

# INNOVATIONS IN FLOURISHING: BEYOND COUNSELOR SELF-CARE AND RESILIENCE!

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# “Official “ Learning Objectives

- Participants will be able to describe the 5 elements of Seligman’s Well-being theory
- Participants will be able to verbalize a minimum of 5 interventions that can be utilized to improve counselor happiness and flourishing
- Participants will identify a minimum of 3 assessment tools to utilize to assess well-being and happiness that they can utilize in their own lives and with the students they serve.

**But So Much More!**

# “Unofficial Objectives”

- Acknowledge the difficult and often thankless work you do everyday
- Acknowledge the “Cost of Caring” and the reality of “Empathy Fatigue”
- Acknowledge that most of our work environments are just “not there yet” and that flourishing is a challenge
- Acknowledge that not everything will “fit” for you and that this is a highly individualized process
- Acknowledge that for some of us this may be harder (but very possible) due to many factors such as experiences of :
  - multiple traumas
  - oppression
  - disabilities



# “Unofficial Objectives”

(Clearly a little audacious!)

- **Validate** and **encourage** you if you are already flourishing or have started that journey!
- We want to **ignite a spark** for those who may not have considered the concepts or maybe never even tried a positive psychology intervention in their own life!
- We want to provide you with **practical strategies and interventions**
- We hope you will begin to **dream, envision, brainstorm**, and ultimately **create** your unique version of **flourishing!**

