

## Points for Reflection and Discussion



### Positive Psychology

#### Episode 1: Positive Psychology

- Share an example of how you have, or could have, used positive psychology to improve mental wellness in your own life.
- Considering the five pillars (positive emotion, engagement, relationships, meaning, accomplishment):
  - Which of these pillars jump out at you? Provide a personal example using one of the pillars.
  - How can a combination of these pillars help to improve your positive psychology?
- Would it be difficult to cultivate joy through learned optimism? Why or why not?
  - Share how you can you be more intentional in your actions or thoughts.
- Providing positive encouragement to others by focusing on their strengths has shown to benefit both the individual being encouraged as well as the person providing the encouragement.
  - List examples of ways to encourage individuals around us.
- What is an activity or hobby that you enjoy being active in?
  - What do you enjoy most about this activity?
- Is there something you have recently accomplished that you are proud of?
  - What did you accomplish?
  - Why were you working toward this accomplishment?

**PUT IT INTO ACTION:** Pick one of the five pillars and try to put it into practice during this coming week. The following week, try to add another pillar and review how focusing on the first pillar helped (or did not help) improve your positive psychology.

It's OK to not be OK  
(for now!)

## Episode 2: It's OK to not be OK (Pandemic Flux)

- Describe what you knew about pandemic flux syndrome prior to watching this video.
- Do you feel you have not had a chance at a fresh start with the pandemic fluctuating like a roller coaster?
  - Provide an example of something you can do personally to get a feeling of a fresh start.
- Provide an example of a time during the pandemic where you overestimated how you would feel when something occurred (for example, easing of stay-at-home restrictions, returning to in-person work, etc.).
- Provide examples of how you have attempted to take back control.
- What, if any, major life changes have you made, or desire to make?
  - How did those changes make you feel?
- How do you think we can better limit the amount of negative or discouraging information we take in?
- List an example of something you feel you can control that would help improve the symptoms of pandemic flux syndrome.

**PUT IT INTO ACTION:** This week, try to remove one negative or discouraging source of information from your daily life. Next week, reflect on how the removal of this source changed your outlook.

# Joyful Activities

## Episode 3: Joyful Activities

- Describe what joy means to you.
  - Has your definition of joy changed or been impacted by the pandemic?
  - How has it changed or been impacted?
- Describe how we can better bring ourselves into the present moment.
  - Provide an example of how you personally center yourself.
- Describe a time when you “paid it forward” or helped someone out.
  - How did that make you feel?
  - Did this event bring you extended joy?
- “Slowing down to smell the roses,” as they say, or taking the scenic route as described in this presentation, can help calm us and bring us a period of joy. Provide an example of a place you go to, or an area that brings you joy.
- Share a local adventure you have taken or an idea of a local adventure that you think may help to bring joy to yourself or others.

**PUT IT INTO ACTION:** This week, set aside some time for yourself. Try to find a location that takes you away from your daily routine and focus on the things that make you happy.

# How do we heal?

## Episode 4: How do we heal?

- The COVID-19 pandemic has isolated us from one another in various ways. Talk about how you connected with other people or groups during times of isolation.
  - Did you use technology for the first time to connect with others (for example, Zoom get-togethers with family or friends)?
  - Describe how these interactions helped improve your mental well-being.
- Have you tried new forms of physical activity to help increase your mental well-being?
  - If yes, provide an example of what you did and how it helped you.
  - Do you think you can continue this type of activity?
  - How did you get involved or choose the activity?
- Provide an example of a creative activity that you have tried or would want to try (examples: painting, hobby photography, gardening, etc.).
- Share what self-care means to you. What type of self-care you have tried? Do you have a new “go-to” self-care method you enjoy?
  - Describe how self-care has helped you to heal.
  - Provide an example of something you do regularly to increase your self-care.
- Provide ideas on how we can take a break or disconnect to help ourselves.

**PUT IT INTO ACTION:** Find a self-care option you have not tried yet and put it into action this week. Next week, reflect on how that self-care option worked.

# Can Boundaries Help Create Joy?

## Episode 5: Can boundaries help create joy?

- Are boundaries an area that you have focused on previously in your life?
- Provide an example of a new boundary you feel has helped you cope with the stress of the pandemic.
  - What was that boundary?
  - Describe how you maintain that boundary.
  - Do others respect your new boundary?
    - If you do not feel your boundary is being respected, what are ways you could help others better understand what your boundary is and why you need it?
- Give an example of some boundaries that might be easily added to your life.
  - How can these boundaries help you and others in your life?
- Provide a personal example of when a boundary was crossed and how you dealt with it.
  - How did this make you feel?
  - If someone else was involved, how do you think this impacted them?
- Give an example of how you would communicate new boundaries to friends, family or coworkers.
- What would help you to maintain your boundaries and stay consistent?

**PUT IT INTO ACTION:** Choose an area of your life you feel could be better controlled. Set one new boundary for this area of your life and try to stick to it for one week. The next week, add an additional boundary or refine the boundary you already set.

# Gratitude and Joy

## Episode 6: Gratitude and Joy

- We saw the definition of gratitude in the presentation. However, each individual may have a different view or definition of gratitude. Describe your personal view of gratitude.
- Give an example of something during the pandemic that you are grateful for.
- Provide an example of when someone has given you gratitude.
  - How was this gratitude expressed?
  - How did it impact your outlook?
- Give examples of how we can better look for the good in every situation.
  - Provide an example of how you found something good in a negative situation.
  - How did looking at the positive rather than focusing on the negative help improve your mood?
- Provide an example of a personal experience that has shaped who you are throughout the pandemic.
- Let's look at even some of the small items that can help us be grateful.
  - Has anyone inspired you today?
    - Who and how did they inspire you?
  - What has made you smile today?
  - What is the best thing that has happened to you today?

**PUT IT INTO ACTION:** Look for an opportunity this week to “pay it forward.” After you have paid it forward, reflect on how it made you feel and the benefits it may have provided to the person you helped.