



Adult Resilience Curriculum (ARC)

Fostering Pleasant Emotions & Experiences














WHO WE ARE



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WHO WE ARE



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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.**

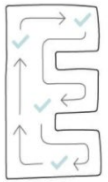
”

(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

Inspiration

Contentment

Euphoria

Amusement

Love

Relief

Gratitude

Cheer

Awe

Admiration

Curiosity

Surprise

Affection

Enthusiasm

Hope

Interest

Serenity

Pride

Altruism

Satisfaction

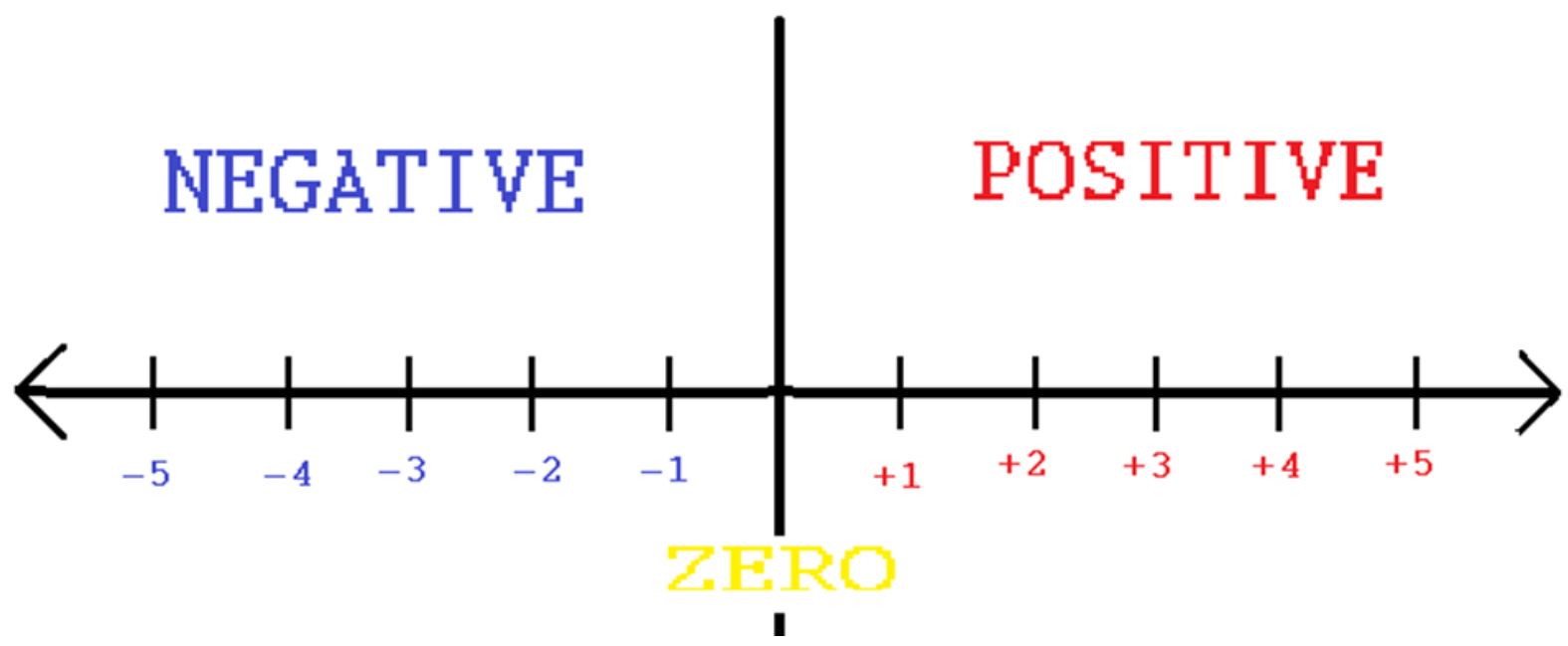
Optimism



POSITIVE

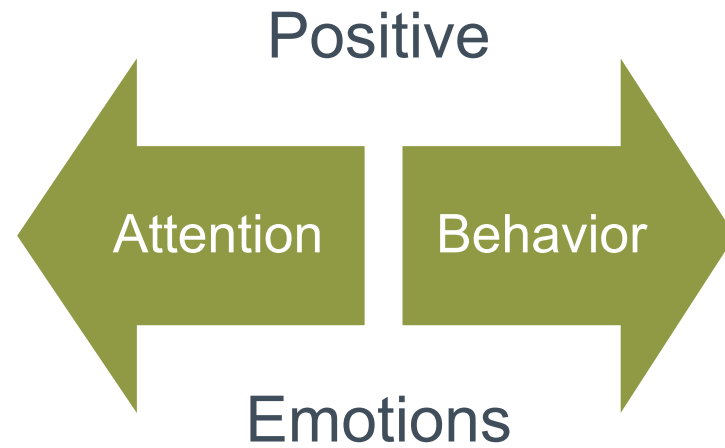
NEGATIVE





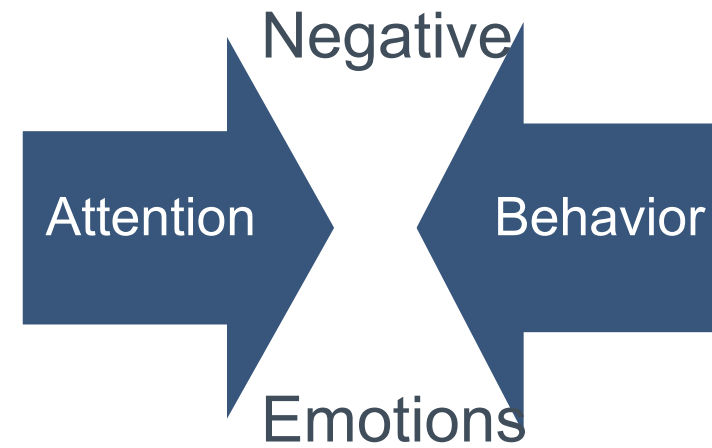
Broaden & Build

According to Fredrickson:



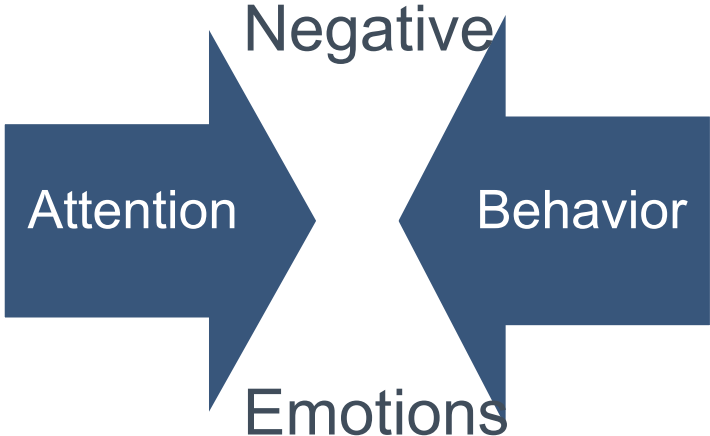
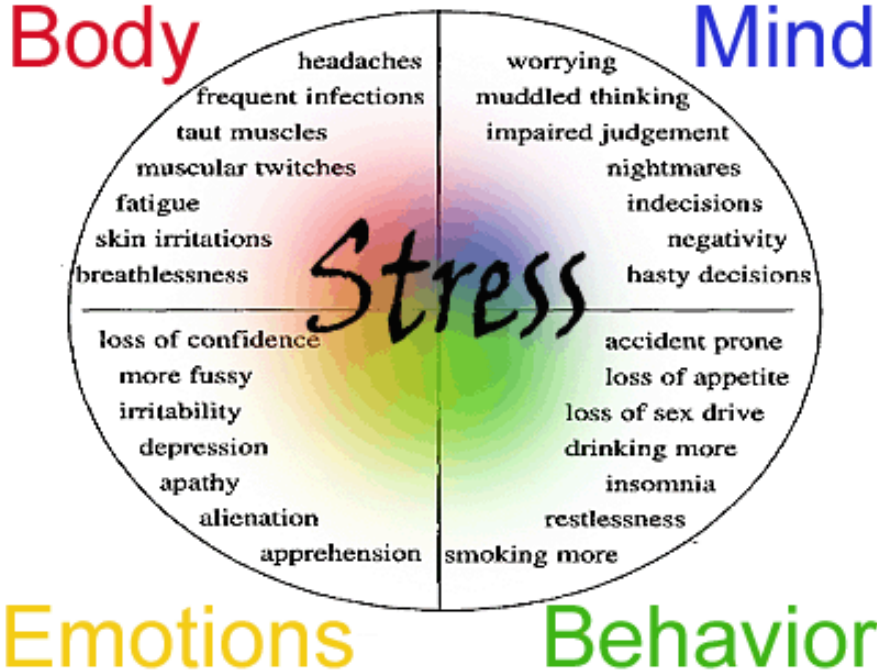
Broaden & Build

