




ACCEPtiOnal Thinking




Positive Psychology

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ACCEPtiOnal Thinking

Positive psychology


The study of the characteristics of individuals and institutions that flourish



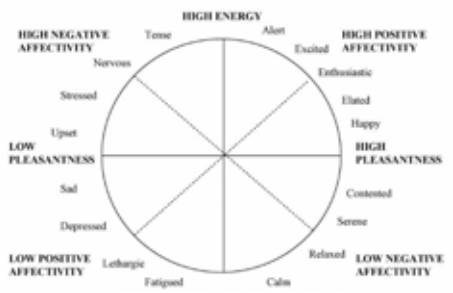
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Resilience

- The ability to recover from adversity
- Positive emotionality predicts resilience
- Broaden and build theory of positive emotions



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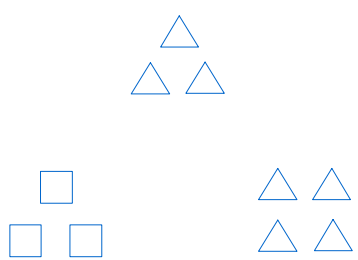
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How to improve your doctors diagnostic skills?



Organizational Behaviour and Human Decision Processes 72 (1), pp. 117-135

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Positive emotions and thinking

- Complex decision making
- Problem solving
- Creativity
- Negotiation – “win win”
- Solution oriented approach



Gallup Q12 Question	Customer	Profit	Productivity	Turnover
Overall satisfaction		X	X	X
Do I know what is expected of me at work?	X	X	X	X
Do I have the materials and equipment to do my work right?			X	X
At work, do I have the opportunity to do what I do best every day?	X	X		X
In the last 7 days I have received recognition or praise for good work?	X	X	X	
Does my supervisor or someone at work seem to care about me as a person?	X	X	X	X
Is there someone at work who encourages my development?		X	X	
At work, do my opinions seem to count?		X	X	
Does the mission/purpose of my company make me feel like my work is important?			X	
Are my co-workers committed to quality?		X	X	
Do I have a best friend at work?	X		X	
In the past 6 months I have talked with someone about my progress?	X		X	
At work, I have had opportunities to learn and grow		X		

A nuns story

- I was born on September 20, 1909, the eldest of seven children, five girls and two boys..... My candidate year was spent in the Mother house, teaching chemistry and latin at Notre Dame Institute. With God's grace, I intend to do my best for our order, for the spread of religion and for my personal sanctification.
- God started my life off well by bestowing upon me the grace of inestimable value..... The past year which I spent as a candidate studying at Notre Dame has been a very happy one. Now I look forward with eager joy to receiving the holy habit of our Lady and to a life of union with Love Divine.

	Active	Passive
Constructive	Wow this is great news. Your skills and hard work are definitely paying off. What is the project about?	That's nice dear
Destructive	Wow I bet the project will be complicated. No one else probably wanted it. I guess that means that you will be working longer hours	Guess what happened to me today

Journal of Personality and Social Psychology, Vol 91 2006, 904 - 917

A computer game that gets you to locate happy faces in a crowd reduces stress hormone levels by 17%



Stress and learning

A study among 589 9th graders found that stress at home affects adolescents' school life and vice versa. When adolescents experienced family stress, their learning and attendance problems increased at school the following day. Conversely, attendance and learning problems increased family stress the following day. These "spillover effects" lasted for two days after the initial stressor.

Also, adolescents with higher family stress in 9th grade saw declining academic achievement in the 12th grade.

Child Psychology, June 2008

How cool are you?

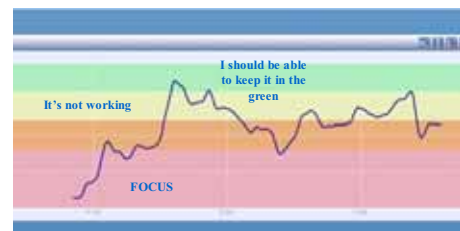


Breathing

- Chanting, prayer, yoga, meditation, swimming
- Slowly (10 seconds), deep and rhythmically



What were you thinking?



Negative thoughts decrease the calming response

Focusing on something unusual distracts the brain from negative thoughts



Be your own best friend



