Positive Psychology
Positive Psychology

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On Wahpekute land
Positive Psychology

WHY?

People who are positive are:

★ More creative
★ Able to experiment with new information
★ Concentrate better
★ Achieve more and have higher academic success
★ More optimistic — which leads to resilience
★ Live longer
★ Less vulnerable to illness

Positive Psychology

Origin Story
Dr. Mihaly Csikszentmihalyi

Flow: The Psychology of Optimal Experience
“The positive psychology movement represents a new commitment to focus attention on the sources of psychological health, thereby going beyond prior emphases upon disease and disorder.”
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Neuroplasticity

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“
What we dwell on is who we become.

- Oprah Winfrey
Strength-training for your brain

We want to re-enforce the neural pathways of love, gratitude, safety, peace, and calm.

Questions? Feedback?

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