

PROMOTING MENTAL HEALTH AND WELL-BEING

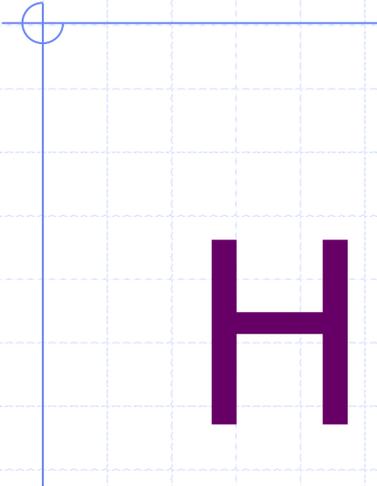
FLOURISHING INDIVIDUALS, SCHOOLS AND COMMUNITIES

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Modern psychology has been co-opted by the disease model. We've become too pre-occupied with repairing damage when our focus should be on building strength and resilience, especially in children

Martin Seligman


$$H = S + C + V$$

PERMA

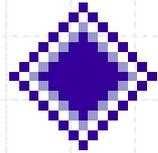
- ◆ POSITIVITY
- ◆ ENGAGEMENT
- ◆ RELATIONSHIPS
- ◆ MEANING
- ◆ ACCOMPLISHMENTS



POSITIVE EMOTIONS

.....shows a worldwide trend for the present generation of children to be more troubled emotionally than the last, more lonely and depressed, more angry and unruly, more nervous and prone to worry, more impulsive and aggressive

SOUR	NICE	CANDY
HONEY	SUGAR	SODA
BITTER	CHOCOLATE	GOOD
ECLAIR	TASTE	CAKE
TOOTH	TART	PIE



ENGAGEMENT

FLOW

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

'Just about any individual of average learning ability is quite capable of acquiring a professional level of expertise in virtually any field of endeavour, no matter whether this be with a musical instrument or foreign language, fiction writing or fine art, science or sport.'

Prof. Michael Howe

4 KEY INGREDIENTS

- ◆ Lots of determined practice
- ◆ Heartfelt, self motivating passion to fuel those long hours of practice
- ◆ Warm support and encouragement from someone deeply important to us
- ◆ A rich learning environment comprised of practice buddies, coaches and role models

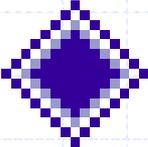
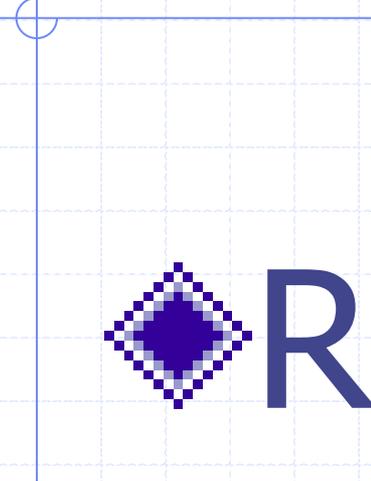
Rachel is a 14 year old girl who is very keen on singing. For the past year she has attended singing classes and now feels ready to enter a singing competition. She is one of the youngest entrants. At the competition she sings very well but misses a few notes because she is nervous. At the end of the evening she leaves, hurt and despondent, without any prizes or distinction.

What should Rachel's parents or teacher say to her?

1. That they think she sung better than anyone else?
2. That the judges should have made allowance for her age?
3. That singing isn't important?
4. That she is a talented singer and will win next time?
5. That she didn't deserve to win?

ENGAGEMENT

- ◆ Increasing Flow
- ◆ Challenge: stretched not stressed
- ◆ Developing a Growth Mindset
- ◆ Responding positively to mistakes
- ◆ Developing Optimism



RELATIONSHIPS

'The single most common finding from a half century's research on the correlates of life satisfaction, not only in the United States but around the world, is that happiness is best predicted by the breadth and depth of one's social connections.'

