

**What this fact sheet covers:**

- What is positive psychology?
- Practical strategies to increase your level of happiness
- Finding meaning

**What is positive psychology?**

Positive psychology is a relatively new branch of psychology that seeks to understand positive emotions such as joy, optimism and contentment. Positive psychology is interested in the conditions that allow individuals, groups and organisations to flourish.

**The important role of positive emotions**

Barbara Fredrickson from the University of Michigan claims that positive emotions have a grand purpose in evolution. Positive emotional mind sets widen our range of thoughts and actions, fostering play, exploration and creativity. We become open to new ideas and new experiences. These states help us create lasting personal resources, such as social connections and knowledge, which we can then draw on during trying times.

**Can happiness be increased?**

Psychologist Martin Seligman became president of the American Psychological Association in 1998. During his term, he drew together the existing knowledge about the positive side of life and ignited the profession's interest in finding out more. Research has now demonstrated that it is possible to become happier regardless of one's life circumstances or temperament. [See the Black Dog Institute fact sheet on Happiness for more information].

In his book, *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*, Seligman outlines three ways to increase happiness: get more pleasure out of life, become more engaged in what you do and find ways of making your life feel more meaningful.

**Practical strategies to increase your level of happiness****Enhancing pleasure**

**Savouring:** Savouring is the awareness of pleasure and of giving deliberate conscious attention to the experience of pleasure. Fred B. Bryant and Joseph Veroff of Loyola University have identified five techniques that promote savouring:

**Sharing with others.** Seek out others to share the experience and tell others how much you value the moment. This is the single strongest predictor of the level of pleasure.

**Memory building.** Take mental photographs, or even a physical souvenir of the event, and reminisce about it later with others.



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**Self-congratulation.** Don't be afraid of pride. Tell yourself how great you are and remember how long you have waited for this to happen.

**Sharpening perception.** Focus on certain elements and block out others, like closing your eyes and listening to the music.

**Absorption.** Allow yourself to become totally immersed and try not to think, just sense.

**Mindfulness:** Mindlessness pervades much of human activity. We act and interact automatically, without much thinking. Mindful attention to the present moment can be developed through meditation and mindfulness based therapies. Through mindfulness we can focus our perspective and sharpen our experience of the present moment.

**Avoid forming habits:** Rapidly repeated indulgence in the same pleasure does not work. Neurons are wired to respond to novel events, and not to fire if the events do not provide new information. Seek out a variety of experiences and spread out pleasurable events over time. Surprise yourself or others with small presents of pleasure.

### Engagement

**Nurture relationships** – Your income level has a surprisingly small effect on your happiness. The most fundamental finding from positive psychology is that strong personal relationships have the greatest impact on your satisfaction with life. Make sure that you invest time and energy in your friends and family.

**Identify and use your strengths** – Think about your personal strengths and how you might use them in your everyday life. Are you a leader, playful, fair, curious or original? Do you have a good sense of perspective? Do you love learning? Are you genuine? Are you good at teamwork? Those with internet access can take an online test on Martin Seligman's website [www.authentic happiness.org](http://www.authentic happiness.org) to explore your personal strengths. Cultivate and use your strengths at work, in family life and in your leisure time.

**Seek out 'flow' experiences** – Through his research, Mihaly Csikszentmihalyi sought to understand how people felt when they most enjoyed themselves, and why. He developed the concept of 'flow' which describes a state of joy, creativity and total involvement. Problems seem to disappear and there is a feeling of transcendence. 'Flow' is the way people describe their state of mind when they are doing something for its own sake. Some activities consistently produced 'flow', such as sport, games, art and hobbies. He has identified the key ingredients to creating these optimal experiences:

- The task is challenging and requires skill
- We concentrate
- There are clear goals
- We get immediate feedback
- We have deep, effortless involvement
- There is a sense of control
- Our sense of self vanishes
- Time stops



Csikszentmihalyi says work and family life can provide important opportunities for 'flow'. When people were in 'flow', either at work or in leisure, they reported a much more positive experience. When challenges and skills were both high people felt happier, more cheerful, stronger and more active. They concentrated more, felt more creative and satisfied.

## Finding meaning

**Keep a gratitude diary** - take the time each day to write down three things that went well and why. This causes happiness levels to increase in a lasting way.

**Thank a mentor** – write a letter of thanks to someone to whom you owe a debt of gratitude such as a teacher or grandparent. Then visit the person and read the letter to them. People who do this are measurably happier for more than a month.

**Learn to forgive** – let go of anger and resentment by writing a letter of forgiveness to a person who has wronged you. Inability to forgive is associated with persistent rumination.

**Weigh up your life** – take time out occasionally to consider how you are going in the major facets of your life such as family, work, finances, health and play. Reflect on the progress you are making in working towards your major life goals. Make changes in your life to match your priorities.

**Perform small acts of kindness** – performing five kinds acts a week, especially all in one day, creates a measurable boost to happiness levels. Giving not only makes you feel good about yourself, it enhances your connection with others and can bring you positive feedback from others.

**Find a connection to a larger purpose** – religion, philosophy or spirituality are a source of meaning for many people. Build a life based on larger principles such as increasing knowledge (teachers, parents, journalists, scientists) or serving others (police officers, charity workers, carers). Use your personal strengths in a voluntary capacity.

These and other strategies are detailed in Martin Seligman's book *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*.

## Where to get more information

### Positive Psychology

Positive Psychology

Seligman, M E P (2002) **Authentic Happiness: Using the new positive psychology to realize your potential for lasting fulfilment**. Free Press

Lyubomirsky, S (2008) **The How of Happiness: A Scientific Approach to Getting the Life You Want**. Penguin Putnam.

### Flow

Csikszentmihalyi M (1991) **Flow: The Psychology of Optimal Experience**. Harper Perennial

Csikszentmihalyi M (1997) **Finding Flow: The Psychology of Engagement with Everyday Life**. Basic Books



## Gratitude

Emmons R (2007). **Thanks!: How the New Science of Gratitude Can Make You Happier.** Houghton Mifflin

## Altruism

Post S, Neimark J (2007) **Why Good Things Happen to Good People.** Broadway

## Positive Psychology – Academic resources

Bryant F B, Veroff J (2006). **Savoring: A New Model of Positive Experience.** Lawrence Erlbaum Associates

Kahneman D, Diener E, Schwarz (eds) (2003). **Well-Being: The Foundations of Hedonic Psychology.** Russell Sage Foundation Publications

Keyes C L M, Haidt J (eds) (2003). **Flourishing: Positive Psychology and the Life Well-Lived.** American Psychological Association

Petersen C (2006). **A Primer in Positive Psychology.** Oxford University Press

Petersen C (2004) **Character Strengths and Virtues: A Handbook and Classification.** Oxford University Press.

Snyder C R (2005) **Handbook of Positive Psychology.** Oxford University Press

**The Journal of Positive Psychology.** Published by Routledge

## Useful Websites

- The University of Pennsylvania, Positive Psychology Centre  
[www.ppc.sas.upenn.edu](http://www.ppc.sas.upenn.edu)
- Centre for Confidence and Well-being, Scotland  
[www.centreforconfidence.co.uk](http://www.centreforconfidence.co.uk)
- Time Magazine article: The New Science of Happiness. Jan 2005  
[www.time.com/time/2005/happiness/](http://www.time.com/time/2005/happiness/)
- 6 Part BBC Series: The Science of Happiness. April 2006  
[www.news.bbc.co.uk](http://www.news.bbc.co.uk)

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