

Handout for "A Journey into the Good Life" Science of Health and Happiness Talk with Dr Jolanta Burke

Welcome to the talk about the good life. In this session, we will explore practical tools inspired by positive psychology to enhance your well-being. The following exercises can help you cultivate positivity, engagement, meaningful relationships, and more in your daily life.

1. Positive Emotions

- Create a list of activities that bring you positive emotions, such as relaxation or joy.
- Plan and execute activities each morning to infuse more positivity into your daily life.

2. Engagement

- Reflect on hobbies or activities that captivate your interest, e.g. knitting or running.
- Integrate these activities into your daily routine for a more engaging and fulfilling life.

3. Relationships

- Reflect on your close relationships and find ways to deepen connections.
- Show enthusiasm and care, like celebrating their good news or expressing curiosity about their lives.

4. Meaning

- Capture one meaningful photograph daily.
- Reflect on the significance of each image in the evening.

5. Accomplishment

- List small tasks to accomplish daily.
- Acknowledge and reward yourself after completing each task.

6. Strengths

- Visit www.characterstrengths.org for a free character strengths assessment.
- Reflect on how to incorporate your top strengths into daily life.

7. Life Satisfaction

- Recall positive experiences in your life, using photographs if needed.
- Consider how these experiences shaped the person you are today.

8. Community Connection

- Explore joining a community, such as a knitting club or local initiatives.
- Reflect on how you can contribute and what benefits you hope to gain.

9. Self-Acceptance

- Write a positive introduction about yourself, emphasizing five things you like.
- Acknowledge aspects you want to change, focusing on personal growth.

10. Environmental Mastery

- Reflect on past moments where you influenced positive change.
- Identify changes you'd like to make in your current environment for a better life.

11. Autonomy

- Identify areas where you face challenges and create a list of positive actions.
- Take one step from the list to make a positive difference.

Remember, embracing small changes in your life can lead to a more fulfilling and positive journey. Enjoy the process of living a good life!

For more information go to a book **“Positive Health: 100+ research-based positive psychology and lifestyle medicine tools for enhancing your wellbeing”** written by Dr Jolanta Burke, Dr Padraic J. Dunne, Dr Trudy Meehan, Prof. Ciaran O’Boyle and Prof. Christian van Nieuwerburgh from the Centre for Positive Health Sciences.