2021

The Science of Health and Happiness for Young People





Science of Health and centre for Happiness for Young People positive psychology and health **Course Content** Introduction - what is happiness and how do we form good habits? **Developing Attention and Focus** Time management/self-discipline and motivation 4) Positive emotions This is what stress feels like Strengths and growth mindsets 7) Know your brain Emotional well-being Adolescence and young adulthood as a time of expansion 10) Whole person health

centre for **positive psychology** *and* **health**

Lecture 1: What is happiness and how do we form good habits?

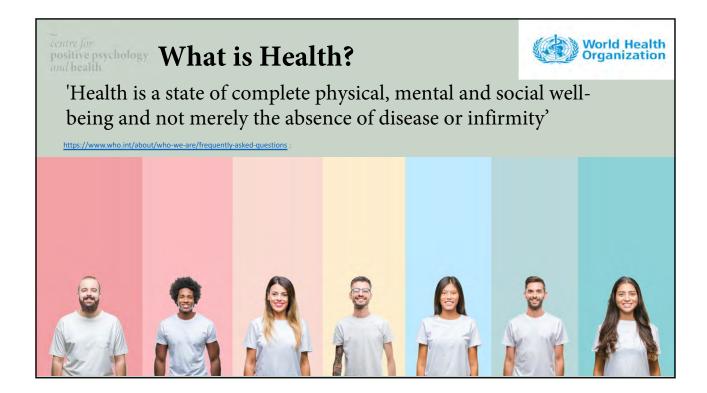
Dr. Padraic Dunne Professor Ciaran O'Boyle



RCS

Question 1: What do you think health is?





Question 2: What do you think mental health is?





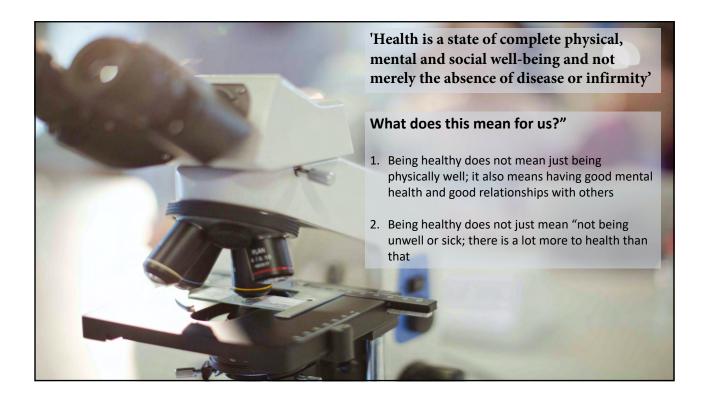
What is mental health?



Mental health: a state of well-being

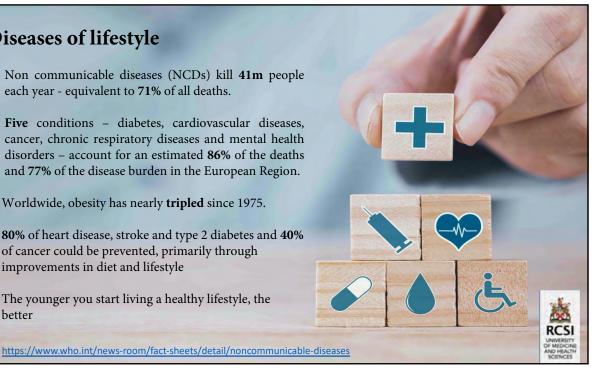
.. a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.





Diseases of lifestyle

- Non communicable diseases (NCDs) kill 41m people each year - equivalent to 71% of all deaths.
- Five conditions diabetes, cardiovascular diseases, cancer, chronic respiratory diseases and mental health disorders - account for an estimated 86% of the deaths and 77% of the disease burden in the European Region.
- Worldwide, obesity has nearly tripled since 1975.
- 80% of heart disease, stroke and type 2 diabetes and 40% of cancer could be prevented, primarily through improvements in diet and lifestyle
- The younger you start living a healthy lifestyle, the better



01/10/2021





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PERMA

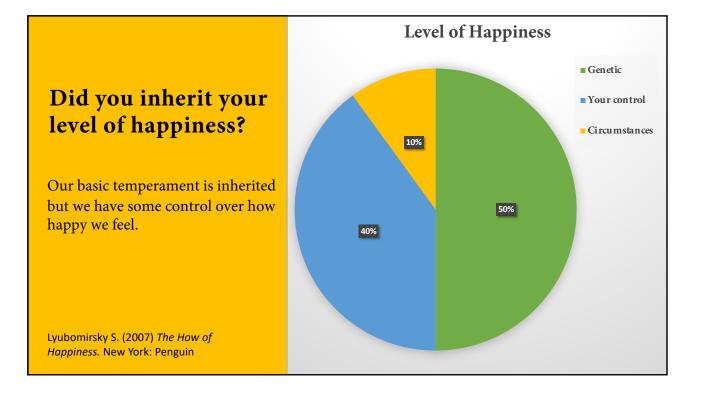
Positive Emotions. Our well-being depends on the extent to which we experience positive emotions such as happiness, joy, excitement, contentment etc

Engagement We all need to feel fulfilment by engaging in activities which are interesting and absorbing for us. These could be activities such as music, sport, gaming and hobbies that help us to achieve a sense of 'flow' – contented immersion in an activity where you are so absorbed you forget about yourself and about time.

Relationships We thrive off of our relationships with other people; nurturing healthy and strong relationships with those around us is a significant contributing factor towards our overall happiness providing us with experiences of attachment, support, being valued and being loved.

Meaning: Having meaning and purpose in our daily lives is crucial for cultivating happiness and well-being. Often involves serving something bigger than ourselves

Accomplishment. Important for our sense of well-being giving us feelings of mastery and achievement.



How can we increase PERMA?

Positive Emotions: Try to notice the positives in your life not just the negatives. Either daily or weekly, start writing down three good things that have happened to you.

Engagement: Learn to use your best strengths especially for things you don't like doing

Relationships : Set out to improve your relationships by taking more time, by showing understanding and compassion for others and by trying to use positive responses to people rather than negative responses.

Meaning: Think about what is important to you; what gives your life meaning?

Accomplishment: Think about your achievements and what you hope to achieve. Celebrate your achievements



centre for positive psychology Useful resources and health



Siegel RD (2016) *Positive Psychology: Harnessing the Power of Happiness, Mindfulness and Inner Strength.* Boston, Harvard Medical School.



Bonniwell I. (2012) *Positive Psychology in a Nutshell*. Milton Keynes, Open University Press.



Chatergee R. (2017). The 4 Pillar Plan. London, Penguin Life

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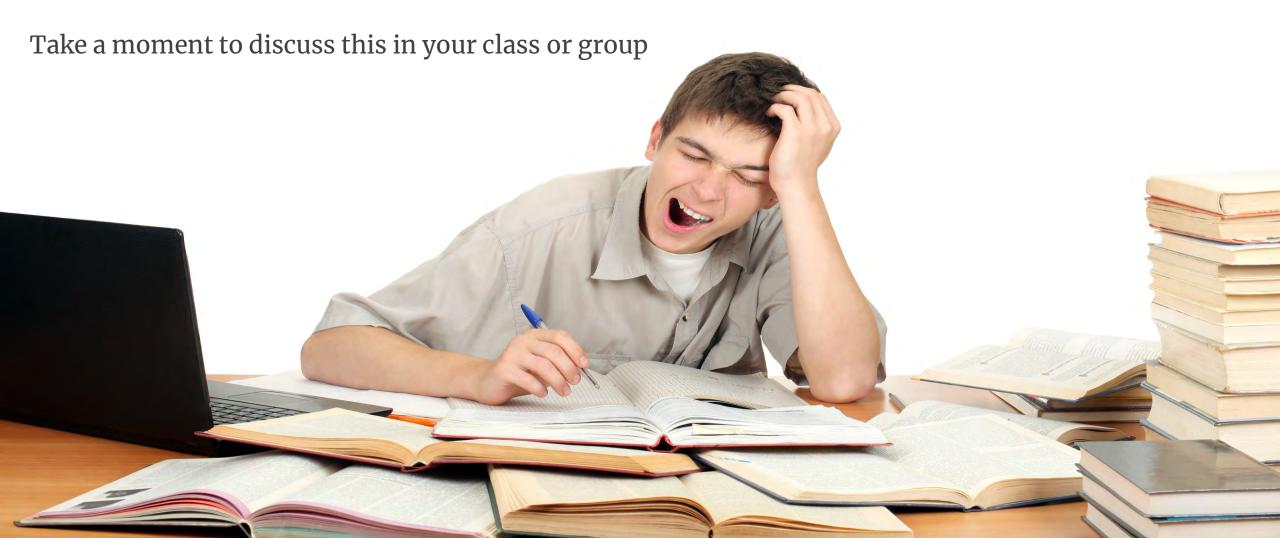
Week 2 Developing Attention & Focus Dr Pádraic Dunne



UNIVERSITY OF MEDICINE AND HEALTH SCIENCES

Do you ever find it hard to focus or pay attention?

Perhaps when doing homework, working on projects or in class?



