



Adult Resilience Curriculum (ARC)

Fostering Pleasant Emotions & Experiences





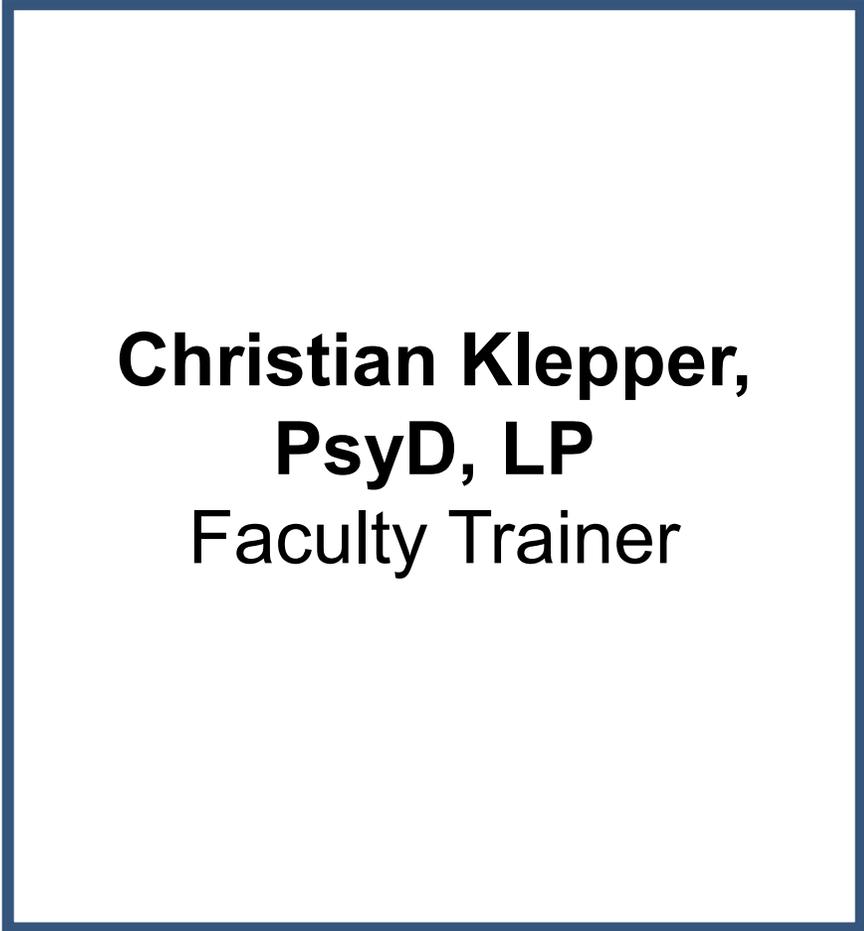








WHO WE ARE



Christian Klepper,
PsyD, LP
Faculty Trainer

WHO WE ARE



Hannah West,
PhD, BCBA
Regional Trainer



The Adult Resilience Curriculum (ARC)

The ARC Modules

0: Introduction to the Adult Resilience Curriculum (ARC)

1: Understanding the psychobiology of stress and well-being (*psychoeducation*)

2: Creating safe and supportive environments (*context*)

3: Clarifying, aligning with, and committing to one's values (*values*)

4: Cultivating awareness through mindfulness-based practices (*mindfulness*)

5: Connecting meaningfully with others (*connection*)

6: Fostering pleasant emotions and experiences (*positivity*)

7: Coping with difficult thoughts, feelings, and experiences (*coping*)

8: Feeling good physically through nutrition, movement, & sleep (*health*)

9: Rejuvenating through relaxation, recreation, and routines (*three R's*)

10: Bringing it all together: A wellness plan for the future (*wellness plan*)



MODULE 6:
Fostering Pleasant Emotions & Experiences

Positivity

Explain the science behind positive emotions and experiences, and the role of attention, connection, gratitude, and flow in cultivating them

Know and apply discrete strategies for fostering pleasant emotions and experiences, and how to adapt them during crises

