

Teaching Happy!

Positive psychology for happy lives

Eve Tobe

Educational Psychologist

January 2019

Teaching Happy!

Aims of session:

- * To describe the five actions that promote well-being
- * To maintain or start a positive habit in 2019 that helps us to feel good
- * To enhance our relationships with our children and families

Start right!

- * People think better if the very first thing they do is say something true and positive about how things are going at the moment

* Nancy Kline, Time to think

5 ways to well-being

1. Connect
2. Be Active
3. Take notice
4. Learn
5. Give



Connect

- * There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world.
- * It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages.
- * With this in mind, try to do something different today and make a connection.

Be active

- * Regular physical activity is associated with lower rates of depression and anxiety across all age groups.
- * Exercise is essential for slowing age-related cognitive decline and for promoting well-being.
- * It doesn't need to be particularly intense for you to feel good - slower-paced activities, such as walking, can have the benefit of encouraging social interactions as well providing some level of exercise.

Take notice

- * Reminding yourself to ‘take notice’ can strengthen and broaden awareness.
- * Studies have shown that being aware of what is taking place in the present directly enhances your well-being and savouring ‘the moment’ can help to reaffirm your life priorities.
- * Heightened awareness also enhances your self-understanding and allows you to make positive choices based on your own values and motivations.
- * <https://www.youtube.com/watch?v=Vjn3LVHxQjM>

Learn

- * Continued learning through life enhances self-esteem and encourages social interaction and a more active life.
- * Anecdotal evidence suggests that the opportunity to engage in work or educational activities particularly helps to lift older people out of depression.
- * The practice of setting goals, which is related to adult learning in particular, has been strongly associated with higher levels of wellbeing.

Give

- * Participation in social and community life has attracted a lot of attention in the field of wellbeing research.
- * Individuals who report a greater interest in helping others are more likely to rate themselves as happy.
- * Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

A well-being map

| | Individual | Couple/ Pair | Family |
|---------------|------------|--------------|--------|
| Connect | | | |
| Be active | | | |
| Take Notice | | | |
| Keep Learning | | | |
| Give | | | |

A well-being map

| | Individual | Couple/ Pair | Family |
|---------------|---|---|--|
| Connect | | Date night/ time together | <ul style="list-style-type: none"> • Days out or days in • Dinner on the sofa/ party (something different/ special) • PACE approach – playful, accepting, curious, empathic |
| Be active | Yoga /Pilates Goal – run once a week | Walk to ballet | Walk to school Walk in park/ forest Bike rides Swimming |
| Take Notice | | Point out new buds and growth in people’s front gardens | Express gratitude when helped with chores |
| Keep Learning | CPD days in my job | | Museum visits Library visits and support with home learning |
| Give | Donate to charity | Kind gesture e.g. cup of tea | Family fun run to raise money |

The PACE approach

Dan Hughes

- * **Playful** - This is about creating an atmosphere of lightness and interest when you communicate. It means learning how to use a light tone with your voice, like you might use when story telling, rather than an irritated or lecturing tone. It's about having fun, and expressing a sense of joy.
- * **Acceptance** - Unconditional acceptance is at the core of the child's sense of safety. Give the message "you are good enough"
- * **Curiosity** - Curiosity involves a quiet, accepting tone that conveys a simple desire to understand the child
- * **Empathy** - The adult is demonstrating that he or she knows how difficult an experience is for the child. The adult is telling the child that she will not have to deal with the distress alone

5 love languages



Signposting/ references

- * www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/
- * www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/
- * www.actionforhappiness.org/10-keys-to-happier-living
- * www.5lovelanguages.com/
- * www.samaritans.org/

Next steps

- * Choose one or two ideas to promote wellbeing in yourself and your family

- 1.

- 2.