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.

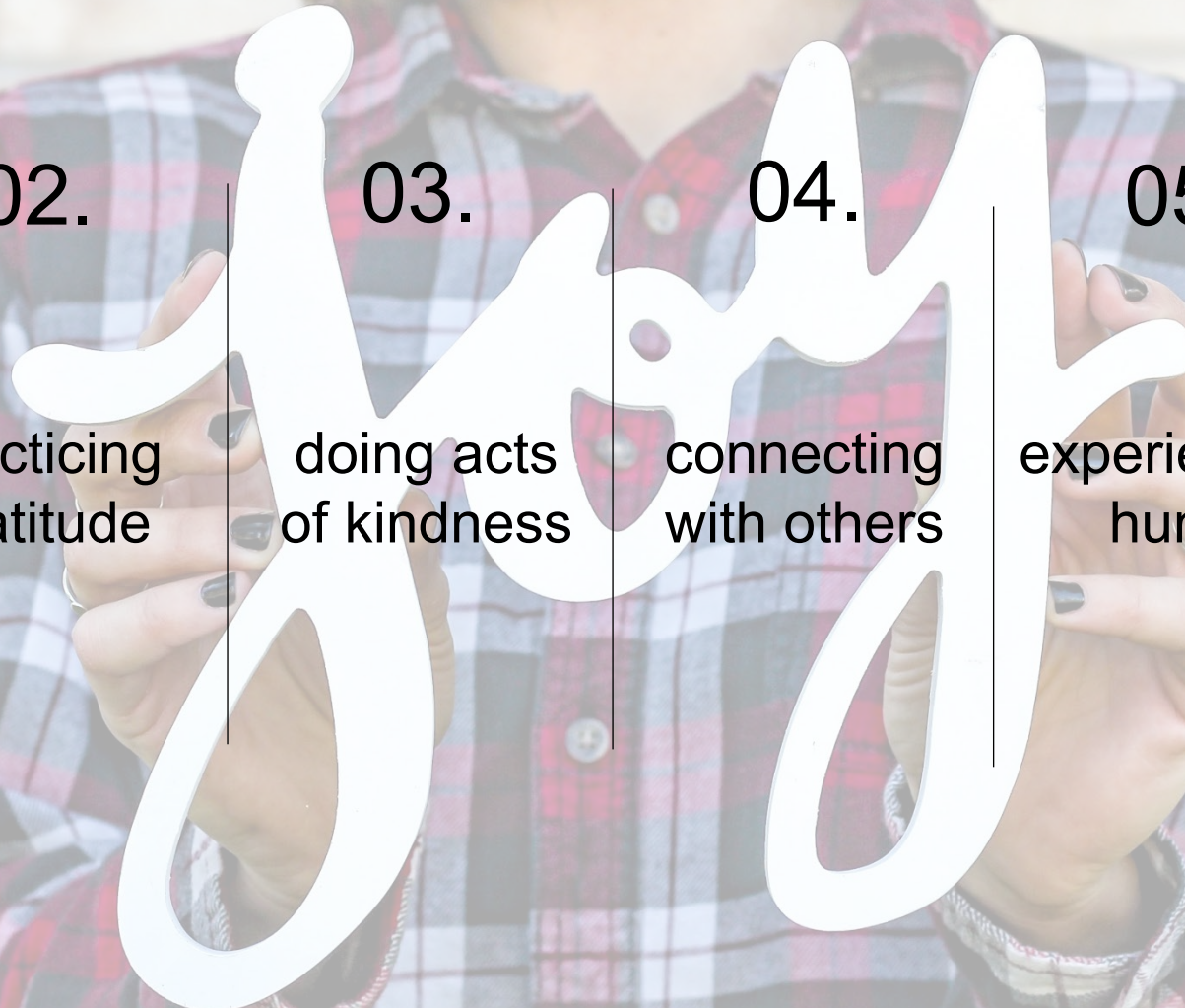
connecting with others