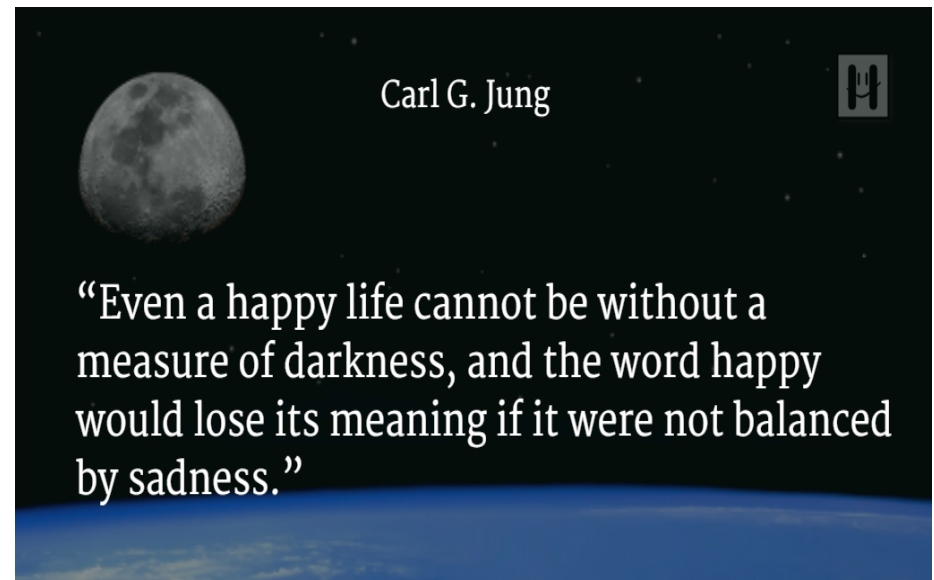


**Are You Ready?**



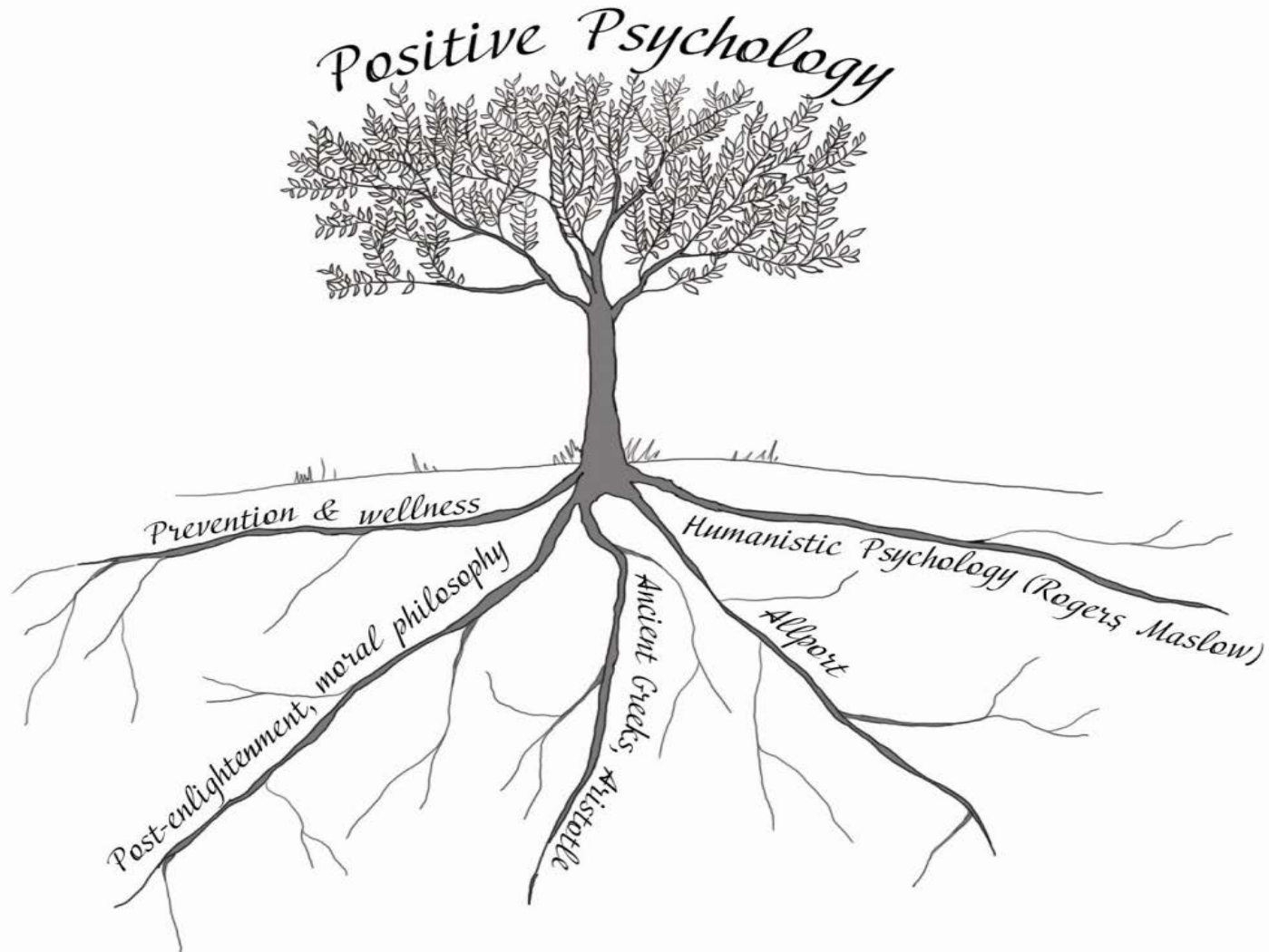
# Positive Psychology

## #1 Myth it is all about “Being Positive”





# “Roots” of Positive Psychology



# Positive Psychology

## #2 Myth Strategies Only Applies to USA and for Wealthy Americans



- Extensive research across cultures and countries
- All socioeconomic levels
- Most notable researchers Ed Diener,
- Robert Biswais Diener
- Sean Acher



# Positive Psychology

Myth #3 Only “works” for People Who have had “easy lives” and not experienced any “trauma” or “ongoing difficulty”

- “Counselor Case Studies”
  - 1 of us experiences chronic pain
  - 1 of us has a genetic heart condition
  - 1 of us had multiple childhood illnesses and nearly died
  - 1 of us experienced domestic violence, physical and emotional abuse growing up as well as alcoholism of a parent
  - 1 of us went through trauma as child
  - 2 of us went through the divorce of our parents
  - Both of us grew up in male dominated cultures which looked down upon women
  - Both of us were estranged from our fathers when they died
  - 1 of us had a father who was murdered and found in the trunk of a car days later
  - 1 of us had a mother who died suddenly as she tried to resuscitate her unsuccessfully
  - 1 of us has a brain injured child

# Why I Wear Pearls



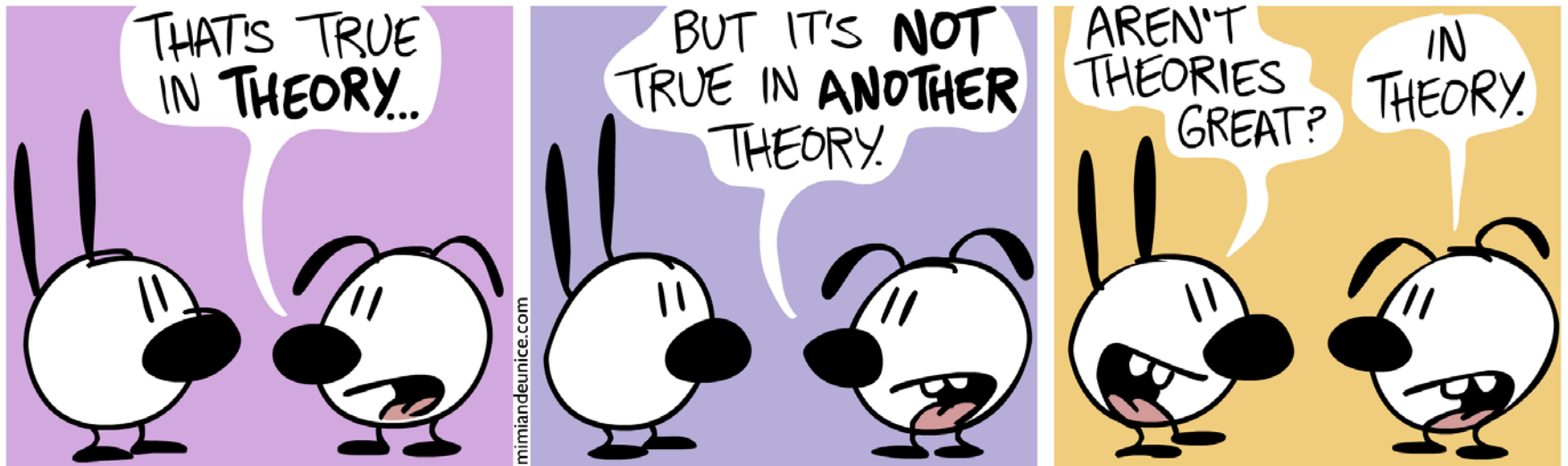
# Positive Psychology is About Flourishing!

## What is Flourishing?

### Table Top Discussion



# Theoretical Background



# Flourishing Seligman (2011)

- More than just happiness or well-being
- Encompasses a wide range of positive psychology constructs
- Highly individualized
- Requires paying careful attention to building and maintaining it
- Seligman- Goal of Positive Psychology is to increase flourishing in life and on the planet

# Flourishing: PERMA Five Elements

(Objective #1)

Lets hear from Martin Seligman

- Positive Emotion
- Engagement-Flow
- Relationships
- Meaning
- Accomplishment





# Self-Reflection

Genetic predisposition for half full vs. half-empty



Tal Ben-Shahar and Angus Ridgway (2017)  
Sharp and 10X Leaders=Flourishing  
Leadership Starts with Your Personal Flourishing

- Strengths
- Health
- Absorption
- Relationships
- Purpose



# Flourishing

## Dr. Lynn Soots

- *Flourishing is the product of the pursuit and engagement of an authentic life that brings inner joy and happiness through meeting goals, being connected with life passions, and relishing in accomplishments through the peaks and valleys of life.”*
- A **process** that requires **action**