Our brains need a lot

of energy as they develop This can sometimes make it hard to focus and pay attention

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However, certain lifestyle practices can make it even harder to pay attention:

- Poor diet
- Little exercise
- Lack of sleep



Stress and pressure can also make it hard to focus

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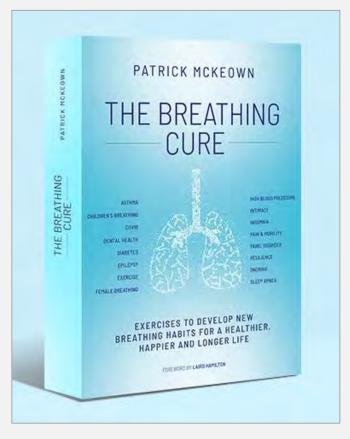
Stress can make us become forgetful; we can find it hard to remember facts, figures and even names

Can you think of the types of stress that make it hard to focus sometimes? Has this ever happened to you? Take a few minutes to discuss in your class or group

Practices to help you focus and strengthen your attention



1. Breathe



Patrick McKeown Ted Talk on the importance of healthy breathing

Breathe through your nose **<u>only</u>**!

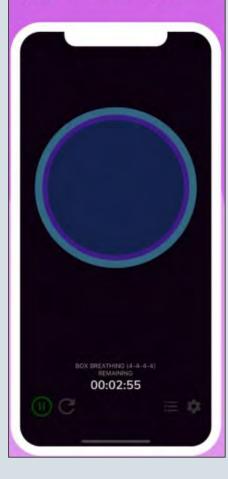
- Breathe light (gentle)
- Breathe slow
- Breathe low (into your belly)
- 5 seconds in; 5 seconds out

Practice this before you start your homework and every 15 minutes during your study period

Practice it when you feel nervous

Healthy breathing – in for 5; out for 5

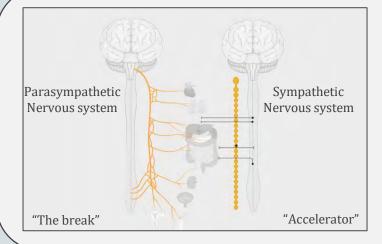
Clean, simple guided breath pacer



Download: <u>Awesome Breathing</u> from the Apple App Store or Google Play

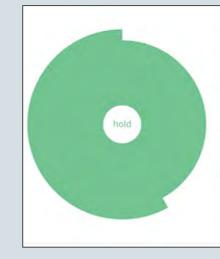
OR

Try practicing using this website: <u>xhalr.com</u>



Why does this work? The autonomic nervous system

- When you inhale, you activate the accelerator
- When you exhale, you put the break on



⊖XHAL∈R

Use this breathing app to help with your yoga or meditation exercises. If you are suffering from anxiety or panic attacks, please visit the ADAA for more help and tips.

News / Help			
Default	Square	Pranayama	Ujjayi
Breathe In			5
Hold Breath			0
Breathe Out			5
Hold Breath			5

Try it now!



Meditate to sharpen your focus and attention



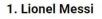


RUGBY HOW MINDFULNESS HELPS JOHNNY SEXTON THROUGH THE BAD DAYS

Arthur James O'Dea Y@ArthurJamesOD 14:56 30 JAN 2021

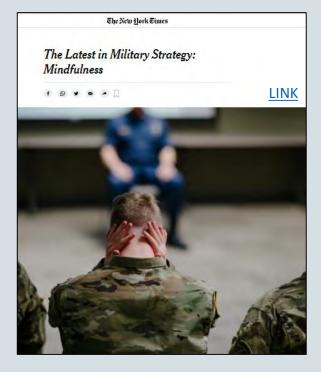
Soccer Players Who Do Yoga and Meditation

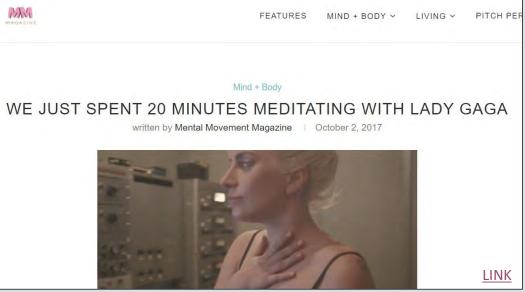
Yoga and Meditation have helped many athletes. These footballers do yoga and meditation to stay physically and mentally fit, calm and healthy.



LINK







LINK



headspace Guide to Meditation

2021 U 1 Season HD AD

Play

Headspace takes a friendly, animated look at the benefits of meditation while offering techniques and guided meditations to jump-start your practice.

 ∇

Cast: Andy Puddicombe

Genres: Special Interest, Science & Nature Documentaries, Lifestyle

Meditation is not about stopping thinking

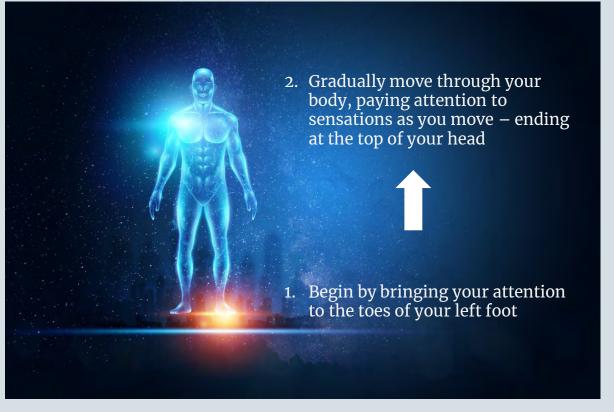
- It is about becoming aware of your thoughts, mind and your body
- Meditation can be hard and isn't easy but it is worth it!
- If you are very upset its probably not a good idea to meditate – focus on your body instead e.g. exercise, sport, art, music, singing, being in nature and with animals



Episodes

The body scan meditation

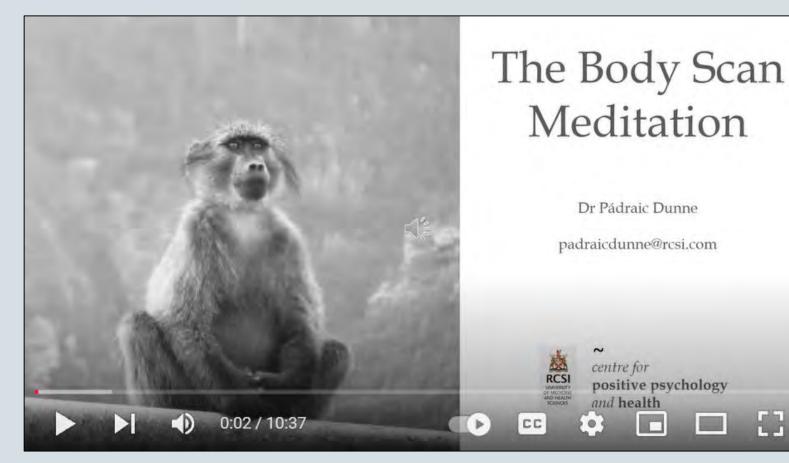






Practice the body scan meditation

The second second



Practice:

- Before your homework
- If you feel angry or upset
- If you are experiencing pain or discomfort in the body



Link to the practice

Other important ways to strengthen

focus and attention:

sleep, good food, exercise



RULES OF HEALTHY SLEEP







PICK CONSISTENT SLEEP AND WAKE TIMES

KEEP ELECTRONICS

OUT OF BEDROOM

TRY HERBAL TEA

WITH VALERIAN ROOT



BLOCK OUT ALL LIGHT

AVOID CAFFEINE

CLOSE TO BEDTIME

AVOID STRESSORS BEFORE BEDTIME



DROWN OUT ALL UNWANTED NOISE



DO A BODY SCAN

How many of these things do you do each night before bed?

Discuss

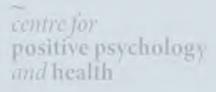


Eat good food often, if you can *– low sugar - limit processed food* Calculate how many minutes of exercise you get each day during the week?

Discuss

Check out the Irish HSE guide on exercise and for a deeper explanation of recommended exercise per day

2020 World Health Organisation (WHO) guidelines call for children and adolescents to accumulate at least an **average of 60 min of moderate-to-vigorous intensity physical activity per day** (mostly aerobic physical activity). They also recommend that vigorous physical activities and muscle and bone strengthening activities should each be incorporated at least 3 days per week.



Your homework for this week

- Practice healthy breathing before, during and after homework each evening
- Practice breathing before each class with your teacher discuss what it feels like
- Practice the body scan in class with your teacher and at least once at home discuss what it feels like
- Write out your personal plan for sleep hygiene; discuss in class
- Review your SMART habit check-list from last week



~

Thank you

W. ASIN



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The Science of Health and Happiness for Young People

Lecture 3: Time management, self-discipline and motivation

Professor Ciaran O'Boyle

RCSI UNIVERSITY OF MEDICINE AND HEALTH SCIENCES

2021

centre for positive psychology *and* health RCSI Science of Health and Happiness for Young People Notes for Lecture 3

- 1. The way we think about things is very important; If you change the way you look at things, the things you look at, change.
- 2. "When we are no longer able to change a situation, we are challenged to change ourselves." *Viktor E. Frankl;*
- 3. "My captors could take away my liberty but they could not take my freedom to choose my response" *Viktor E. Frankl*
- 4. It is important to distinguish between the things we can control and those we can't. A **proactive** focus is concerned with focusing on what we can control. The Stoic philosophers made this a central tenet of their thinking.
- 5. The language we use with ourselves and with others has a significant impact on how we think and feel. Important to distinguish between **reactive** and **proactive** language.