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)



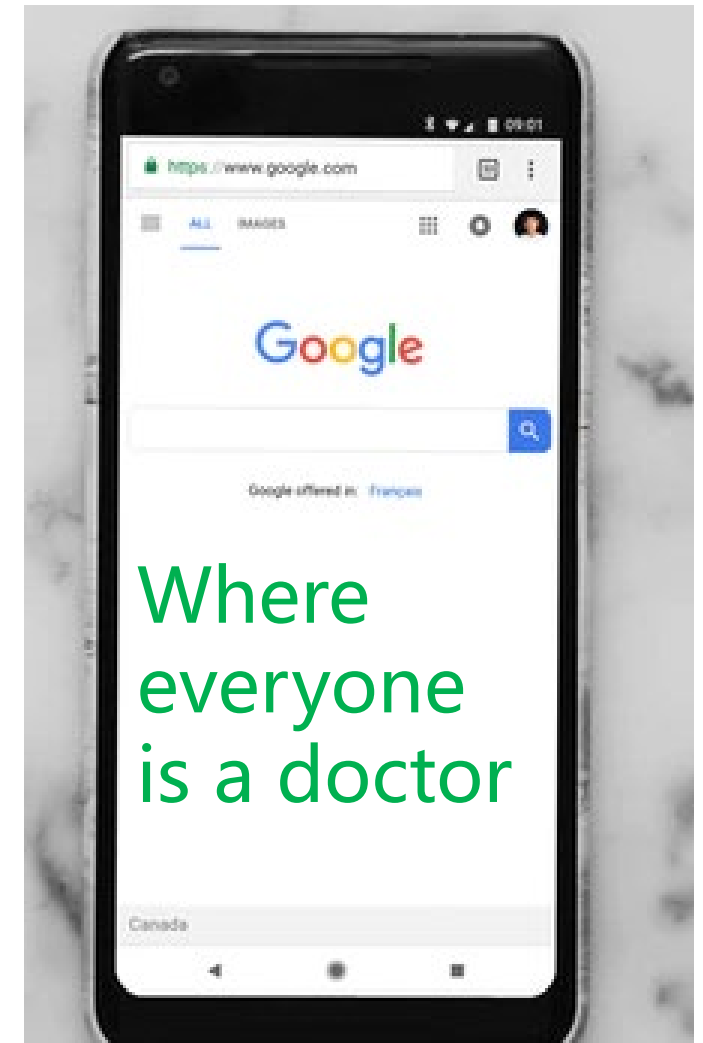
Improves physical health & alleviates pain