Robert D Putnam..Bowling Alone

Social well-being

- ◆ Social Integration
- ◆ Social Contribution
- ◆ Social Coherence
- ◆ Social Acceptance
- ◆ Social Actualisation

Emotional bank account

- ◆ Having and maintaining clear boundaries and expectations
- ◆ Paying attention to detail
- ◆ Treating children as individuals
- ◆ Keeping your promises
- ◆ Behaving with integrity
- ◆ Recognising, acknowledging and apologising for your mistakes



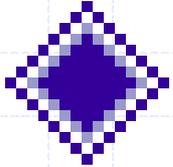
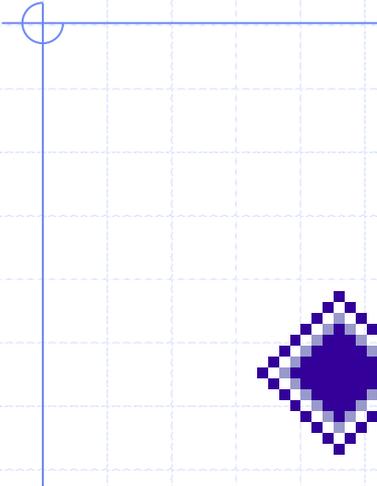
Active/Constructive

Passive/Constructive

Active/Destructive

Passive/Destructive

**LISTEN
WELL**



MEANING
/PURPOSE

'We heard a lot about emptiness. Houses that were empty and devoid of supervision, adult presence, oversight. There were, in far too many of the adolescents, a fundamental emptiness of purpose, a sense that they were not needed, not connected to adults, to tasks, to anything meaningful other than the raw and relentless pursuit of pleasure.'

COREY KEYES

7 keys for Character Strengths

- ◆ Believe it
- ◆ Name it
- ◆ Find it
- ◆ Feel it
- ◆ Integrate it
- ◆ Encourage it
- ◆ Track it

STRENGTHS

◆ Creativity

◆ Curiosity

◆ Openness

◆ Wisdom

◆ Enthusiasm

◆ Grit

◆ Courage

◆ Honesty

◆ Fairness

◆ Teamwork

◆ Leadership

◆ Optimism

◆ Kindness

◆ Social Intelligence

◆ Generosity

◆ Gratitude

◆ Spirituality

◆ Humour

◆ Hope

◆ Love of beauty

◆ Forgiveness

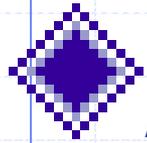
◆ Prudence

◆ Self control

◆ Modesty

◆ Patience

◆ Zest



ACCOMPLISHMENT

'Parents are not interested in whether or not their children are actually enjoying the playing, they want them to perform well enough to attract attention, win prizes, end up in the Halle orchestra...music ends up doing the opposite of what it is intended to do.'

CHARACTERISTICS OF GRIT

- ◆ Perseverance and tenacity
- ◆ Deliberate practice
- ◆ Delay gratification
- ◆ Passion driven focus
- ◆ Aware of strengths
- ◆ Long term goal oriented
- ◆ Consistency of effort
- ◆ Self control/discipline

Undermining GRIT

- ◆ A lack of positive relationship
- ◆ Extrinsic rewards/consequences
- ◆ Low expectations
- ◆ Fixed mindset feedback
- ◆ Personalising: 'He lacks grittiness'
- ◆ Extrinsic goals

My coach..

- ◆ Believed in my potential
- ◆ Worked with my self belief
- ◆ Helped to set goals
- ◆ Encouraged and supported me
- ◆ Reviewed my performance
- ◆ Created the environment
- ◆ Helped me take responsibility

PERMA

- ◆ POSITIVITY...Fun, excitement, pride, gratitude, curiosity, vitality, hope
- ◆ ENGAGEMENT...Flow, challenge, mindset, optimism, self efficacy
- ◆ RELATIONSHIPS....Friendship, teamwork, empathy, role models, coherence
- ◆ MEANING/PURPOSE...Volunteering, character strengths, social responsibility, autonomy
- ◆ ACCOMPLISHMENTS...Goal setting, grit, self control, perseverance, resilience

Steps to well-being

- ◆ Exercise regularly (Preferably with someone else)
- ◆ Practice gratitude and savour life's joys
- ◆ Talk to your partner for 1 hour 3 times per week (nurture relationships)
- ◆ Phone a friend that you have lost touch with
- ◆ Do more activities that truly engage you (cut your TV viewing in half)
- ◆ Develop coping strategies
- ◆ Cultivate optimism
- ◆ Avoid overthinking and social comparison
- ◆ Commit to your goals
- ◆ Laugh every day/ Give yourself a treat
- ◆ Practice service and contribution to others and the