Our Hopes
for Today

Create a personalized action plan to increase the frequency of pleasant emotions and experiences in your life



Positive Psychology

“

**Positive psychology is
the scientific study of
what makes life most
worth living.**

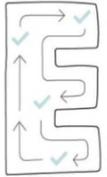
”

(Peterson, 2008)

Positive Psychology & the PERMA Model



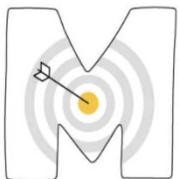
Positive Emotion. Feeling good, positive emotions, optimism, pleasure and enjoyment



Engagement. Fulfilling work, interesting hobbies, "flow"



Relationships. Social connections, love, intimacy, emotional and physical interaction



Meaning. Having a purpose, finding a meaning in life



Accomplishments. Ambition, realistic goals, important achievements, pride in yourself

Joy

Gratitude

Awe

Curiosity

Affection

Hope

Inspiration

Contentment

Euphoria

Amusement

Love

Relief

Cheer

Admiration

Surprise

Enthusiasm

Optimism

Interest

Serenity

Pride

Altruism

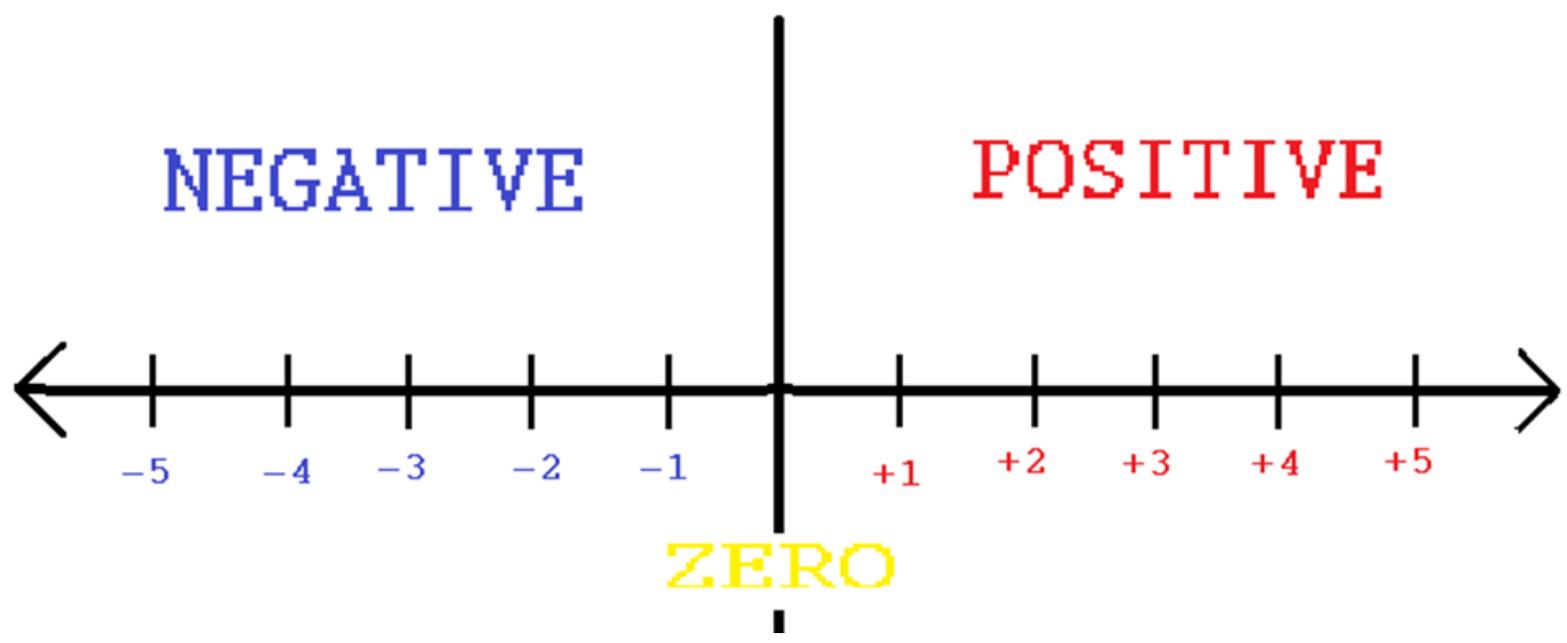
Satisfaction



POSITIVE

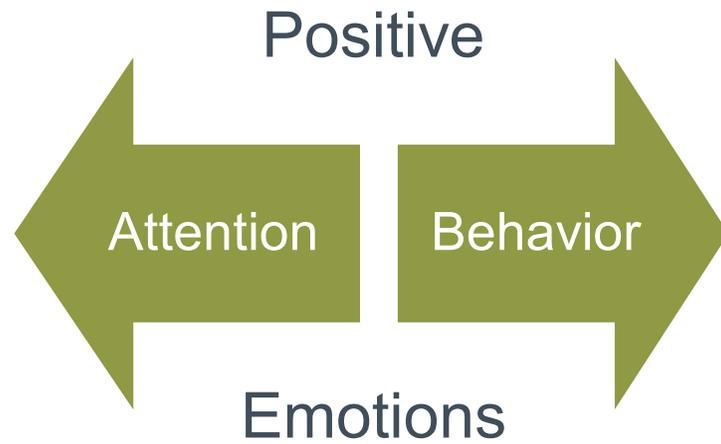
NEGATIVE





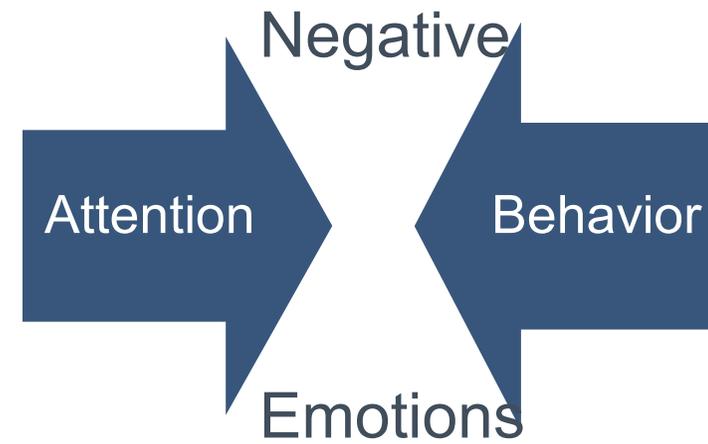
Broaden & Build

According to Fredrickson:



