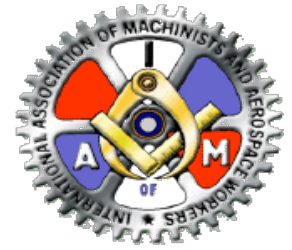




# HELPING HANDS



## Positive Psychology

A branch of psychology supports the use of positive thinking to live a better more productive life

Using positive psychology involves incorporating its principles and practices into various aspects of your life to promote well-being and fulfillment. Here's how you can apply positive psychology:

1. **Gratitude Practice:** Start a daily gratitude journal where you write down things you're grateful for. This simple practice can help shift your focus towards the positive aspects of your life.
2. **Identify Strengths:** Take assessments like the *VIA Character Strengths Survey* to identify your unique strengths. Once identified, find ways to leverage these strengths in your daily life, whether at work, in relationships, or pursuing personal goals.
3. **Positive Relationships:** Cultivate meaningful connections with others. Practice active listening, empathy, and kindness in your interactions. Surround yourself with supportive and uplifting individuals who contribute positively to your life.
4. **Engagement and Flow:** Seek activities that provide a sense of flow - where you're fully immersed and energized by what you're doing. This could be a hobby, a creative pursuit, or work that aligns with your passions and interests.
5. **Mindfulness and Meditation:** Practice mindfulness to become more aware of the present moment and cultivate acceptance without judgment. Meditation and mindfulness exercises can help reduce stress, increase self-awareness, and enhance overall well-being.
6. **Setting Meaningful Goals:** Set goals that are aligned with your values and aspirations. Break them down into manageable steps and celebrate your progress along the way. Pursuing meaningful goals can give your life a sense of purpose and direction.
7. **Savoring Positive Experiences:** Take time to savor and appreciate the positive moments in your life, no matter how small. Mindfully enjoy experiences, whether it's a delicious meal, a beautiful sunset, or a moment of connection with a loved one.
8. **Acts of Kindness:** Practice acts of kindness towards others without expecting anything in return. Small gestures of kindness can not only brighten someone else's day but also increase your own feelings of happiness and fulfillment.
9. **Optimism and Resilience:** Cultivate a positive outlook on life by reframing negative situations in a more optimistic light. Build resilience by learning from setbacks and challenges and maintaining hope and perseverance in the face of adversity.



10. **Seek Professional Support:** If you're struggling with mental health issues, seek support from a therapist or counselor trained in positive psychology or cognitive-behavioral therapy. They can provide guidance and techniques tailored to your individual needs.

## Positive Psychology Resources

1. **Books:**

- "Authentic Happiness" by Martin Seligman
- "The How of Happiness" by Sonja Lyubomirsky
- "Positive Psychology: The Science of Happiness and Flourishing" by William C. Compton and Edward Hoffman
- "Flow: The Psychology of Optimal Experience" by Mihaly Csikszentmihalyi

2. **Online Courses:**

- Coursera offers several courses on positive psychology taught by leading researchers and practitioners.
- The University of Pennsylvania offers the "Foundations of Positive Psychology" course through Coursera, which provides an overview of key concepts and practical applications.
- PositivePsychology.com offers various online courses, workshops, and resources on topics related to positive psychology.

3. **Podcasts:**

- "The Science of Happiness" podcast by the Greater Good Science Center explores the science behind happiness and offers practical tips for leading a more fulfilling life.
- "Happier with Gretchen Rubin" is a podcast hosted by Gretchen Rubin, where she discusses happiness, habits, and human nature, drawing insights from positive psychology and personal experiences.

These resources can provide valuable insights, tools, and practices for incorporating positive psychology into your life and promoting greater well-being and happiness.

The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist union members and their families who are experiencing personal difficulties. EAP peers do not make clinical diagnoses or clinical evaluations; however, they are trained to get an idea of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP peers will follow up to ensure you have been able to access services that address the difficulty you were experiencing.



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### Positive Psychology Apps:

Happify is an app that offers science-based activities and games designed to improve emotional well-being and resilience.

Headspace and Calm are popular meditation and mindfulness apps that can help cultivate mindfulness, reduce stress, and promote overall well-being.