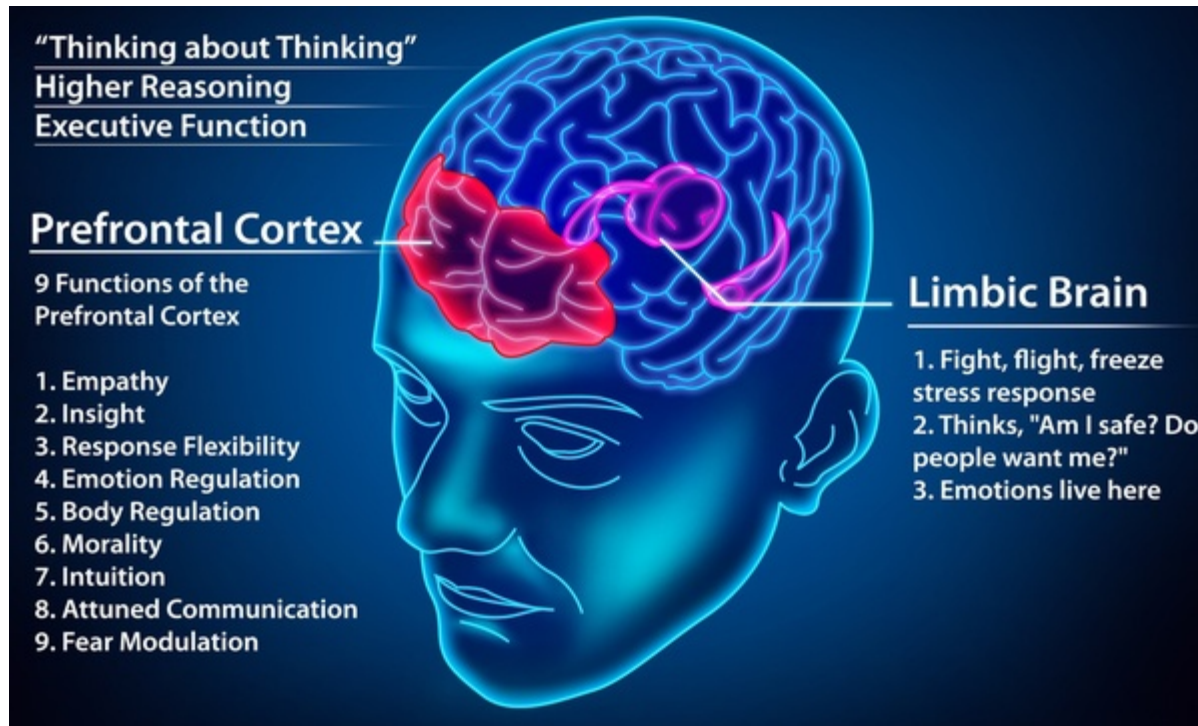
# Flourishing and Our Brains

The brain acts like a muscle: The more activity you do, the larger and more complex it can become. What you do in life physically changes what your brain looks like. **You can wire and rewire yourself with the simple choice of which musical instrument-or professional sport-you play.**

*-Brain Rules by John Medina*

# Some Basic Neuroscience

## Pre-Frontal Cortex is Our CEO of Resilience



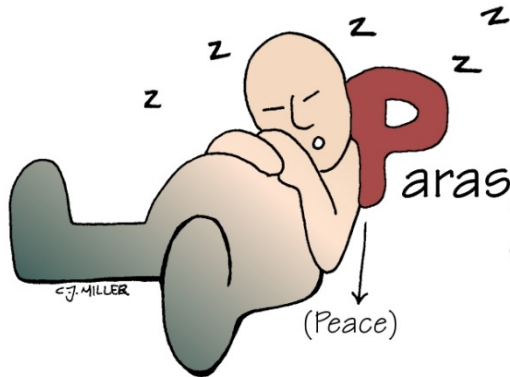
# Autonomic Nervous System

## “AUTONOMIC NERVOUS SYSTEM RESPONSE”

**S**ympathetic Response  
“Fight or Flight”  
(Stress)



**P**arasympathetic Response  
“Rest & Digest”  
(Peace)

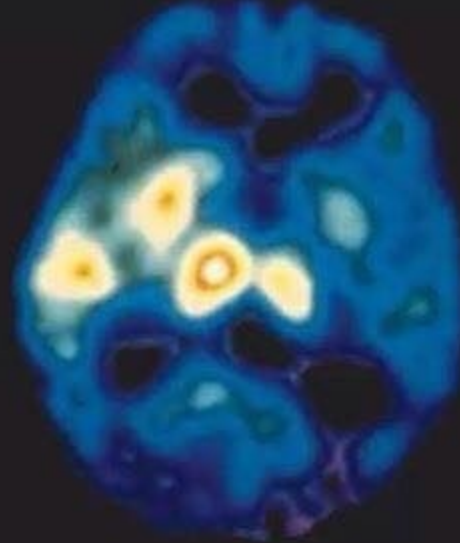
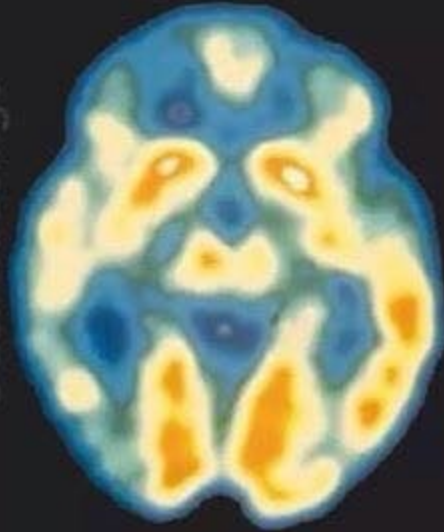




*Normal brain*

*Depressed brain*

@deliciousmgc



"Get over it lots of people  
have it worse"