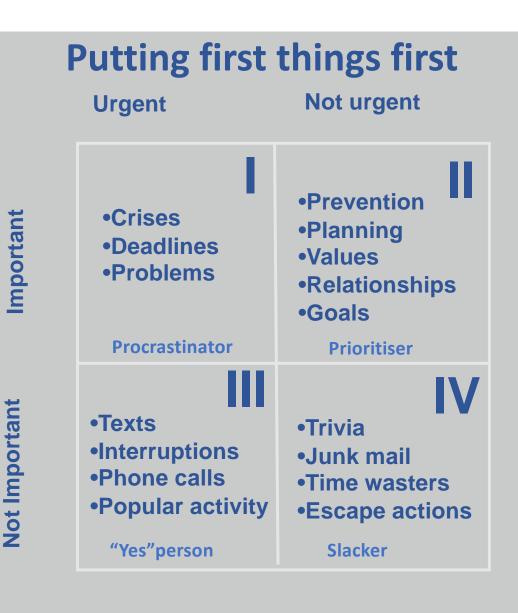
Centre for positive psychology and health RCSI Science of Health and Happiness for Young People Notes for Lecture 3

- 1. Motivation is what drives our behaviour; Maslow famously set out human needs in a pyramid in which the lower levels had to be satisfied before the higher levels.
- 2. Anything that drives you to do something can be seen by your brain as a motivator: e.g. food, money, grades, acceptance by peers, winning in sport; Your brain releases a pleasurable chemical called **dopamine** just for trying; You feel satisfaction when you have given it your best effort.
- 3. "Learned Helplessness" refers to our becoming demotivated when we experience failure the negative motivation transfers to subsequent tasks. The opposite is also true success breeds success.
- 4. If you are struggling to complete something difficult: (i) Take a break; (ii) Do something you are good at; (iii) Go back to the task with renewed energy and confidence.
- 5. If your goal is daunting: (i) Break it down into smaller tasks; (ii) Use a checklist- writing out each step has been shown to make it easier to achieve each step
- 6. "Gamification" is a way in which we can increase our motivation by turning tasks into fun

RCSI Science of Health and Happiness for Young People Notes for Lecture 3

Managing our time

- 1. Distinguish between urgency and importance
- 2. Think of and plan time in longer blocks such as a week
- Cut down time spent in QIII and QIV learn to say "No"
- 4. Increase time spent in QII



centre for **positive psychology** Further exploration *and* health

Covey, S (1998) The 7 Habits of Highly Effective Teens. New York, Simon and Schuster

Covey S (2015) First things first. YouTube: <u>https://www.youtube.com/watch?v=Cw1_l6oKr1s</u>

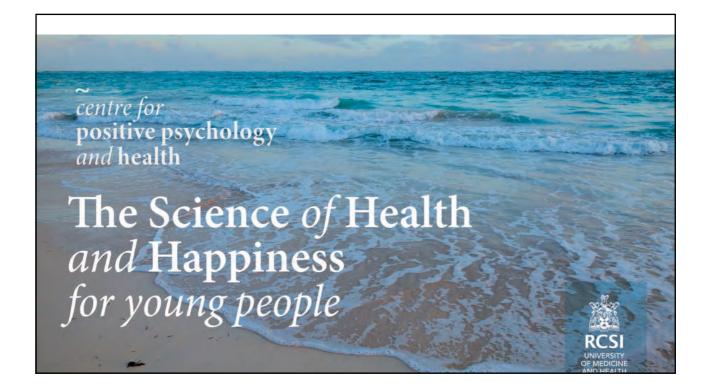
Brainchild: Motivation. Netflix: <u>https://www.netflix.com/watch/80215241?trackId=14277283&tctx=-97%2C-</u> <u>97%2C%2C%2C%2C</u>

Pink D (2009) The Puzzle of Motivation. Ted talk: https://www.ted.com/talks/dan_pink_the_puzzle_of_motivation?language=en_

Urban T. (2016) Inside the mind of a master procrastinator. Ted talk: https://www.youtube.com/watch?v=arj7oStGLkU



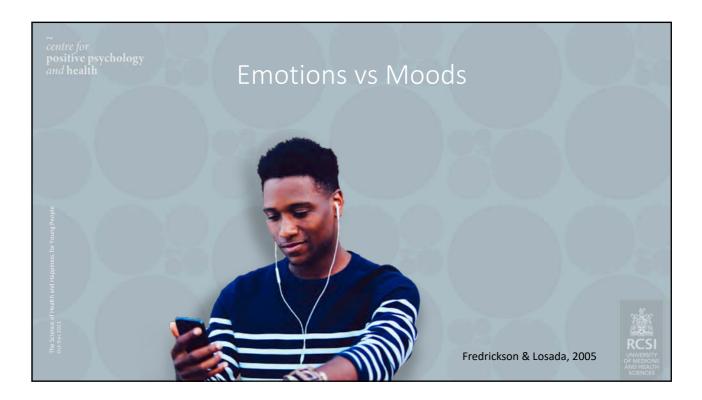
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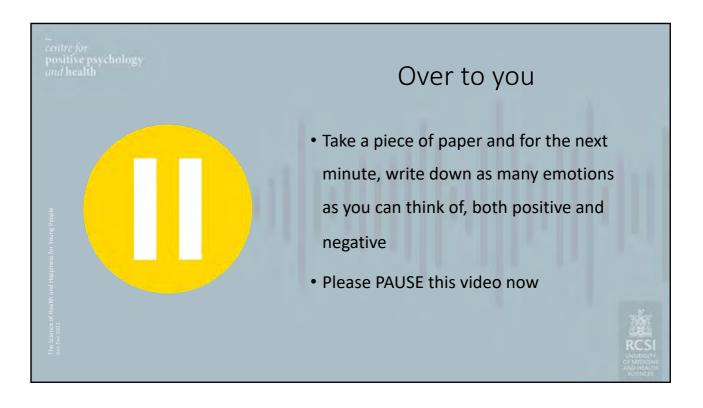


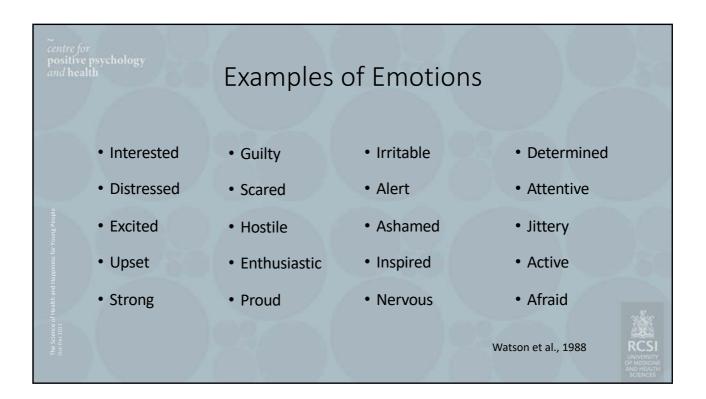
centre for positive psychology and health	Agenda	
<page-header></page-header>	 Define positive emotions Discuss the role they play in our lives List ways in which you can boost your positive emotions 	RCSI UNIVERSITY of Medicale and Medicale and Medicale