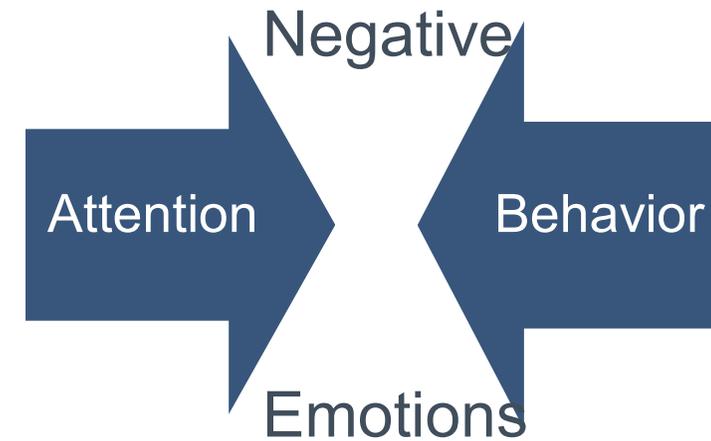
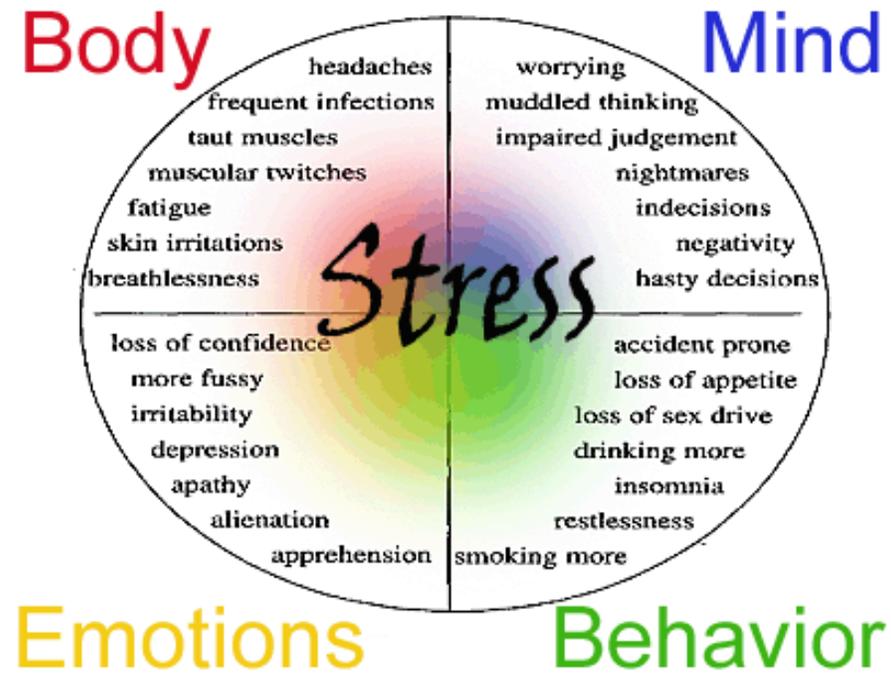
Broaden & Build

According to Fredrickson:



Broaden & Build

According to Fredrickson:



Attention + Gratitude

- “That which takes possession of our mind”
- We're hardwired to notice negatives
- Results in behavior that is disconnected to our values
- We are NOT victims of our attention
- We can recalibrate our brains



Attention + Gratitude

Key Elements:

- Mindfulness
- Reflection



Attention + Gratitude

- Increases life satisfaction & well-being
- Lowers levels of reported stress, anxiety, and depression
- Associated with better physical health and lower rates of illness
- Deeper processing → greater benefits



Flow

“ ...being completely involved in an activity for its own sake. The ego falls away. Time flies. Every action, movement, and thought follows inevitably from the previous one, like playing jazz. Your whole being is involved, and you're using your skills to the utmost.

”

- Mihaly Csikszentmihalyi



Strategies to Spark Joy

01.

paying
attention to
the positive

02.

practicing
gratitude

03.

doing acts
of kindness

04.

connecting
with others

05.

experiencing
humor

06.

doing flow
activities

Paying Attention to the Positive



choose to
see the
positive in
others



search for
the silver
lining

find a
positive
go-to
staple



We have the ability to retrain train our brains to focus on the positive through a process called **attention training**

Ways to Practice Gratitude

01



Weekly Journaling



Thank-You Notes

02



Gratitude Letter + Visit

03

Or share gratitude as a family or among staff

Acts of Kindness & Connecting with Others

- Donate to a charitable cause
- Send a care package
- Clean the house (so your family doesn't have to)
- Get groceries for the elderly
- Write positive messages in sidewalk chalk outside
- Buy a "suspended coffee"

- Smile at or wave to a stranger
- Strike up a conversation with someone new
- Send snail mail (bonus: support the USPS!)

Acts of Kindness

Connecting with Others

- Call someone to let them know they're on your mind
- Teach someone a new skill
- Leave kind little notes around your home or office
- Give someone a compliment
- Volunteer in your community
- Shop at local businesses

Regularly experiencing humor and laughter...