***Depression***

# Neuroplasticity: Growing and Changing Our Brains!



**NEUROPLASTICITY PROVIDES US WITH A BRAIN THAT CAN ADAPT NOT ONLY TO CHANGES INFLICTED BY DAMAGE, BUT ALLOWS ADAPTATION TO ANY AND ALL EXPERIENCES AND CHANGES WE MAY ENCOUNTER...**

- Our brains grow and adapt to change throughout our lives!
- Neurons that wire together-fire together
- We can create new neural pathways with new ways of responding
- **SAFETY** is essential for Neuroplasticity (Stephen Porges)
- We can cultivate resilience through:
  - New Experiences-little and often
  - Positive relationships and secure attachments-re-attachments calm reactivity and buffer stress and trauma (Louis Cosolino)
  - Positive emotions as an antidote to negativity bias (Barbara Fredrickson)

# Strategies and Interventions

(Objective #2)



# Remember This One is For You But You Can Also Use Them With Students! Goal is for you and your students to Flourish!

- Strategies from Positive Psychology and Resilience Neuroscience as well as:
  - Mindfulness
  - Wellness
  - CBT
  - DBT
- These strategies rewire our brains for resilience and flourishing!
- Be willing to try something new!
- Practice it with intention!
- Don't give up!
- Get Support for Changes-"Flourishing Buddy"
- Consider Therapy if you have experienced multiple traumas
- Frequent and brief implementation of strategies are better
  - Instead of 1 x week for an hour try 3xs a day for 5 minutes

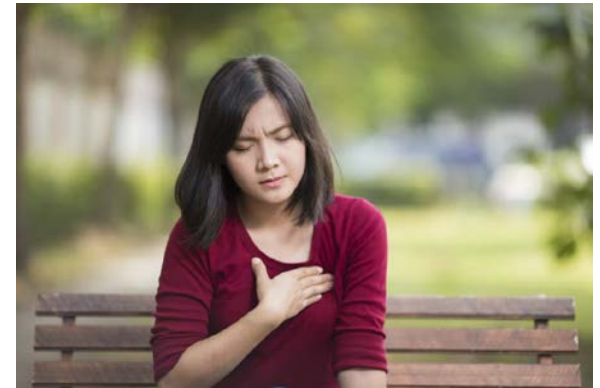
# Two Additional Reminders



- “The problem is not that there are problems. The problem is expecting otherwise and thinking having a problem is a problem” - Theodore Rubin, American Psychiatrist

# Somatic Techniques to Restore Balance of ANS (Linda Graham) (Christine Neff)

- **You need a 45 minute hour to flourish!**
- Establish safety so brain can Relearn, Unlearn, Make New Connections
- 5-15Xs a day-little and often
- Stimulates Oxytocin
- Sigh to reset nervous system/Coughing
- Affectionate Breathing
- Hand on Heart Breathing
- Hugging
- Posture shifts
- Soles of feet





# Somatic Techniques to Restore Balance of ANS Continued (Linda Graham) (Christine Neff)

- Progressive Relaxation
- Visualization is real to the brain
  - Soothing landscape
  - Evoke positive memory
  - Can be recalled as needed
- Compassionate friend for safety



# Visualization Exercise



# Mindfulness



Mind Full, or Mindful?

# Mindfulness Meditation

## Barbara Fredrickson

- 20 Minutes daily
- Improvements in:
  - Job satisfaction
  - Job performance
  - Confidence
  - Relationships
  - health



# Meditation Vs. Savoring

## Savoring



The way to develop the habit of savoring is to pause when something is beautiful and good and catches our attention - the sound of rain, the look of the night sky - the glow in a child's eyes, or when we witness some kindness. Pause... then totally immerse in the experience of savoring it.

— Tara Brach —

AZ QUOTES

## Meditation



# Savoring

(Rick Hanson)



- Notice in the Here and Now
- Recall a memory
- Make it vivid—really listen, look, taste, engage your senses and enjoy!
- Absorb it 10-30 seconds or more
- Repeat 6 times a day to imprint in long term memory
- Can combine with gratitude

"Once you start making the effort to “wake yourself up”— that is, be more mindful in your activities — you suddenly start appreciating life a lot more."

- Robert Biswas-Diener





Your Happiest Days Are Behind You  
Robert Biswas-Diener, Ph.D.



# In Praise of Smelly Travel



# CBT for US Too! Confronting Our Inner Critic



Be careful  
how you  
are talking  
to yourself  
because you  
are listening.

~Lisa M. Hayes

**TELL THE NEGATIVE  
COMMITTEE THAT MEETS  
INSIDE YOUR HEAD TO  
SIT DOWN AND  
SHUT UP**

*~Ann Bradford*

# Integration of CBT Into Positive Psychology

- Pleasant activities scheduling
- Identify & Review of Success Experiences
- Mood Monitoring
- Relaxation Training
- Problem Solving

# Power Pose

## Amy Cuddy

### Practice a Power Pose

- Sit or stand tall
- Weight even on seat bones and feet
- Chest lifted and open
- Shoulder blades down & back
- Chin lifted
- Core engaged
- Smile



- Impacts how others see us
- Impacts how we see ourselves
- Impacts our physiology-Our bodies change our minds when we pose!
- We can claim our power through our pose
- Use open and expansive pose
- Fake it until you become it!

*Are you ready to Build Your Confidence and enjoy your partnership with your horse?*

[www.AnneGage.com](http://www.AnneGage.com)

**Let's See Your Power Pose!**





# Facial Feedback

Harker, L. and Keltner, D. (2001). Expressions of positive emotion in women's college yearbook pictures and their relationship to personality and life outcomes across adulthood. *Journal of Personality and Social Psychology*, 80(1):112-124.

## Get That Genuine Smile 😊

According to studies, expressing a Duchenne smile is more important than beauty when it comes to:

- 1) *Life Satisfaction*
- 2) *Having a happy and successful marriage.*

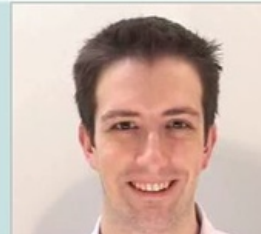
### Duchenne (Genuine) Smile

Both the Zygomatic major muscles and the orbicularis oculi muscles (eyes crinkle) are contracted.