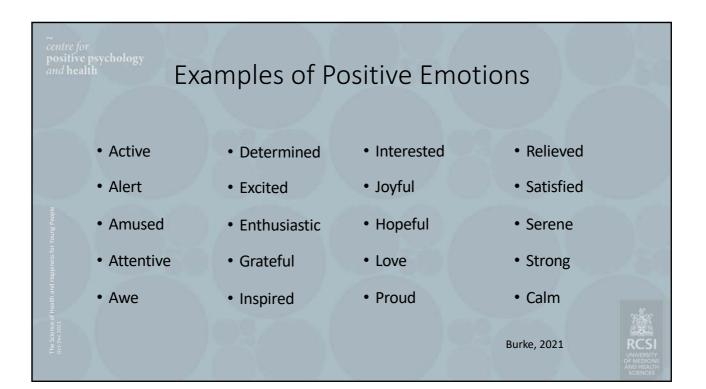


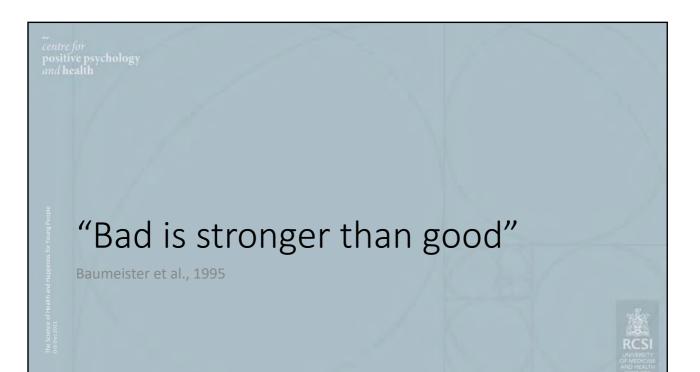


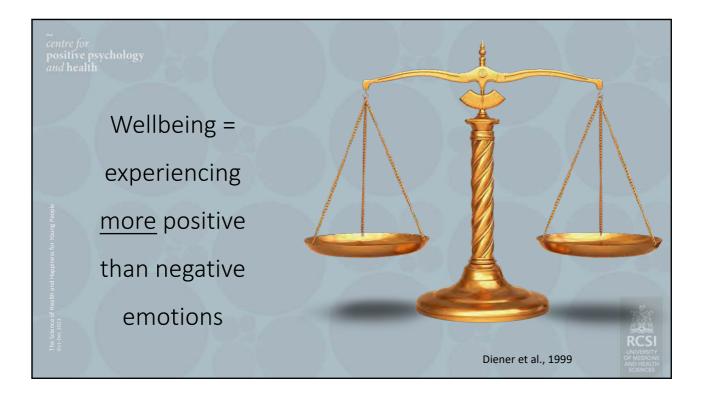




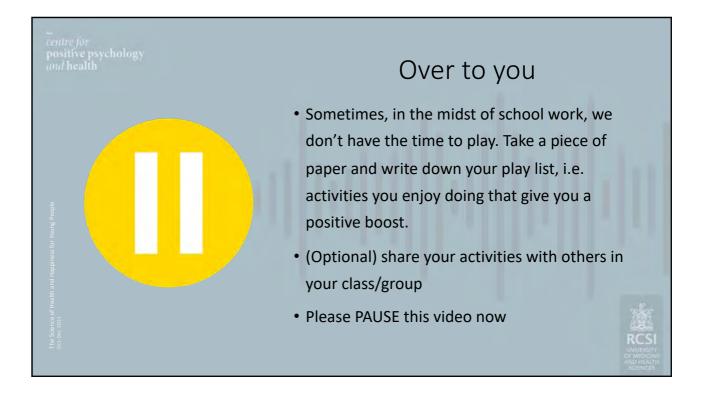








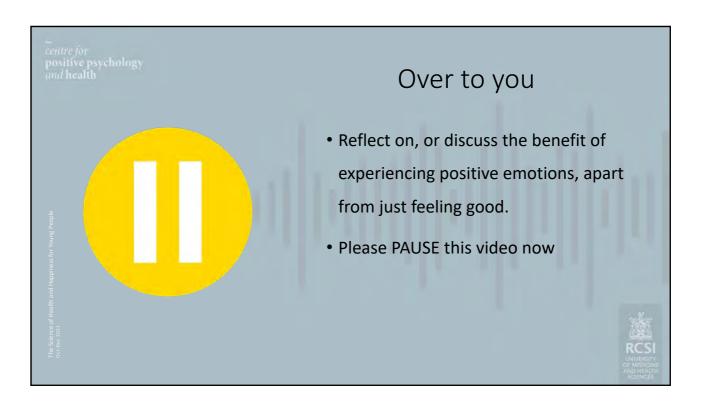


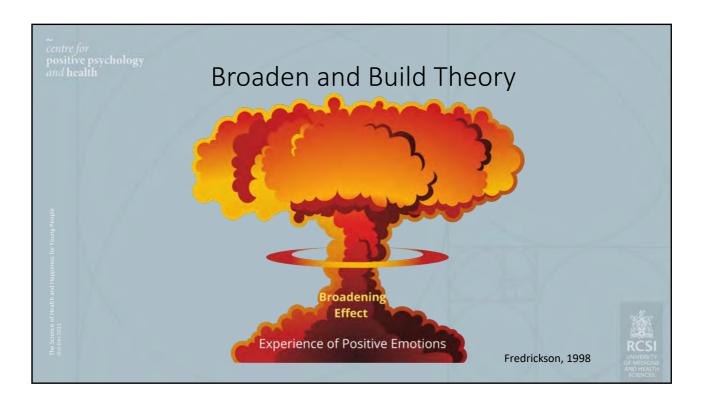


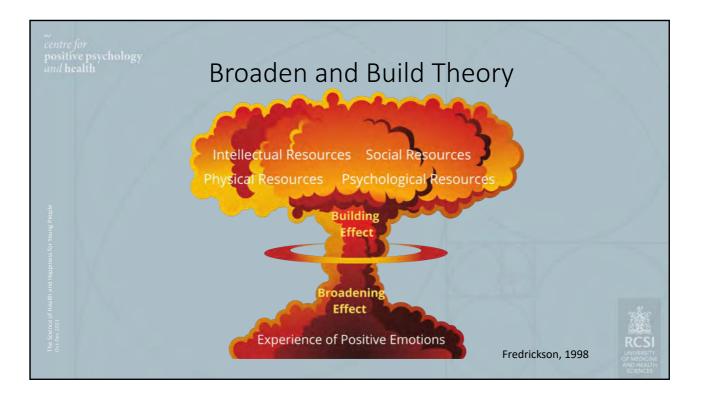


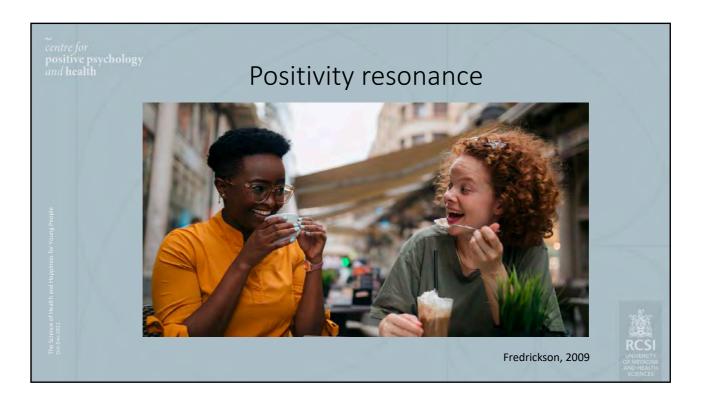


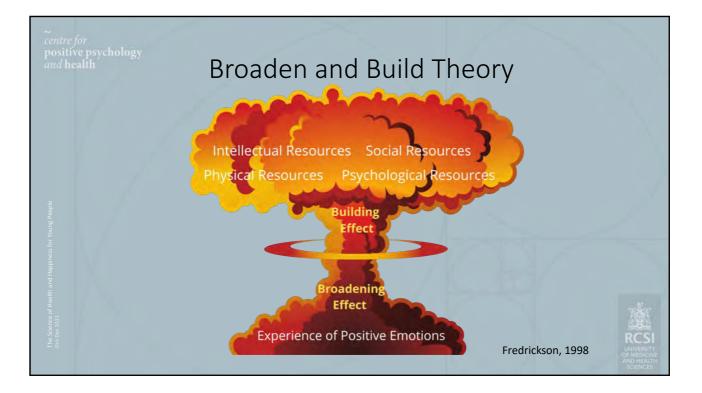


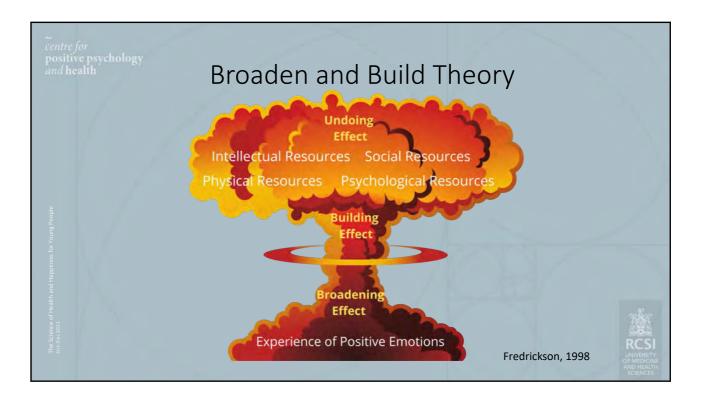












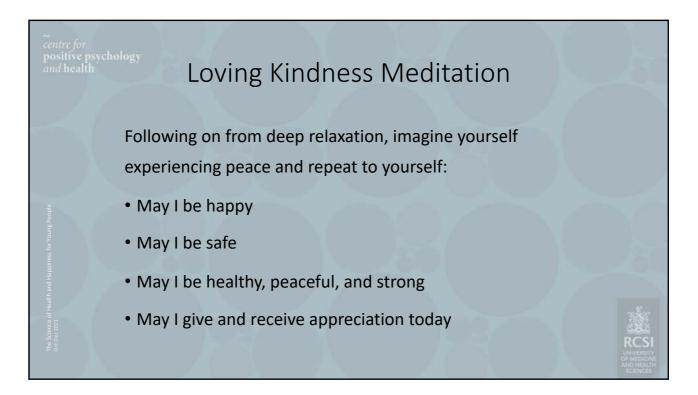




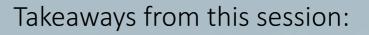
Intensely Positive Experience

"Think of the most wonderful experience or experiences in your life, happiest moments, ecstatic moments, moments of rapture, perhaps from being in love, or from listening to music, or suddenly "being hit" by a book or painting or from some great creative moment. Choose one such experience or moment. Try to imagine yourself at that moment, including all the feelings and emotions associated with the experience. Now write about the experience in as much detail as possible trying to include the feelings, thoughts, and emotions that were present at the time. Please try your best to re-experience the emotions involved"

