

Positive Psychology Techniques Handout

Name: _____ Date: _____

What is positive psychology?

Positive psychology is a strengths-based approach that enhances emotional and physical well-being by focusing on what makes individuals thrive. It complements traditional treatments in clinical settings by fostering resilience, positive emotions, and meaningful experiences. By integrating these techniques into healthcare practices, medical professionals can support improved mental health outcomes, patient satisfaction, and holistic care.

This handout outlines seven evidence-based positive psychology strategies that can be incorporated into various therapeutic or care settings to promote healing and enhance quality of life.

7 positive psychology techniques and interventions

1. Positive psychology interventions (PPIs)

Positive psychology interventions (PPIs) are structured, evidence-based activities aimed at cultivating well-being. These include exercises that promote gratitude, strength awareness, and positive emotions. A popular example is the "three good things" exercise, where patients write down three positive events each day and reflect on their causes.

Another technique involves identifying core strengths and finding ways to use them daily. PPIs are easy to implement, highly adaptable across patient populations, and can significantly reduce symptoms of depression and anxiety while building psychological resilience.

2. Positive cognitive behavioral therapy (CBT)

Positive CBT expands traditional CBT by addressing symptoms and enhancing well-being. Instead of focusing solely on deficits, it helps patients recognize their strengths, values, and accomplishments. Therapists using this method balance problem-solving with optimism-building strategies.

Patients are encouraged to engage in meaningful activities that align with their core strengths, which fosters motivation, self-efficacy, and emotional resilience. This strengths-based lens makes CBT more engaging and empowering, especially for individuals struggling with chronic mental health conditions or low self-esteem.

3. Mindfulness practices

Mindfulness involves training attention to remain present and non-judgmental. In clinical settings, mindfulness-based interventions (MBIs) include practices like breathwork, body scans, and guided meditations. These exercises help patients become aware of thoughts and sensations without reacting impulsively, reducing stress and enhancing self-regulation.

Mindfulness has proven effective in managing anxiety, depression, chronic pain, and emotional reactivity. It also improves sleep quality and focus. Clinicians can easily incorporate short mindfulness activities into sessions or recommend mobile apps to support daily home practice.

Positive Psychology Checklist

Wenbin Ji

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red-to-white gradient semi-circle overlapping the right side of the bar.

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Contemporary Motivation Research Marold Wosnitza, 2009. Motivation research has a huge amount to offer in diverse areas of work and life. As with all scientific endeavors, however, it must face the issue of generalizability: knowing what works and under what conditions. This book confronts that issue by showcasing both applied snapshots and more basic, theory-based enquiries that provide a global picture of contemporary motivation research and its applications. A stellar group of international scholars discuss different theoretical perspectives, e.g., achievement goals, self-determination, cognitive load, control, value of achievement, emotions, interest, self-efficacy in diverse contexts, e.g., cooperative learning, help-seeking, teacher education, technology facilitation, to highlight the dynamic interplay between more basic research and real-life practice in classrooms and the workplace.

Insider's Guide to Graduate Programs in

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