### Pan American/Botox (Fake) Smile

Only the Zygomatic major muscles are used. (Only mouth turns up)



# Find Mentors that Flourish

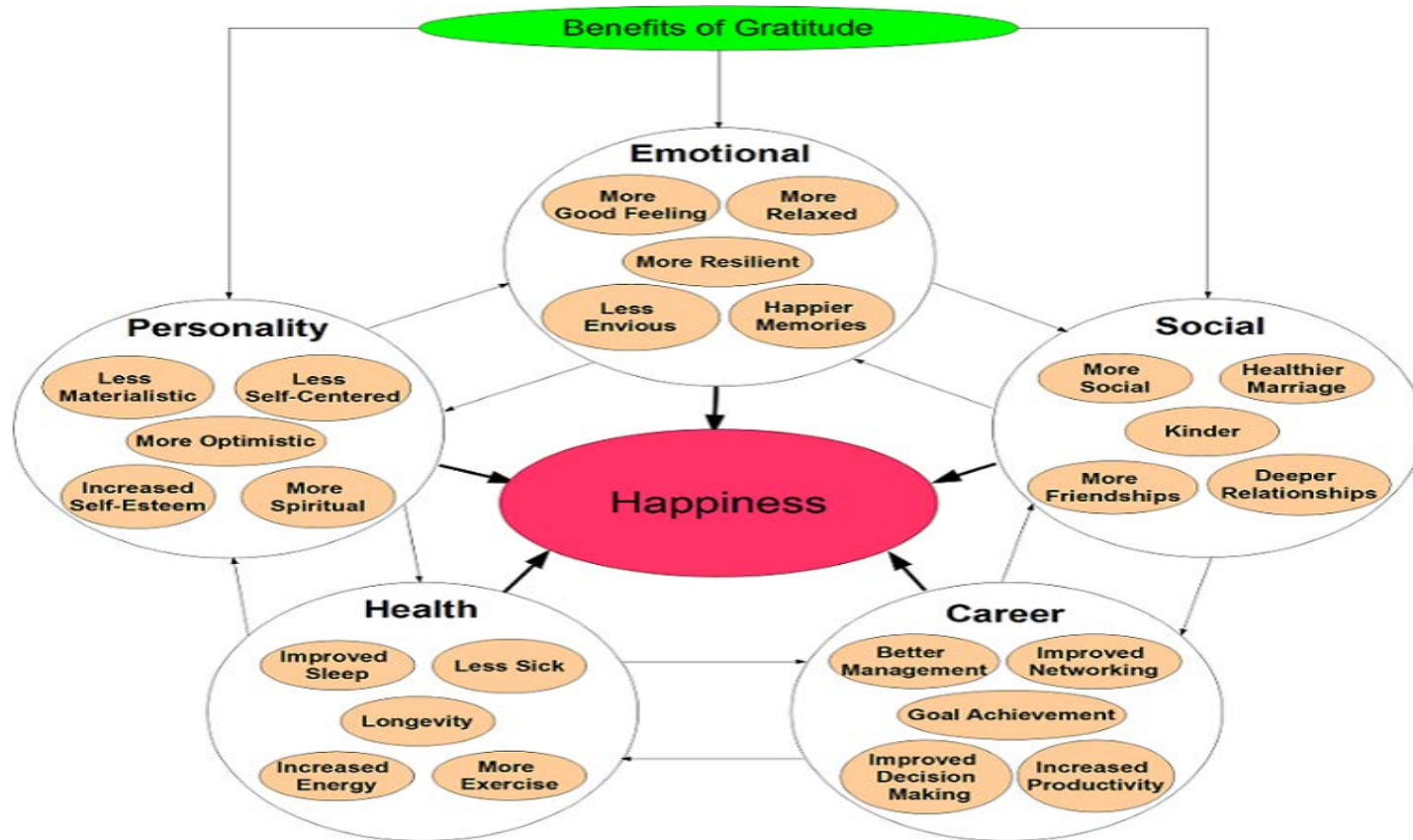
- “All the world is full of suffering. It is also full of overcoming.”-Helen Keller
- Find Mentors that flourish not in spite of the trauma they have experienced but because of it” – Richard Teedeschi
- Healthy brains fire together





# Benefits of Gratitude

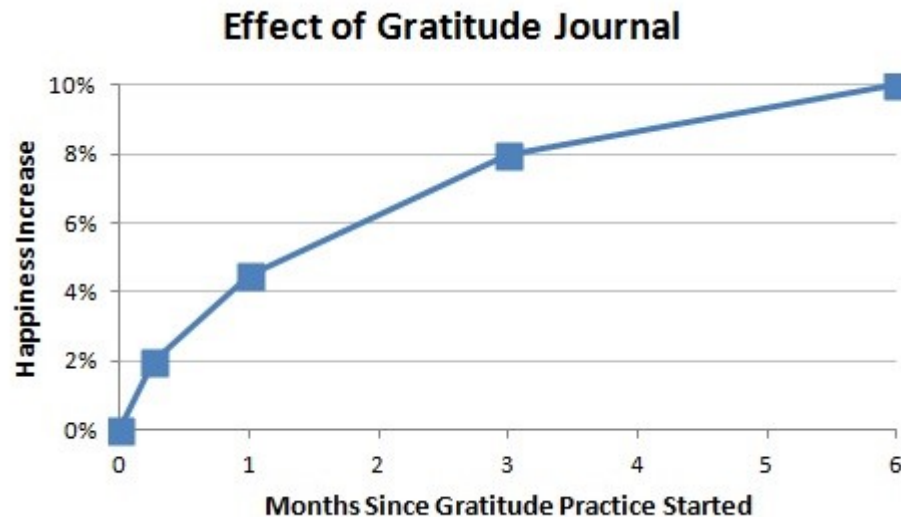
<http://happierhuman.com/benefits-of-gratitude/>



# The Gratitude Visit



# What Went Well Exercise Three Blessings



"Gratitude... goes far beyond saying 'thank you'. When we are grateful, we affirm that a source of goodness exists in our lives."