Burton & King, 2004







- We experience many emotions
- It is useful to label our emotions to help us cope with them effectively
- Emotions are different than moods
- Positive and negative emotions serve different purpose
- You can take action and change your emotions



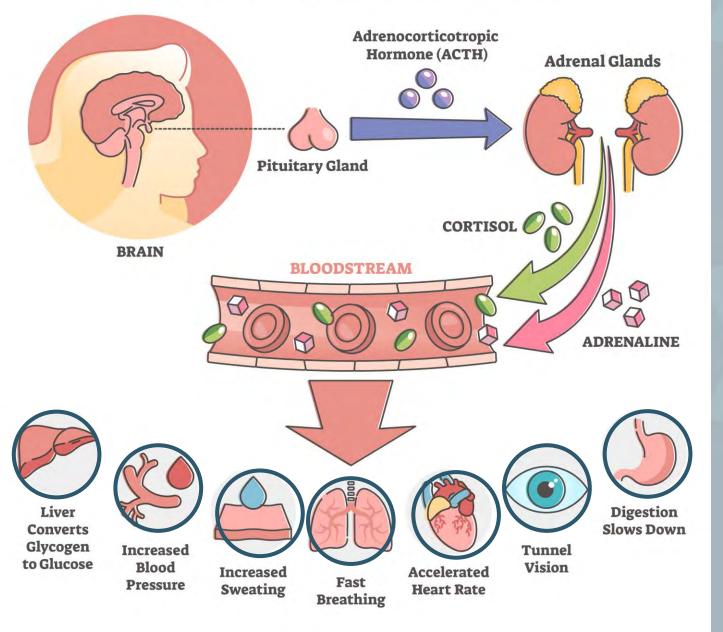
Week 5 This is what stress feels like

Dr Pádraic Dunne



UNIVERSITY OF MEDICINE AND HEALTH SCIENCES

STRESS RESPONSE



This is what fight/flight distress feels like

Additional symptoms:

- Butterflies or upset stomach
- Need to go to the toilet
- Headaches
- Muscle tension and aches
- Wobbly legs
- Dry mouth
- Cant hear human voices very well
- Ears tune to high pitched or very low pitched sounds
- Fatigue



What is the difference between excitement, stress and falling in love?

- Butterflies in the stomach
- Wobbly legs
- Dry mouth
- Increased heart rate
- Increased breathing
- Sweating
- Loss of appetite

Switch perspective

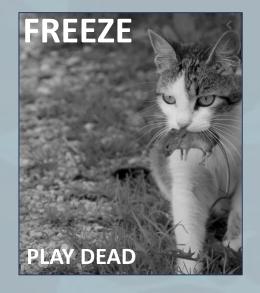
The next time you feel stress – tell yourself it is just excitement



What are the symptoms of freezing or playing dead for humans?

When we find ourselves in a situation where we cant neither fight our way out nor escape, then we can freeze or play dead:

- Faint
- Have very low energy want to sleep all the time
- Don't want to go outside or socialise
- No appetite
- No interest in doing anything





Stress First Aid - ABC



Awareness – become more aware of what's happening in your body (aches, pains and tensions)

Awareness – become more aware of what's happening in your mind (thoughts and emotions)

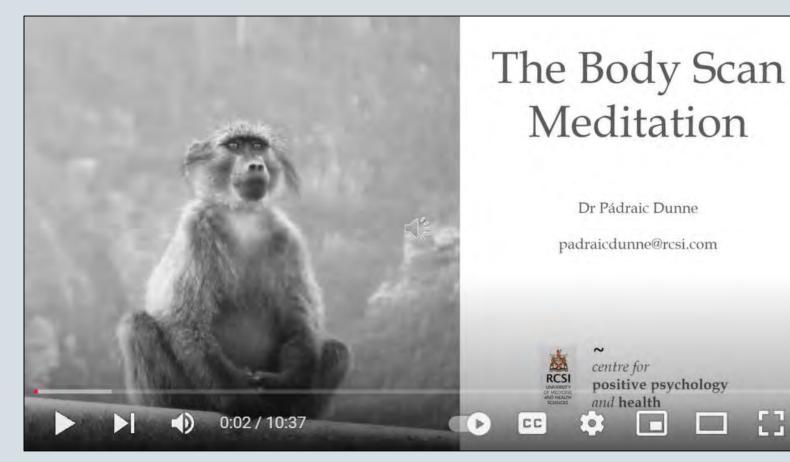
Solution for increased body awareness – body scan meditation, yoga, simple attention

Solution for increased mind awareness – meditation, journaling, speaking with friends, family and trusted others



Practice the body scan meditation

The second



Practice:

- Before your homework
- If you feel angry or upset
- If you are experiencing pain or discomfort in the body



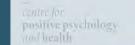
Link to the practice

Stress First Aid - ABC



Breathe – use 5-5-5

triangular breathing to balance the autonomic nervous system and prevent the fight or flight response



Clean, simple quided breath pacer

00:02:55

Download: <u>Awesome Breathing</u> from the Apple App Store or Google Play

OR

Try practicing using this website: <u>xhalr.com</u>



Breathe through your nose – lightly, slowly and deeply

Sympathetic

Nervous system

"Accelerator"

Why does this work?

the accelerator

break on

The autonomic nervous system

When you inhale, you activate

• When you exhale, you put the

5-5-5 second breathing (Inhale-exhale-hold)

Parasympathetic

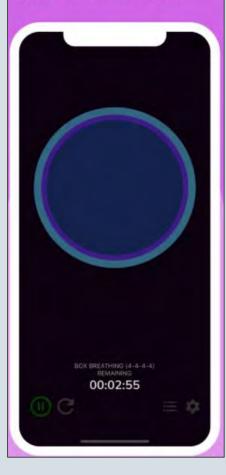
Nervous system



RCSI

Healthy breathing – in for 5; out for 5

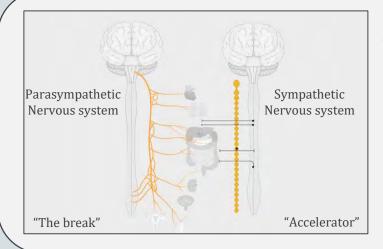
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Why does this work? The autonomic nervous system

- When you inhale, you activate the accelerator
- When you exhale, you put the break on



⊖XHALeR

Use this breathing app to help with your yoga or meditation exercises. If you are suffering from anxiety or panic attacks, please visit the ADAA for more help and tips.

Default	Square	Pranayama	Ujjayi
Breathe In			5
Hold Breath			0
Breathe Out			5
Hold Breath			5

Try it now!



Stress First Aid - ABC

Compassion – Sometimes the negative voice inside our head can be very loud and vicious. We need to counteract this voice by having compassion for ourselves. Remember, stress can come from the inside

When you practice breathing, close your eyes and try to picture your own face – wish yourself health and happiness. Remind yourself that you are a human being, trying to your best

Each time the negative voice speaks, try to put your focus back on your breathing





Long-term management



cultivate relationships



cultivate community through exercise & creativity, especially music



cultivate 7 human touch - 6 hugs

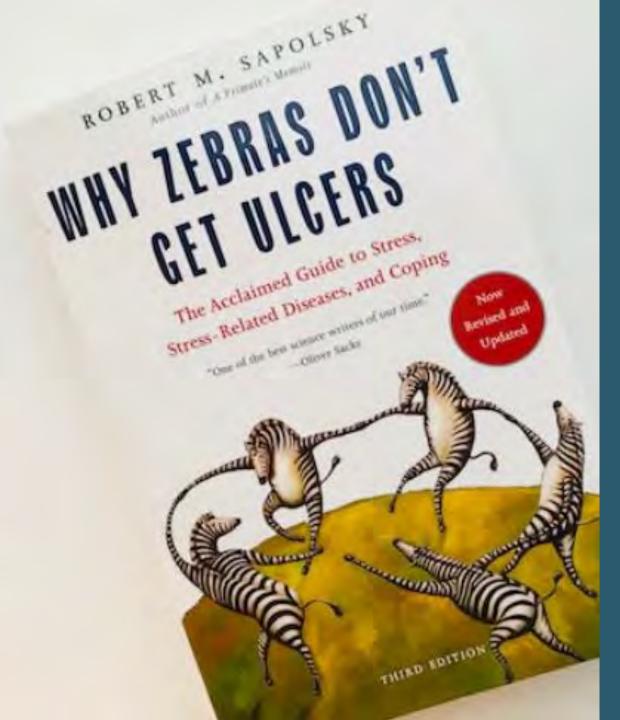
Talk therapy via peers or one-to-one



What practices can you put in your distress first-aid kit?

Can you put a plan in place to do at least two every week? Can you put a reminder in your phone for one practice alone and one with other people?





A final word on stress

Dr Robert Sapolsky

Stanford University

Book Why Zebras Don't Get Ulcers

YouTube talk

www.youtube.com/watch?v=D9H9qTdserM



~

Thank you

W. Ash



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The Science of Health and Happiness for Young People

LECTURE 6: Strengths and Growth Mindsets

Professor Ciaran O'Boyle



centre for and health

positive psychology WHICH MINDSET DO YOU HAVE?