Increases hopefulness & optimism

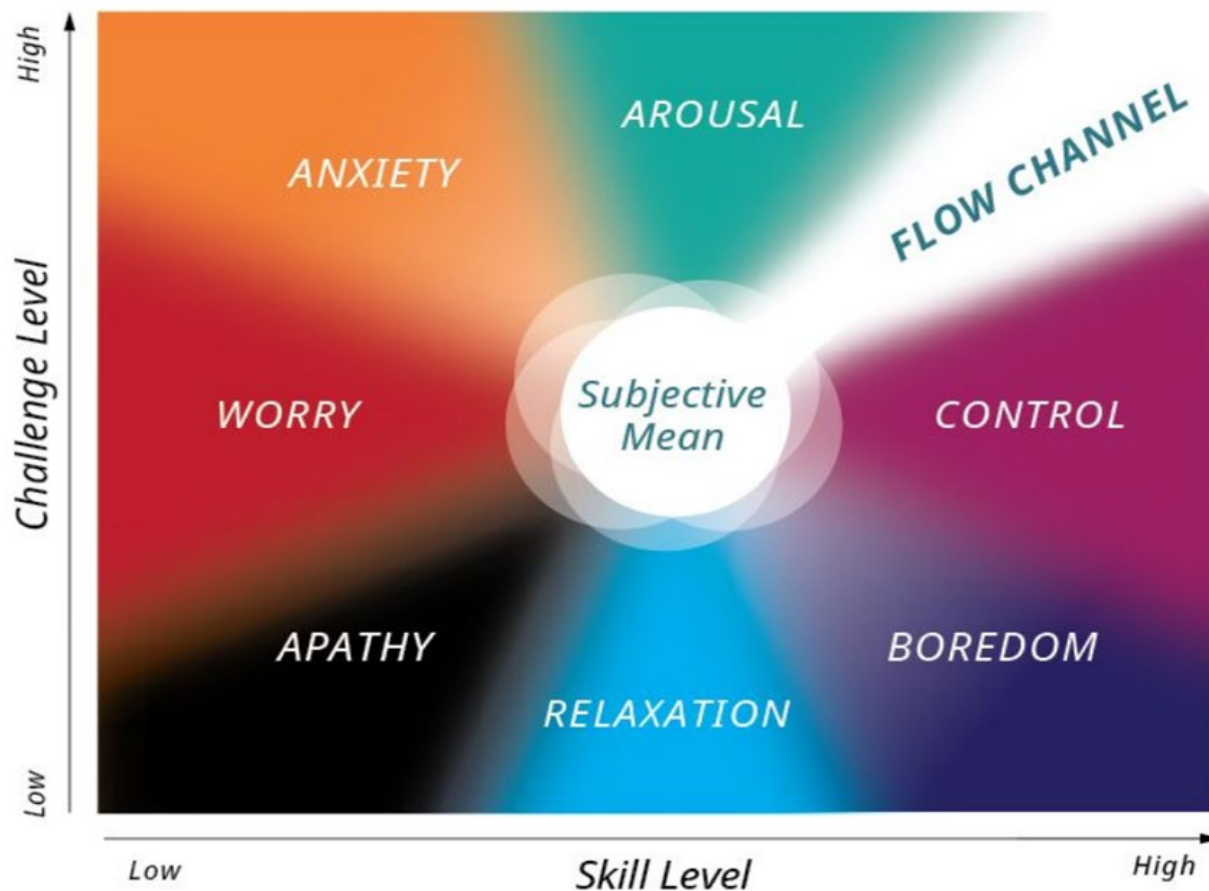
Tips for Cultivating Humor

- 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

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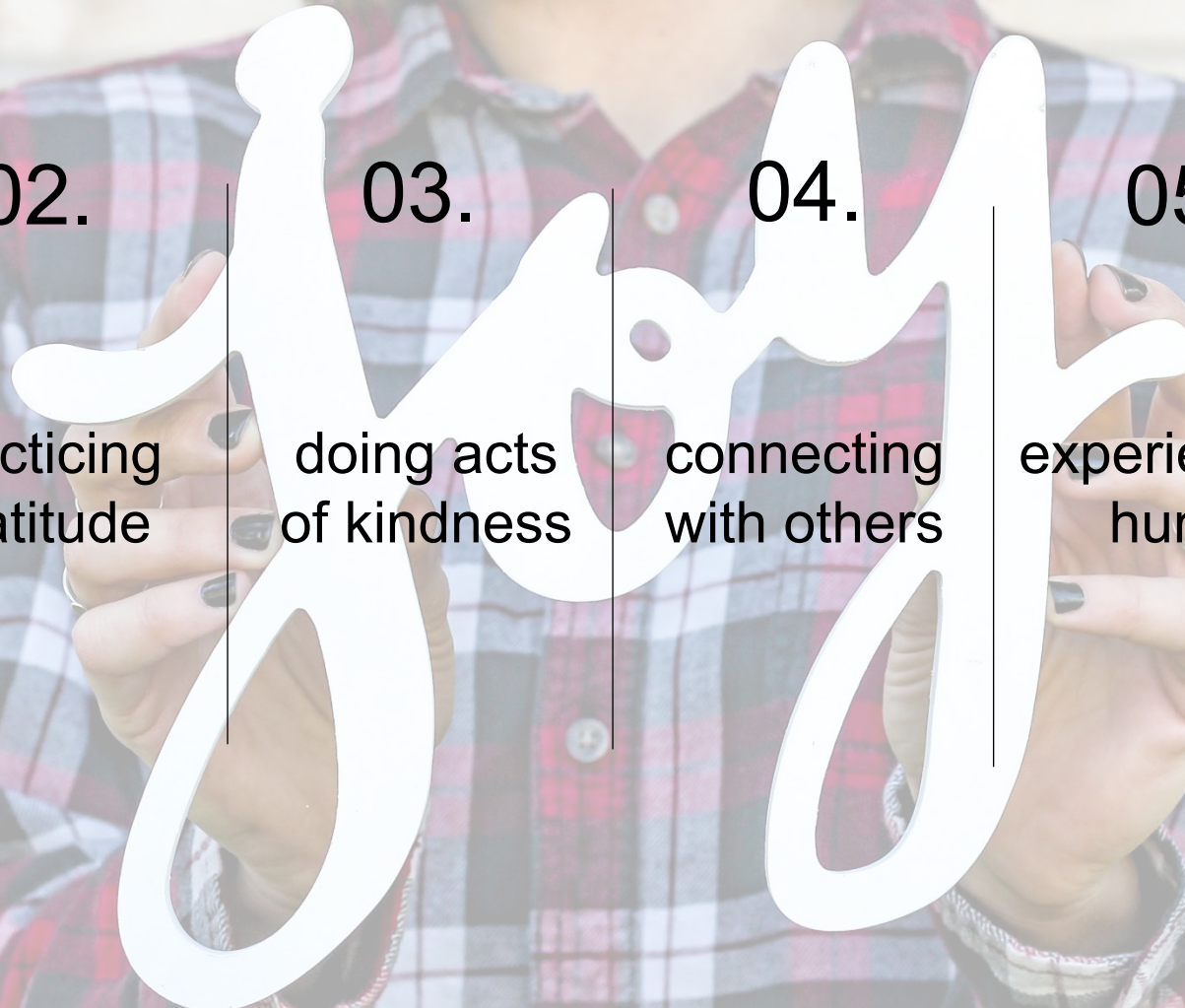
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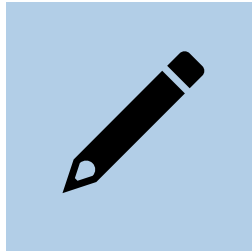
experiencing humor

06.

doing flow activities



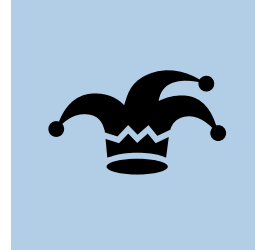
Activities to Foster Pleasant Emotions & Experiences



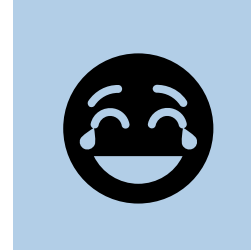
thank you
notes



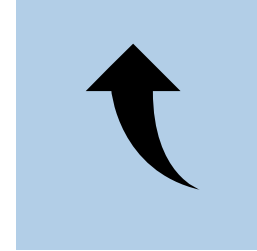
journaling
exercise



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