Positive Psychology

Positive psychology is the study of thoughts, behaviors, emotions, and traits that let individuals and communities thrive. Positive psychology has been shown to improve well-being and reduce distress. It can also enhance how effective other types of therapy are.

Practicing Positive Psychology

- <u>Express gratitude.</u> Write down three things you are grateful for each day. Tell someone why you are grateful to have them in your life.

- <u>Focus on strengths.</u> Think about what comes naturally to you. What are you are always excited to do? What do others admire about you? Engage in activities that use your strengths. Come up with new ways to use your strengths in different areas of your life.

- <u>Connect with others.</u> Invest time and energy in your relationships with friends and family. Do acts of kindness for loved ones and strangers.

- <u>Find purpose.</u> Identify a goal, mission, or cause that is important to you. How can you work toward it or contribute to it?