Fixed

Growth

Do you mostly agree or disagree with these statements:

Intelligence

- Your intelligence is something very basic about you that you can't change 1. very much.
- You can learn new things, but you can't really change how intelligent you 2. are.
- No matter how much intelligence you have, you can always change quite a 3. bit.
- You can always change substantially how intelligent you are. 4.

Personal Qualities

- You are a certain kind of person and there is not much that can be done to 1. really change that.
- No matter what kind of person you are, you can always change 2. substantially.
- You can do things differently, but the important parts of who you are can't 3. really be changed.
- You can always change basic things about the kind of person you are. 4.



Developing a growth mindset

- **Embrace** challenges
- Persist in the face of setback ٠
- See effort as part of the journey
- Learn from criticism ٠
- Find lessons and inspiration in the • resilience of others



My potential is predetermined "When I'm frustrated I give up" Feedback and criticist are personal

stick to what I know

Adapted from: Dweck CS. (2017). Mindset: Changing The Way You Think To Fulfil Your Potential. (Revised ed.) London, Robinson. Pp 12-14.

Strengths

- You have all 24 strengths some stronger and more used than others – but, all can be developed
- Your highest strengths are called your signature strengths

 unique to you – like your signature – come naturally to you, are energising and best capture the real you
- You can develop or improve the use of any of your strengths
- Each strength can help you in its own way
- Your strengths can help you deal with your problems and reduce your stress

- Research shows that if you have an active awareness of your character strengths you are 9 times more likely to be flourishing
- Using strengths is a route to PERMA
- Using strengths decreases our negative bias
- Strengths have been shown to amplify and grow the positive in business, education, healthcare, education, coaching, psychotherapy and counselling
- Using strengths decreases stress, leads to less friction in the classroom, less depression, better physical health and increased wellbeing

Strategies for using your strengths

- 1. Take the VIA survey and identify your signature strengths
- 2. Use one of your strengths in a new way each day
- 3. Connect your strengths to your happiness
- 4. Spot character strengths in others
- 5. Bring strengths into your interactions with others
- 6. Reflect on your role models

Adapted from Bocci GS, Niemiec RM (2020) The Positivity Workbook for Teens. CA, New Harbinger Publications. Pp 27-29

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www.viacharacter.org

Wisdom

Life is Beautiful (Creativity) Alice in Wonderland (Curiosity) Sherlock Holmes (Judgement) Akeelah and the Bee (Love of Learning) Life as a House (Perspective)

Strengths in the movies

Courage Hotel Rwanda (Bravery) The Pursuit of Happiness (Perseverance) Twilight (Self-Regulation) Win Win (Honesty) The Artist (Zest)

Humanity

Away From Her (Love) Amelie (Kindness) Another Year (Social Intelligence)

Niemiec RM and Wedding D (2014) Positive Psychology at the Movies 2. Boston, Hogrefe

Justice

The Way Back (Teamwork) 12 Angry Men (Fairness) Gandhi (Leadership)

Temperance

The Straight Story (Forgiveness) 10 Questions for the Dalai Lama (Humility) The Girl With the Dragon Tattoo (Prudence)

Transcendence

American Beauty (Appreciation of beauty/excellence It's a Wonderful Life (Gratitude) The Prize Winner of Defiance, Ohio (Hope) Zorba the Greek (Humour) The Wizard of Oz (Spirituality)

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positive psychology Resources

Videos:

- Carol Dweck author of "Mindset" speaking at RCSI. https://www.youtube.com/watch?v=EO5Yz2x0GSk
- Neal Mayerson founder of the VIA Institute on Character speaks about the character strengths revolution. https://www.youtube.com/watch?v=fSmbB0Ko2hM
- Ryan Niemiec Director of Education at VIA speaks about character strengths at a 2017 Ted talk https://www.youtube.com/watch?v=DMWck0mKGWc&t=351s
- On September 22, 2016 over 90,000 schools, organizations and communities participated in Character Day and hosted events to discuss the importance of character development. Individuals were encouraged to complete the free VIA Survey to discover their strengths. Watch this video of students of Christchurch, New Zealand celebrating their unique character strengths! https://www.viacharacter.org/resources/videos/character-matters

Books:

- Bocci GS, Niemiec RM (2020). The Positivity Workbook for Teens. CA, New Harbinger Publications.
- Dweck CS. (2017). Mindset: Changing The Way You Think To Fulfil Your Potential. (Revised ed.) London, Robinson.
- Niemiec R, McGrath RE (2019). The Power of Character Strengths. Cincinnati, The VIA Institute on Character

Web: www.viacharacter.org

Session 7: Know your Brain –Dr Trudy Meehan

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and health Gut, heart, brain – Dr Barbara Fredrickson

- How do we know the difference between smiles?
- Mimicking smiles is the key
- Moving the same muscles, we activate the same neural pathways and we feel it in our bodies.
- We feel a little of what the other person is feeling when we make eye contact and mimic their facial expression
- Eye contact triggers mimicry
- We need to mimic so that we can understand the subtilities of another person's intentions.
- Implications for online versus in-person interaction?



Paying attention to your gut

- Value of connecting to your body and paying attention
- Times when children or adolescents are told to disconnect from their guts/hearts (be polite! that's rude!).



Centre for **positive psychology** Your brain is not fully developed until *and* health you are 24/25

- Not great at planning and taking consequences into account
- Overly self conscious





Pruning

- Starting to specialize
- Some neurons getting pruned away

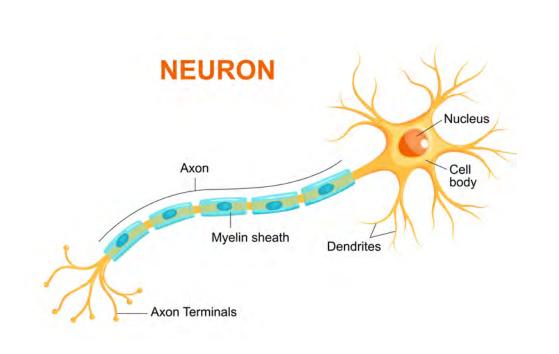


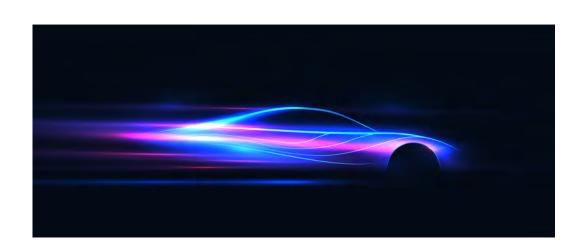


Your brain is fine tuning and getting faster

Dan Siegel on Myelination and Pruning in the Adolescent Brain

https://www.youtube.com/watch?v=0O1u5OEc5eY





Why is all this happening?

- Dopamine/reward centres of the brain are extra active – need novelty, will take risks – Dr. Adriana Galván
- <u>https://www.youtube.com/watch</u> ?v=LWUkW4s3XxY
- Makes you seek novelty and interesting things
- Makes you bored at home
- Family become boring and annoying and outside world becomes fascinating and exciting

Know your Brain

- Brain is a construction site
- Pruning and myelination
- Dopamine system changing
- Frontal lobes not fully developed yet so all this going on without full brain coordination
- Exhausting and confusing and frustrating







BRAINSTORM

THE POWER AND PURPOSE OF THE TEENAGE BRAIN

> An Inside-Out Guide to the Emerging Adolescent Mind, Ages 12-24

SORIBE

A surgeous bail of one addition of a shall be play a realizable for a discussion rate groups which beam and helps hadd only compared and passes in plana work. Golder Hawn

Adolescence = Adult -ESSENCE

ES: Emotional Spark SE: Social Engagement N: Novelty CE: Creative Exploration

Resources

- Galván, A. (2013). Insight into the Teenage Brain https://www.youtube.com/watch?v=LWUkW4s3XxY
- Siegel, D. (2014). Brainstorm: The power and purpose of the teenage brain. Scribe
- Siegel, D. (2018). The Adolescent Brain https://www.youtube.com/watch?v=0O1u5OEc5eY

Session 8: Emotional Wellbeing – Dr Trudy Meehan

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Emotional wellbeing

"You can learn the steps to make your brain more integrated and to strengthen it. You can learn how to improve the way your mind functions and make your brain healthier and your relationships more rewarding....and if you learn these things, they can make the rest of your life better." (Siegel, 2014, p.18).