— Robert A. Emmons

# Gratitude for Web of Life

(Robert Emmons)

- Imagine people who we never meet that work to provide us with the ingredients that make our life easier and give thanks
- Imagine the people that we do know that help us each day
- Imagine the things we have that others may not have as easily as we do
- How might you express gratitude for these?



# Tabletop Exercise

## Web of Life

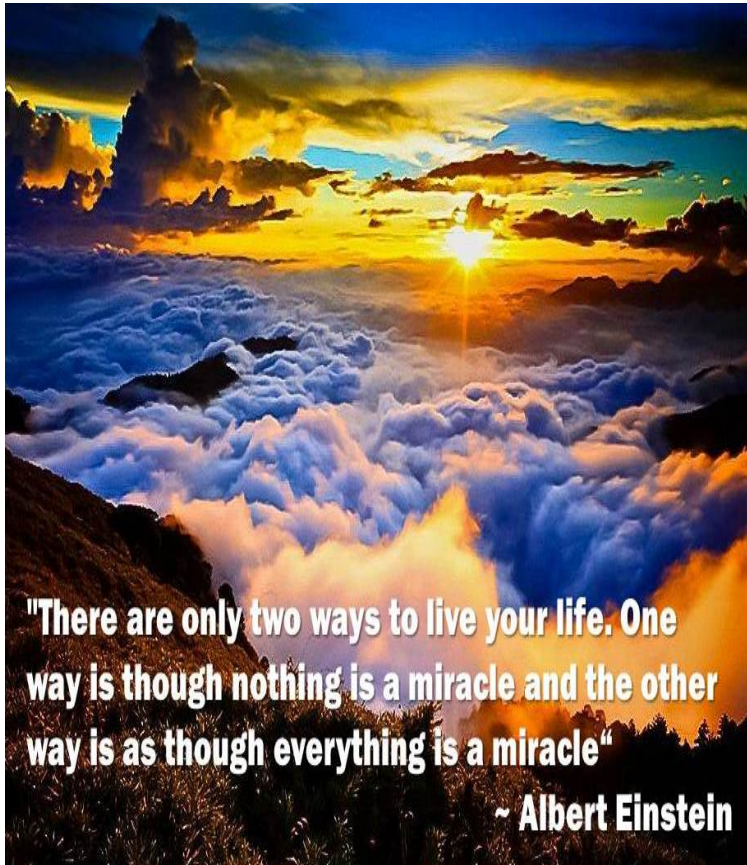
- As a group choose one of the Web of Life examples and come up with a list of as many people or things in your web of life that you are grateful for and then brainstorm how you might consider “giving thanks”. Share with bigger group if we have time.





# Develop and Practice A Sense of Awe!

(Greater Good Science Center)



- Amazement for beauty, complexity
- Can combine with gratitude, savoring and mindfulness
- Can be found in:
  - Art
  - Music
  - Nature
  - Everyday experiences



# TABLETOP EXERCISE

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Think of something or someone who inspires/evokes awe for you? Why? Share with your table and with the larger group if we have time.

# Create Intentional Celebrations at Home and at Work!

- Infuse joy and laughter
- Create traditions, build relationships and memories that last
- Look for opportunities all around you to celebrate and invite others to join in or create your own personal celebrations
- Western KY Potlucks





# The Doubler (Achor, 2010)

- For 2 minutes per day think of one positive experience that happened in last 24 hours
- Bullet point every detail
- Brain cant differentiate between visualization and actual experience so you have just doubled the positive experience!
- Previous research from the University of Texas found that if you have a chronic neuromuscular disease, chronic fatigue and pain, and you do this for six weeks in a row, six months later, they can drop your pain medication by 50 percent.

# Random Kindness Exercise

“Doing a kindness produces the single most reliable increase in well-being than any exercise we have tested”-Martin Seligman

Find one unexpected kind thing to do tomorrow for someone and just do it!



# Conscious Kindness: Positive Emails

(Achor, 2010)

Positive Emotion, Meaning and Relationships

- Start each day with a positive email or text thanking or praising one person
- Chose a different person every day
- This builds social connection which is the greatest predictor of long term happiness



