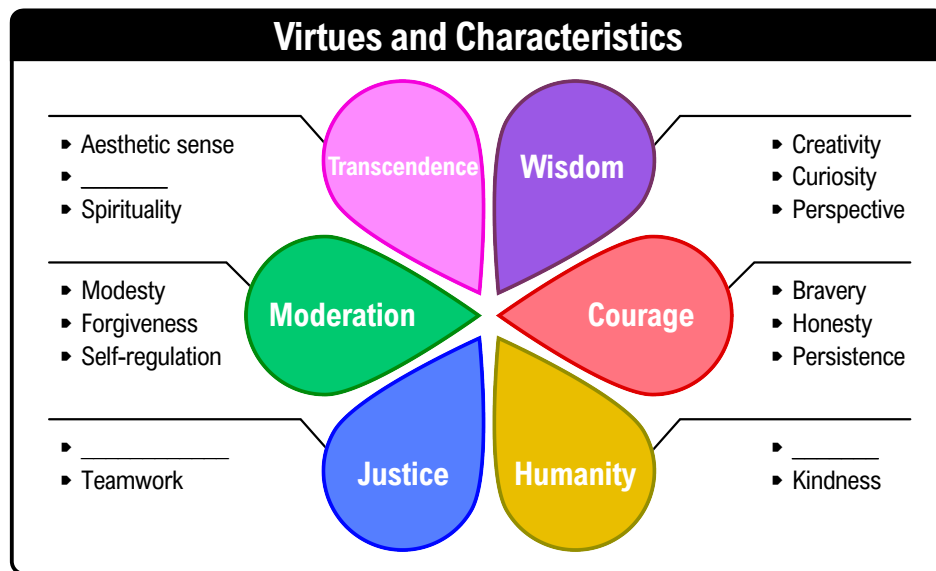


CONCEPT: POSITIVE PSYCHOLOGY

- ◆ Study of positive emotions, _____, and character strengths that bring happiness and _____.
 - Broader perspective: What makes life worth living?
- ◆ Positive psychology identifies ____ virtues associated with various character strengths.



EXAMPLE

Match the following characteristic with the correct virtue.

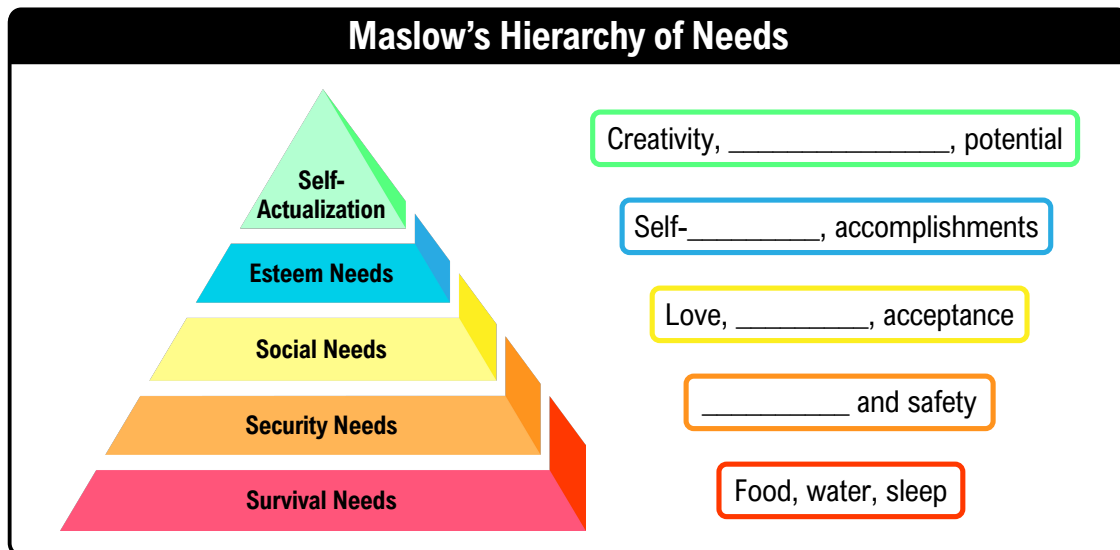
a. Open-mindedness	
b. Social intelligence	
c. Prudence	

Justice	Wisdom
Courage	Transcendence
Humanity	Moderation

CONCEPT: POSITIVE PSYCHOLOGY

Psychological Health and the Hierarchy of Needs

- ◆ Abraham Maslow developed the idea that psychological health is achieved after certain human _____ are met.
- ◆ **Self-Actualization:** Theorized highest possible level of wellness and _____ from life.
 - Not every person will achieve self-actualization in their life.



MEMORY TOOL: _____ fing safely _____ lo, _____joying myself _____.