Enhances capacity for resilience



Boosts circulation & immune system



Reduces stress, depression & anxiety



Releases endorphins (even fake laughter)



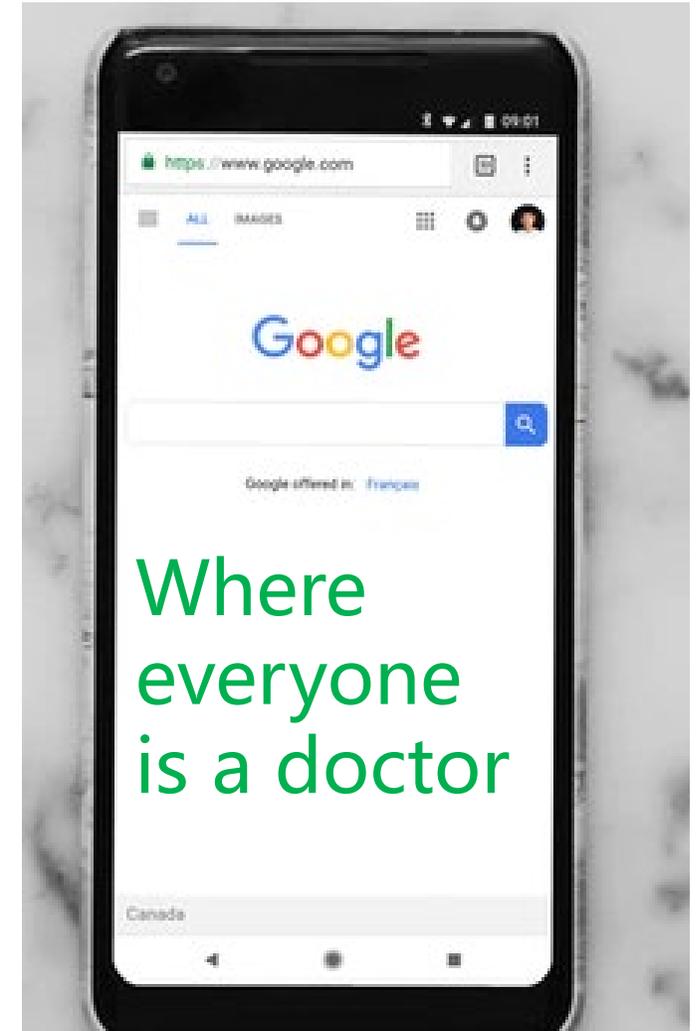
Improves physical health & alleviates pain