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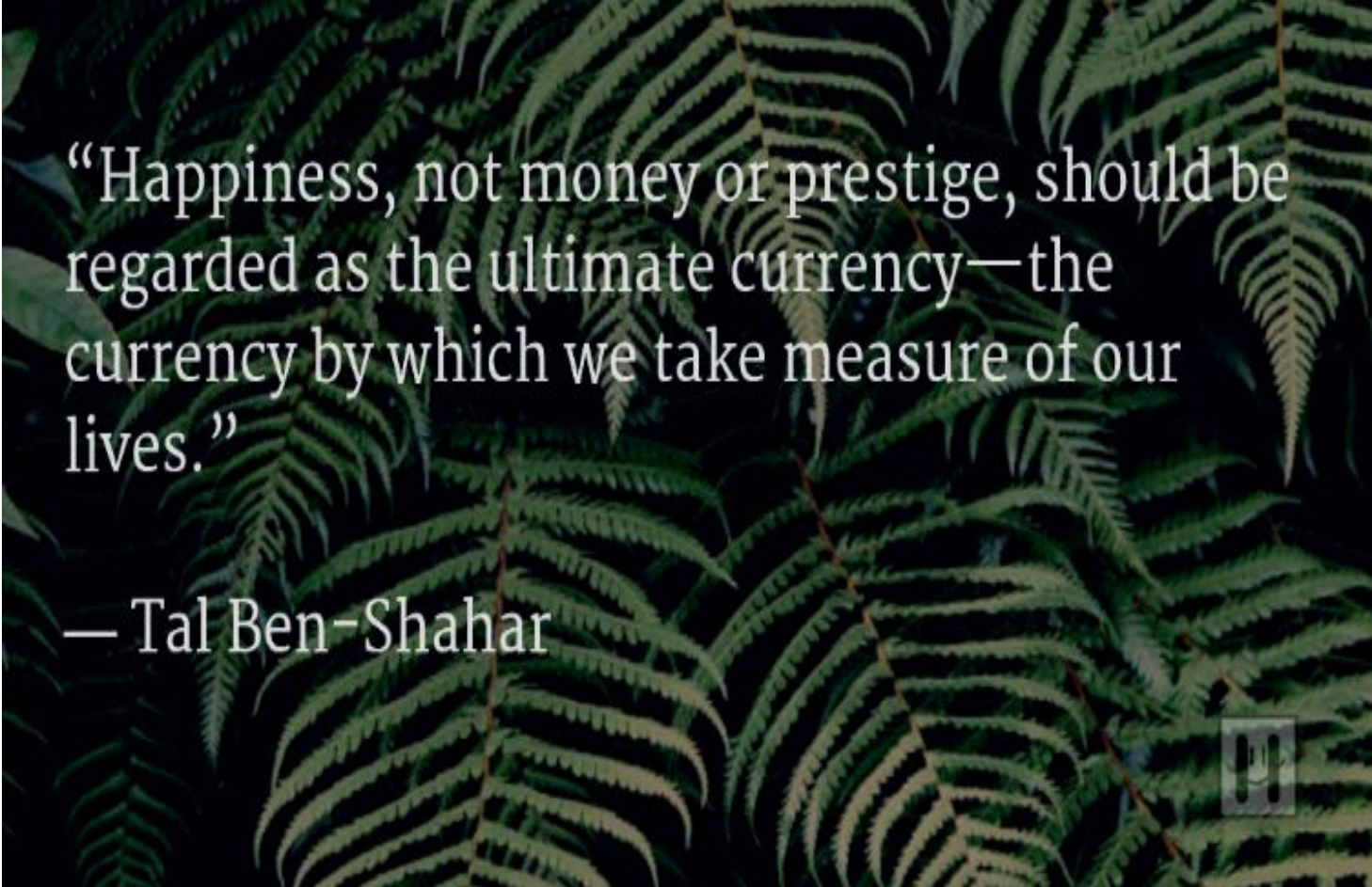


# Stepping off the Hedonic Treadmill

Choose experiences over stuff!  
Do things that really matter!!!  
Create Memories!!







“Happiness, not money or prestige, should be regarded as the ultimate currency—the currency by which we take measure of our lives.”

— Tal Ben-Shahar



# Determine your Strengths!

- [www.authentichappiness.com](http://www.authentichappiness.com)
- VIA- Values in Action Survey
- Take for free!
- 6 Virtues and 24 strengths
- 240 items
- 15 minutes to complete
- Taken by 1.3 million people world wide



# Performance and Passion Strengths Reflection

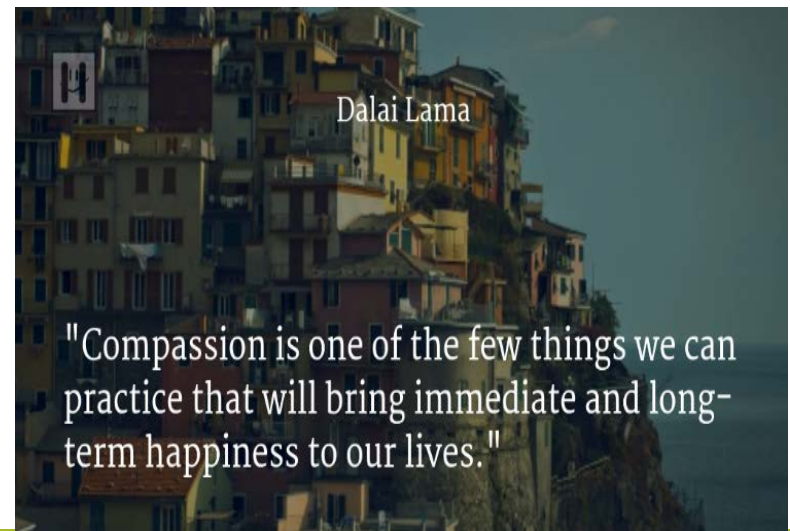
- **Performance Strengths**
  - What are your natural talents?
  - What am I most successful at doing now and in the past?
  - What kinds of tasks are easiest for me to learn
- **Passion Strengths**
  - What excites and energizes me?
  - What do I love doing?
- **Peak Potential Zone**= utilization of both performance and passion strengths

# Making a Difference-Creating a Life of Meaning "Being Moved by Compassion" Perfect PERMA



## Tabletop Discussion

- What moves you to action in this world?
- What can you do to make the world a better place or contribute to the well-being of others? Work or home?
- May or may not have a spiritual component to it





# Health and Wellness

## The Energy Creation Zone: Managing Depletion and Recovery



## Blue Zone Lessons

- Healthy Diet
  - Lots of fruit and veggies-little meat
  - Mediterranean diet
  - Impact on Mood and Well-being
- Regular Physical Activity
- Lots of Rest
  - 8-10 hours
- Exercise