The Mental Health Continuum

• Difference between something that is a clinical issue versus a challenging emotional experience

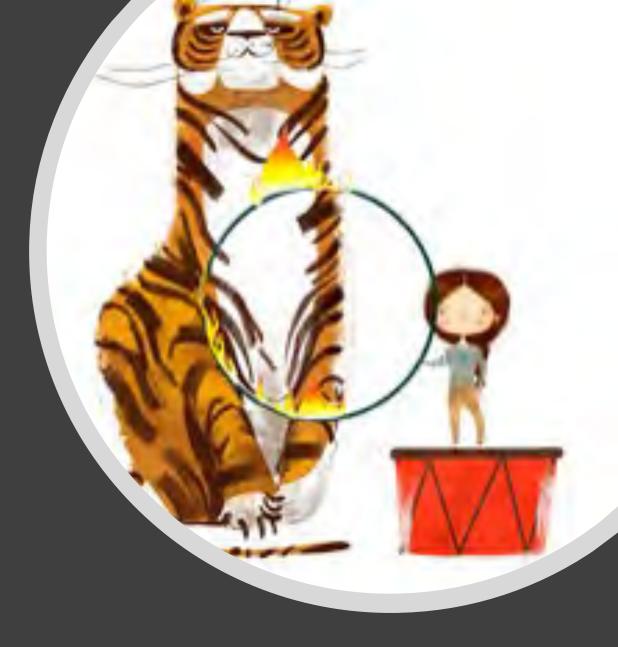
The Mental Health Continuum





Name it to Tame it

- "Name it to tame it" (Dan Siegel)
- Shifts processing from emotional limbic system to planning pre-frontal cortex



Notice it before we can name it

SIFTING - Time In (Siegel, 2014)

- Identifying feelings in body
- Identifying changes in those feelings in the body
- Naming the feelings and experiencing them



positive psychology and health The context (story) of our pain matters

- Name what you are feeling or what is happening to you
- Describe the impact on your life
- What's your opinion of its impact on your life? Do you agree or disagree with the impact of the problem?
- Why do you disagree with the impact the problem is having on your life?
- What hopes or dreams or things that are important to you is it standing in the way of?
- Can you tell the story of your hopes and dreams?
- Are there any skills that you will learn from fighting the problem that you can take into building your hopes and dreams?



Self Criticism – it's easier to be the critic than the one who messed up (Kirstin Neff)

Self-compassion

- **Mindfulness** awareness and acceptance (letting go) of pain
- **Common humanity** avoiding isolation or shame by seeing one's experiences as part of the human condition
- **Kindness** being kind and warm rather than harsh in the face of set-backs



Neff (2003a, b)

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Resources

- Dunne, P. (2020). Loving kindness meditation https://www.youtube.com/watch?v=LkC0K1F8nPk
- Siegel, D. (2014). Brainstorm: The power and purpose of the teenage brain. Scribe
- SpunOut -Youth Information Website written by young people for young people <u>www.spunout.ie</u>



Session 9: Adolescence as a time of expansion–Dr Trudy Meehan

The Science of Health and Happiness for young people

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One good adult

 "adolescents pushing away from others is natural; shutting others out totally is not helpful (nor is it natural) for anyone. An important takehome message is that it is vital to keep the lines of connection and communication open and to remember that we all – adolescents and adults – need to be members of a connected community" – Dan Siegel, 2014

• Michele Fine Health Psychologist – trust in educators/adult



Launched in 2019, Jigsaw and UCD's My World Survey 2 asked young people if there was a special adult in their lives. This was an adult they could turn to when they were in need.

76% of young people had at least one adult they could talk to when they needed support. Having this person in their lives was linked to better overall mental health.

What difference does One Good Adult make?

Young people who reported having one good adult tended to have:

- Increased self-esteem
- More success in school life
- Better mental health
- More likely to seek help
- Less risk taking behaviours.

Not having One Good Adult was linked to higher levels of distress, anti-social behaviour and increased risk for suicidal behaviour. One Good Adults are crucial to helping young people do well and to flourish.

Screenshot from Jigsaw Website https://jigsaw.ie/what-does-one-good-adult-mean/

Your attention shapes your brain



"Where attention goes, energy flows and neurons grow" – Dan Siegel

Key Findings

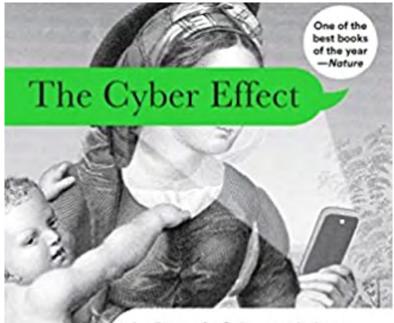
Support for more regulation:

- 91% of the public think the Government should stand up to the big tech companies and set rules that protect the public from harmful or illegal use
- 86% agree that major tech companies have too much power and influence over politics and law
- 81% agree that the Government is too frightened of big tech companies to make effective laws to control them
- 70% of the public think that the Government should introduce laws that hold social media companies responsible for content they allow on their platforms

"This research may only be the top of the iceberg when it comes to the reality of Irish people's experience engaging with online platforms and services," **continued Tanya Ward**. Here we see over a half of respondents directly or indirectly affected by harmful use of online or social media. One in five reporting that they have been directly affected. With trust in legislation as an effective way to ensure platforms are held accountable, it is a clear opportunity for the Government's Online Safety and Media Regulation Bill which is due for publication this term. However, if the Bill is to live up to its name, it must include specific provisions for an Online Safety Commissioner with the ability and support to take swift action and a public complaints mechanism so people, particularly children and young people, do not have to place all their faith in the platforms to perform."







An Expert in Cyberpsychology Explains How Technology Is Shaping Our Children, Our Behavior, and Our Values and What We Can Do About It

Mary Aiken, PhD

-STEVEN D. LEVITT, co-author of Freakonomics

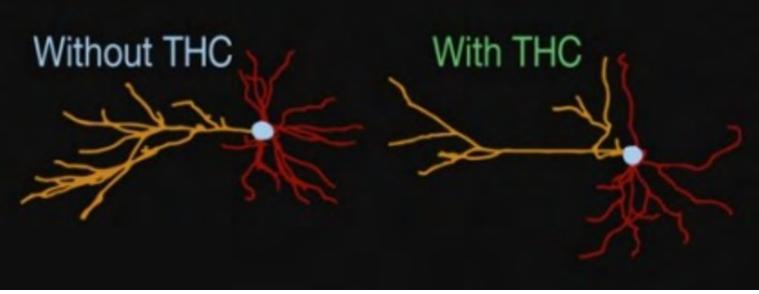
Delay using additive substances!

- The odds of becoming dependent on alcohol decrease every year you wait to start drinking by up to 14% (Grant & Dawson, 1997).
- People who begin using cannabis before the age of 18 are four to seven times more likely to develop a dependency than people who start in adulthood (Winters & Lee, 2008).



Cannabis and brain pruning





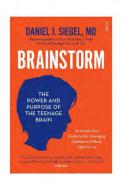
Miller, M.L., Chadwick, B., Dickstein, D.L., et al. (2018)

Keep your brain bubble wrapped

"I'm not interested, I'm protecting my brain"



• 11-18 years:





• 14-24 years:



hoology that connects us also controls u

(undarce) /the social dilemma_



• All ages:

Resources

Talking about drugs and the brain

Adolescent Brain Development and Drug Abuse

Ken C. Winters, Ph.D.

Scientific Advisor, Mentor Foundation Professor, Department of Psychiatry, University of Minnesota June 2008



Support provided by Archie & Bertha Walker Foundation, RKMC Private Foundation, and Mentor Foundation

Jigsaw youth mental health



Vhat does One Good Adult mean?

https://langley.bigbrothersbigsisters.ca/wpcontent/uploads/sites/145/2017/11/Adolescent Brain_Bochure.pdf

https://jigsaw.ie/what-does-one-good-adult-mean/



SPEAK ()

References

- Davis, A. C., Wright, C. J., Murphy, S., Dietze, P., Temple-Smith, M. J., Hellard, M. E., & Lim, M. S. (2020). A digital pornography literacy resource co-designed with vulnerable young people: Development of "The Gist". *Journal of medical Internet research*, 22(6), e15964. doi:10.2196/15964
- Fine, M., Stoudt, B. G., Fox, M., & Santos, M. (2010). The uneven distribution of social suffering: Documenting the social health consequences of neo-liberal social policy on marginalized youth. <u>https://www.ehps.net/ehp/index.php/contents/article/view/ehp.v12.i3.p30</u>
- Grant, B. F., & Dawson, D. A. (1997). Age at onset of alcohol use and its association with DSM-IV alcohol abuse and dependence: results from the National Longitudinal Alcohol Epidemiologic Survey. *Journal of substance abuse*, *9*, 103-110. <u>https://doi.org/10.1016/S0899-3289(97)90009-2</u>
- Miller, M. L., Chadwick, B., Dickstein, D. L., Purushothaman, I., Egervari, G., Rahman, T., ... & Hurd, Y. L. (2019). Adolescent exposure to Δ⁹-tetrahydrocannabinol alters the transcriptional trajectory and dendritic architecture of prefrontal pyramidal neurons. *Molecular psychiatry*, 24(4), 588-6. <u>https://www.nature.com/articles/s41380-018-0243-x</u>
- Potee, R. (2018). Vaping, Marijuana, and the Effects on the Adolescent Brain. <u>https://www.youtube.com/watch?v=25mK4yXzOkQ</u>
- Siegel, D. (2014). Brainstorm: The power and purpose of the teenage brain. Scribe
- Winters, K. C., & Lee, C. Y. S. (2008). Likelihood of developing an alcohol and cannabis use disorder during youth: association with recent use and age. *Drug and alcohol dependence*, 92(1-3), 239-247. <u>https://doi.org/10.1016/j.drugalcdep.2007.08.005</u>