Increases hopefulness & optimism

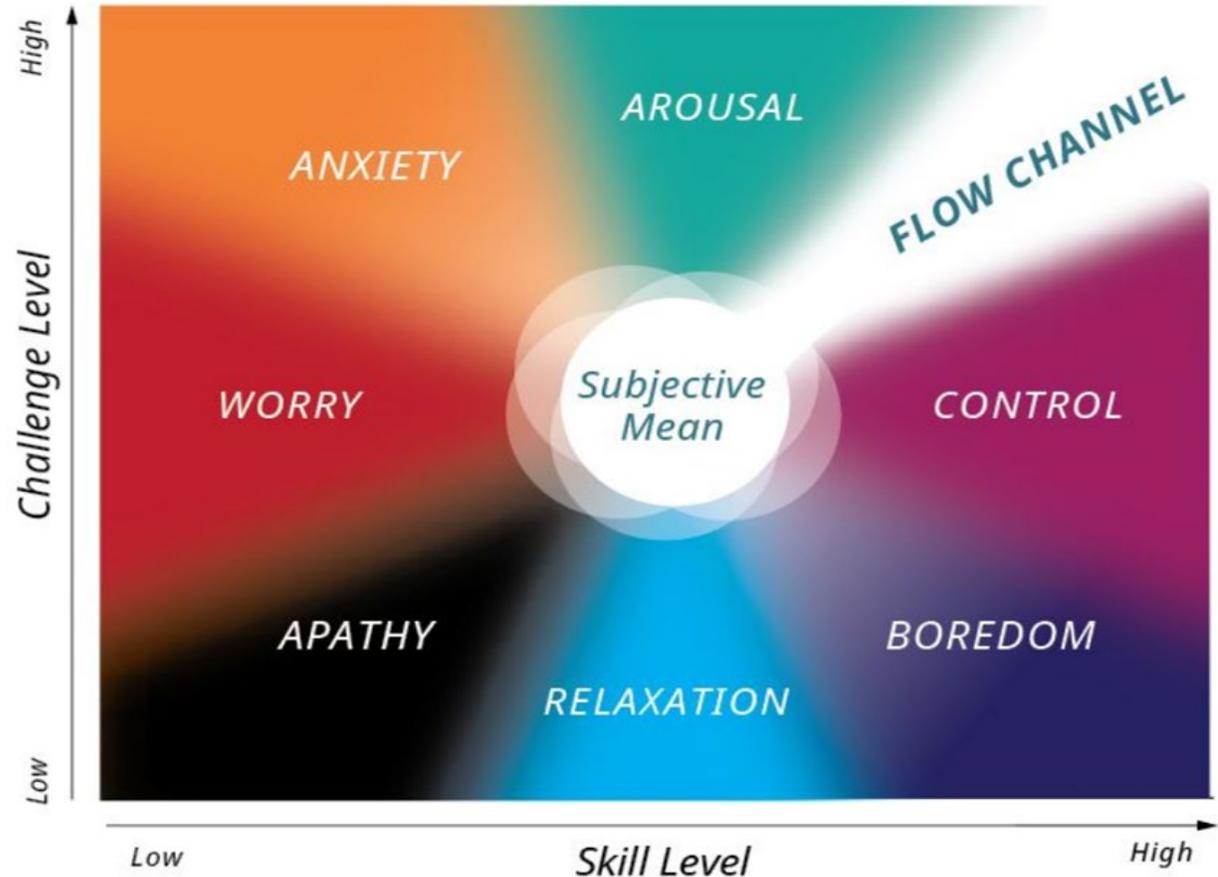
Tips for Cultivating Humor

- Seek things out that make you laugh
- Put humor on your horizon
- Find a good joke book + a joke buddy
- Spend time with people who make you laugh
- Reverse-engineer humor (fake laughter has the same health benefits as real laughter)
- Consider trying laughter yoga
- Know what isn't funny



Find Your Flow State

1. Choose something you love
2. Decide on a task
3. Make sure it's challenging
4. But not too hard
5. Find your peak time
6. Clear away distractions
7. Enjoy yourself
8. Keep practicing
9. Reap the rewards



Strategies to Spark Joy

01.

paying
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02.

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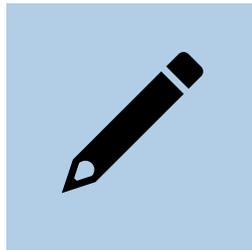
05.

experiencing
humor

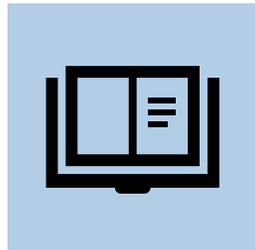
06.

doing flow
activities

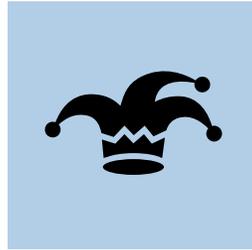
Activities to Foster Pleasant Emotions & Experiences



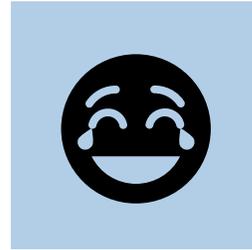
thank you
notes



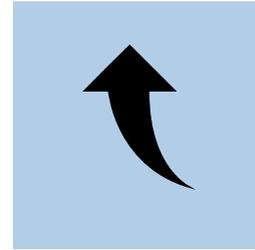
journaling
exercise



share the
humor



laughter
yoga



find your
flow

Recommendations



✓ Complete one activity

Recommendations



- ✓ Complete one activity
- ✓ Identify one or more strategies to spark joy

Recommendations



- ✓ Complete one activity
- ✓ Identify one or more strategies to spark joy
- ✓ Create an individual action plan for that connection