# Take Your Vacations!

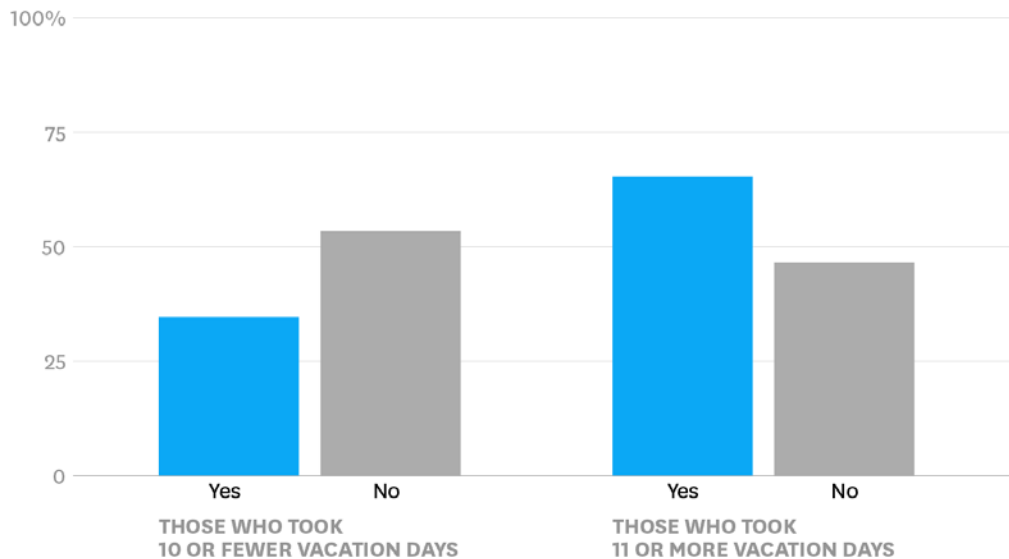
Lehto, X. Y., Choi, S., Lin, Y., & MacDermid, S. M. (2009). Vacation and family functioning. *Annals of Tourism Research*, 36, 459-479.  
(Shawn Achor-Project Time Off)

- Increases creativity
- Life satisfaction
- Increased empathy
- Increase family bonding
- Increased productivity

## Taking a Vacation Pays Off

If you take at least 11 of your vacation days, you're more likely to receive a raise or bonus.

HAVE YOU HAD A RAISE OR BONUS IN THE LAST THREE YEARS?  
PERCENTAGE OF RESPONDENTS



SOURCE PROJECT: TIME OFF, 2016

© HBR.ORG

# Forest Bathing or Shinrin-yoku

“The Nature Fix”- Florence Williams

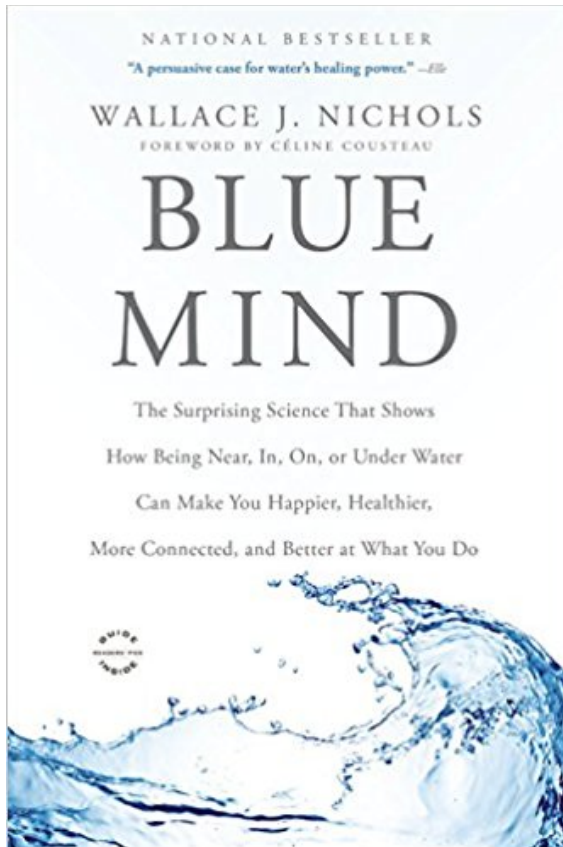
“Your Guide to Forest Bathing” Amos Clifford

- Enhance wellness, health and happiness
- Decrease stress, improve immune system
- Association of Nature and Forest Therapy
- Ecotherapy



# Blue Space

(Amber Pearson-Michigan State)  
Blue Mind-Wallace Nichols



# Relationships

## Authentic and Positive Bonds



- Biggest predictor of our happiness!
- Encouraging Positivity and Authenticity
- Psychological Safety
- Connecting in the Metro to decrease isolation
- Authentic relationships rather than 1000 Facebook friends

# Future Diary: Projected Accomplishment Case Study

Positive Emotion, Engagement, Meaning and Accomplishment





# Digital Scrapbook/Vision Board

- Capture Anticipated memory and actual past achievements
- Frames hope and dreams in a visual medium
- Tap into past achievements when discouraged
- Photos
- Videos



# Learn Something New!

(Linda Graham)

- Creates new neural circuitry
- Adapt to change better
- Learning speed increase
- Make new relationships
- Best Protectors against Alzheimer's-50% decrease in risk
- Some of the best things to try for your brain:
  - New language
  - Play an instrument
  - Navigate a new city



# Plan a Personal Play Date

## Table Top Exercise

- Incorporate humor and laughter
- People you love
- Re-energizes us and buffers stress



# Other Positive Psychology “Gurus”

- Barbara Fredrickson-UNC at Chapel Hill
- Mihaly Csikszentmihalyi (Me-high-Cheek-sent-me-high)-Flow
- Chris Peterson- U of Michigan at Ann Arbor
  - Worked with Seligman on Learned Helplessness research in early 1990’s
  - VIA Institute on Character, VIA Classification of Strengths
- Tal Ben-Shahar-Harvard
  - “Happier”, “Even Happier”, “Being Happy” “The Joy of Leadership”
- Sonia Lyubomirsky- U of California at Riverside
  - “The How of Happiness”
- Ed and Robert Biswas Diener
  - Positive Acorn
- Angela Duckworth- Achievement research
- Shawn Achor – “The Happiness Advantage”-Harvard
- Amit Sood, M.D. “Handbook for Happiness”-Mayo Clinic

# Other Resources and Assessment Tools

(Objective #3)



# Happiness Advantage: Linking Positive Brains to Performance

## Shawn Achor



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