

# Positive Psychology

A key contributor to wellbeing  
& happiness



- Traditional Psychology
- Positive Psychology
- 2<sup>nd</sup> wave Positive Psychology



- I'll be happy when .....

OR

- I can't be happy because .....



- He is who not contented with what he has, would not be contented with what he would like to have.

- Socrates



# 4 things to create positive change

1. Practise gratitude for 45 secs a day by finding 3 new things to be grateful for and practise 21 days in a row.

Gratitude is a positive emotion and is a deeper appreciation not just a way of saying thanks

(Emmons & McCullough 2003)

## 2. Random act of kindness – greatest predictor of levels of happiness





### 3. Mindfulness – focus on the present - you only have this moment

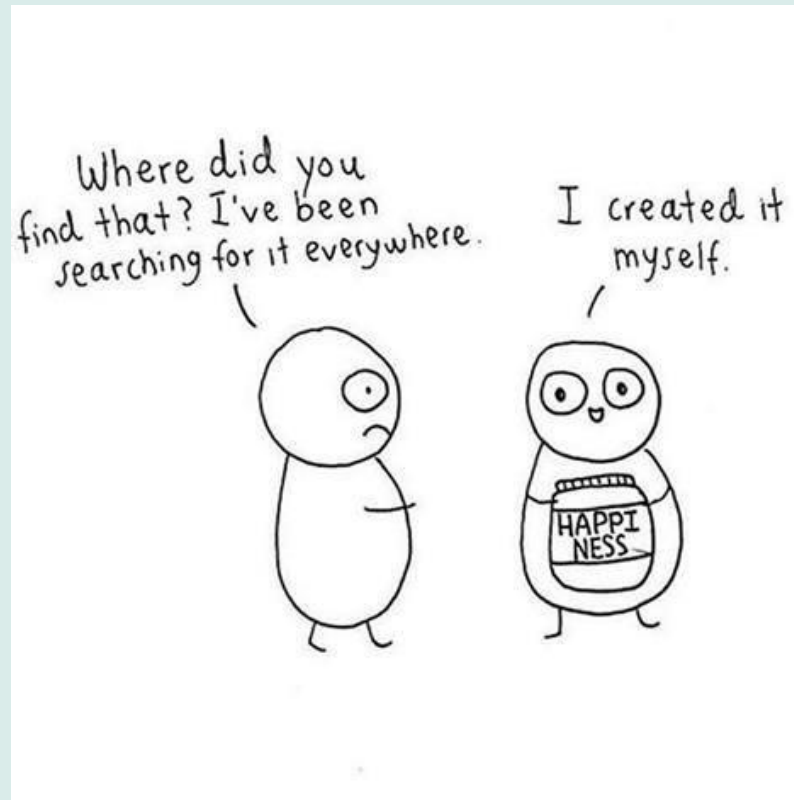
Buddhist tradition





## 4. Strengths





[guymcpherson.com](http://guymcpherson.com)