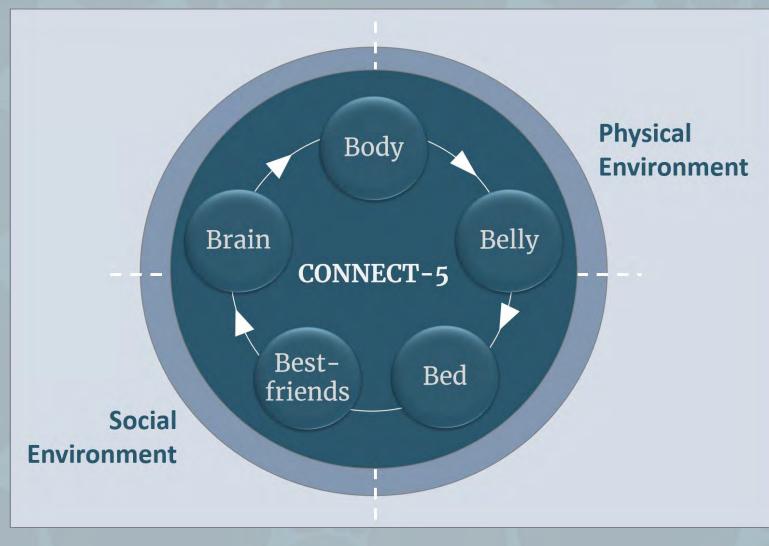


Week 10 - Whole Person Health

NOTES



Centre for positive psychology Whole person health -what do we mean? *and* health



Looking after our:

- Brain
- Body
 - Belly
 - Bed
 - Best-friends



Where can we find people who engage in whole person health practices?





LOMA LINDA UNITED STATES

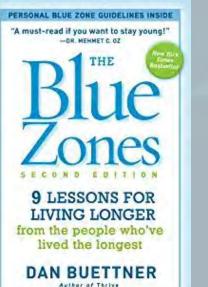
> Blue zones are regions where a higher than usual number of people live much longer than average. There are five blue zone areas in the world.

ICARIA GREECE

OKINAWA JAPAN

SARDINIA ITALY







https://www.ted.com/talks/dan_buettn er_how_to_live_to_be_100



Number of people who live to 100 and older per 100,000 population positive psychology and health 12.6 14.1 9.3* 100,000 100,000 100,000 Ireland Sweden Italy 17.9 16.6 100,000 100,000 Sardinia Nuoro province

Michel Poulain, Anne Herm and Gianni Pes. Vienna Yearbook of Population Research 2013 (Vol. 11), pp. 87–108 *CSO.ie

Why do these people live longer?

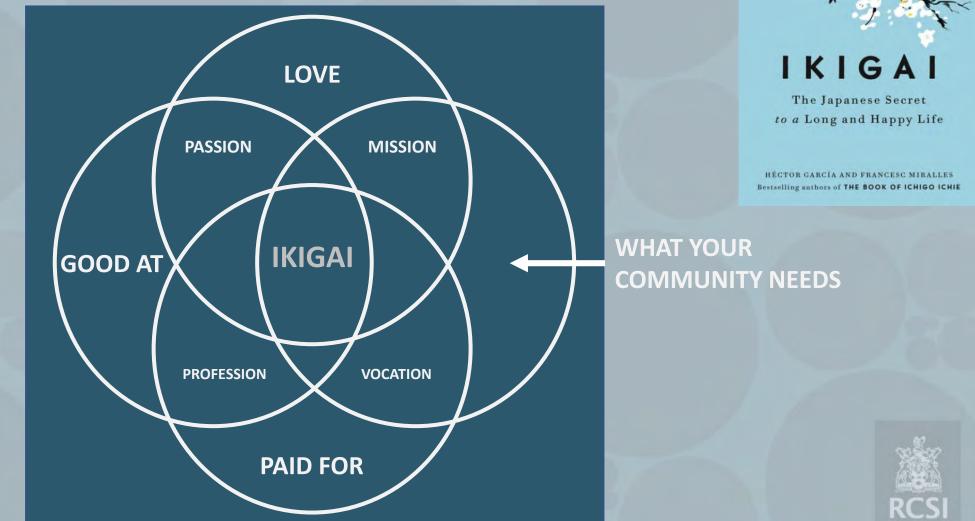


Take home messages

- Eat mostly plants
- Eat less
- Have a garden and eat fresh food if you can
- Engage in daily exercise natural movement
- Family & community first
- Engage in activities that cultivate meaning, purpose & creativity



Activities that cultivate meaning, purpose & creativity - *Ikigai*



"Essentially, ikigai is the reason why you get up in the morning" Yukari Mitsuhashi; 8th August 2017 – BBC.com

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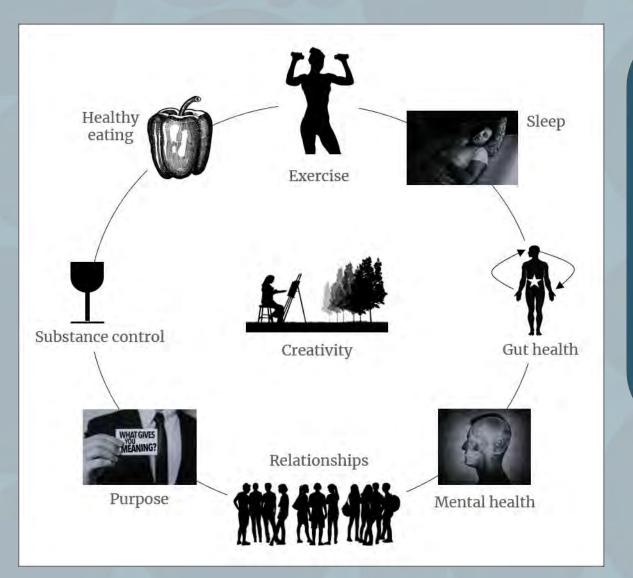
THE INTERNATIONAL BESTSELLER

Homework for the week

Ikigai core concepts	Your answers (1)	Your answers (2)
What do you love? PASSION	Musíc	Being outside in nature
What are you good at? MISSION	Singing	Sport and biology
Can you get paid for it? PROFESSION	Yes – musícían/sínger	Yes – work ín forestry
Does your community or the world need what you are good at? VOCATION	The world needs music, art and entertainment	Every country in the world needs healthy forests



Components of whole person health



Activity	1 to 10
Exercise	6
Diet	Ŧ
Meaning	3
Relationships	5
Sleep	2
Substance control	7
Gut health	3
Creativity	5

Make a table Score yourself out of 10; if you score lower than 6, you

If you score below 5 in any

section, make a plan to get it up to 6/10 in a few months



Summary of whole person health

If you want to live to be a healthy and happy 100 year old:

- Follow the *brain-body-belly-bed-best-friend* rule in relation to whole health
- "Eat food. Not too much. Mostly plants." Michael Pollen (food author & journalist)
- Move naturally household chores can be viewed as exercise
- Value your family and your community as equally as food and exercise
- Cultivate meaning and purpose, plus creativity in your life



Your Happiness

toolkit

the second

Image licensed from Adobe Stock Photos

Centre for positive psychology Your Happiness toolkit (1)

- Learn to tweak your **motivation** to achieve your goals
- Manage your **time** by focusing on things you have control over and using the importance urgency matrix to prioritise.
- Develop a **growth mindset** by embracing challenges, persisting in the face of setbacks, seeing effort as part of the journey, learning from criticism and finding lessons and inspiration in the resilience of others
- Take the VIA survey, identify your **signature strengths**, use one of them in a new way each day, and learn to recognise strengths in yourself and others



centre for positive psychology and health Your Happiness toolkit (2)

Learn to increase your wellbeing (PERMA) by:

- **Positive Emotions:** Try to notice the positives in your life not just the negatives. Either daily or weekly, start writing down three good things that have happened to you.
- **Engagement:** Learn to use your best strengths especially for things you don't like doing
- **Relationships :** Set out to improve your relationships by taking more time, by showing understanding and compassion for others and by trying to use positive responses to people rather than negative responses.
- **Meaning**: Think about what is important to you; what gives your life meaning? ٠
- Accomplishment: Think about your achievements and what you hope to achieve. Celebrate your ۲ achievements



centre for positive psychology and health Your Happiness toolkit (3)

- Your brain is still under construction be vigilant about the experiences and substances you give your brain while it is still growing
- In your emotional life remember: *name it to tame it* identify the feelings in your body and name them.
- Every day for the next week, take a photo of one thing that boosts your positive emotions, such as joy, happiness, awe, amusement, excitement, enthusiasm, gratitude, hope, love, pride, etc. To move it up a level, do this activity with your friends and every day send each other a photo you took with a short description of the emotion it evoked.
- Set up your alarm clock for an emotional check. When it buzzes, reflect on what emotion you were feeling shortly before the buzzer went off and what caused it.





Centre for positive psychology Your Happiness toolkit (4)

- Know how to make habits stick; generate a study template and plan your rewards
- Your attention can be trained through practices like meditation; good diet and exercise will help with your attention
- Know the symptoms of stress and remember the ABCs of stress first-aid: Awareness-Breathing-Compassion (self-kindness)
- Remember to breathe -5 in/5 out through the nose; 5 in/5 out/hold for 5 if you are anxious
- Regular exercise, especially in a community or group where you feel safe can help to manage stress; regular creative exercises can help you manage stress



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Thank you & good luck!



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