EXAMPLE

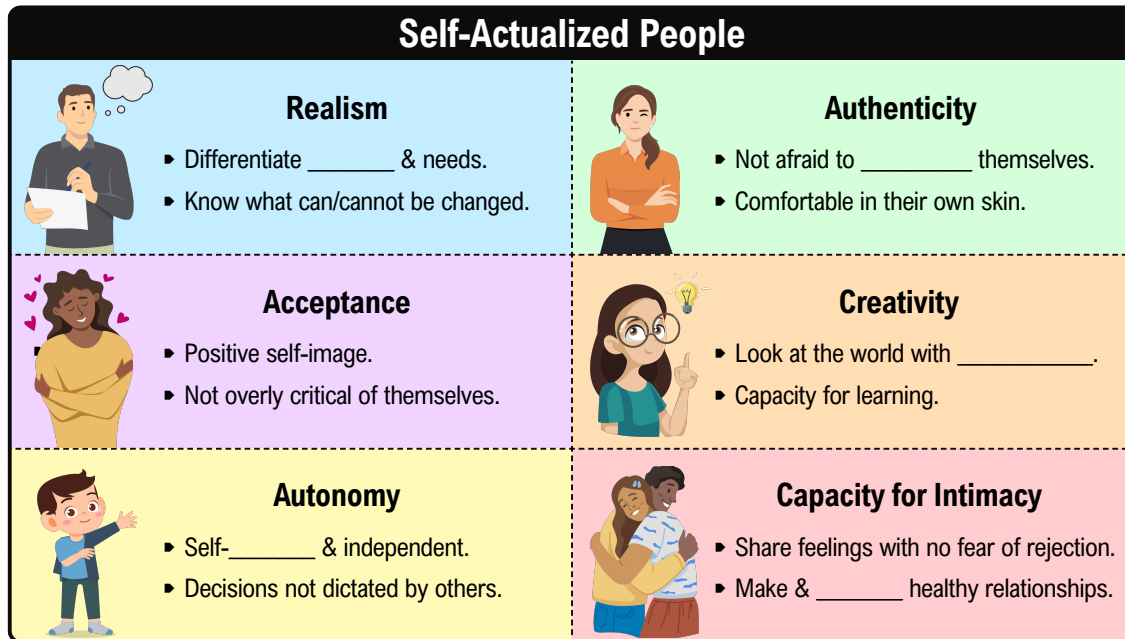
Which one of the following statements about Maslow's hierarchy of needs is incorrect?

- Self-actualization is the highest level of wellness attained by individuals who have reached their full potential.
- Survival needs are the most basic human needs that must be met before all other needs.
- All needs are independent of each other and failure to meet one need does not affect other needs.
- Inclusion and integration of an individual into community counts as a social need.

CONCEPT: POSITIVE PSYCHOLOGY

Self-Actualized People

◆ _____ self-actualized people have certain shared qualities.



EXAMPLE

After being diagnosed with bipolar disorder, Lara started feeling uneasy, thinking that she won't be very welcome in her community due to her mental illness. Her therapist made her realize that to be psychologically healthy, she needed to understand that being mentally ill was not her fault and there is nothing wrong with being diagnosed with a mental health disorder. What quality of self-actualized people was Lara's therapist inviting her to embrace?

- | | | |
|--------------------------|---------------|-----------------|
| a) Realism | c) Creativity | e) Autonomy |
| b) Capacity for intimacy | d) Acceptance | f) Authenticity |

CONCEPT: POSITIVE PSYCHOLOGY

Positive Psychology and Happiness

- ◆ Happiness is a very _____ emotion and experienced differently by individuals.
 - Hard to define but generally agreed as consisting of pleasure, engagement, and _____.
- ◆ The PERMA model outlines ____ elements of well-being, each associated with a dimension of happiness.

Elements of Well-Being and Happiness		
Pleasant Life	Positive Emotions	<ul style="list-style-type: none">▸ _____ feelings from hobbies, interests, entertainment, relationships, etc.▸ Approach life with curiosity, excitement, and energy.
Engaged Life	Engagement	<ul style="list-style-type: none">▸ Appreciation for being present in the moment.▸ Passion for and _____ into an activity.
Meaningful Life	Relationships	<ul style="list-style-type: none">▸ Openness to form new relationships.▸ Spending _____ with loved ones.
	Meaning	<ul style="list-style-type: none">▸ Striving to find a _____ in life.▸ Understanding that there is something greater than oneself.
	Accomplishment	<ul style="list-style-type: none">▸ Pursuing realistic goals and striving for _____.▸ Putting the _____ to gain skills for lifetime success.

- ◆ **Note:** Engagement and meaning contribute more towards happiness than pleasure.

EXAMPLE

According to the PERMA model, which one of the following statements could contribute to an individual's well-being and happiness?

- a) Spending too much time in the library at college because focusing on studies is more important than making friends.
- b) Venting to your friends regularly to make them aware of your anxiety and depression.
- c) Instead of buying an expensive smart watch, spending that money on a road trip with family.
- d) Becoming obsessed with work to be successful even if it takes away from family time.

PRACTICE

Identify each of the following as a survival need (SU), security need (SE), social need (SO), esteem need (EN), or the state of self-actualization (SA).

- a) _____ All of the needs of a person are met and they become their most complete version.
- b) _____ Protection from harm, accidents, and injuries.
- c) _____ Having friends that can offer support to a person when their level of well-being decreases.
- d) _____ Affirmations from parents and teachers during young age.
- e) _____ Having an income to pay for food and transportation.

CONCEPT: POSITIVE PSYCHOLOGY

PRACTICE

Which of the following cannot be linked to any of the elements of PERMA?

- a) Expressing interest in a favorite hobby and showing emotions of joy and contentment.
- b) Having such a high self-esteem that one cannot stop talking about their achievements.
- c) A firefighter loving their job because helping people brings them fulfillment.
- d) Going on a walk with a loved one and expressing your gratitude for their love.
- e) A student setting SMART goals to improve their mental health and working hard to achieve it.

PRACTICE

Which of the following statements is incorrect about positive psychology?

- a) It involves the study of emotions, virtues, and conditions that contribute to well-being.
- b) The level of well-being of a person is increased when they have certain character strengths.
- c) It focuses on the study of factors and experiences that make life fulfilling and meaningful.
- d) Positive psychology studies the connection between happiness of an individual and their risk of diseases.