



# Adult Resilience Curriculum (ARC)

Fostering Pleasant Emotions & Experiences



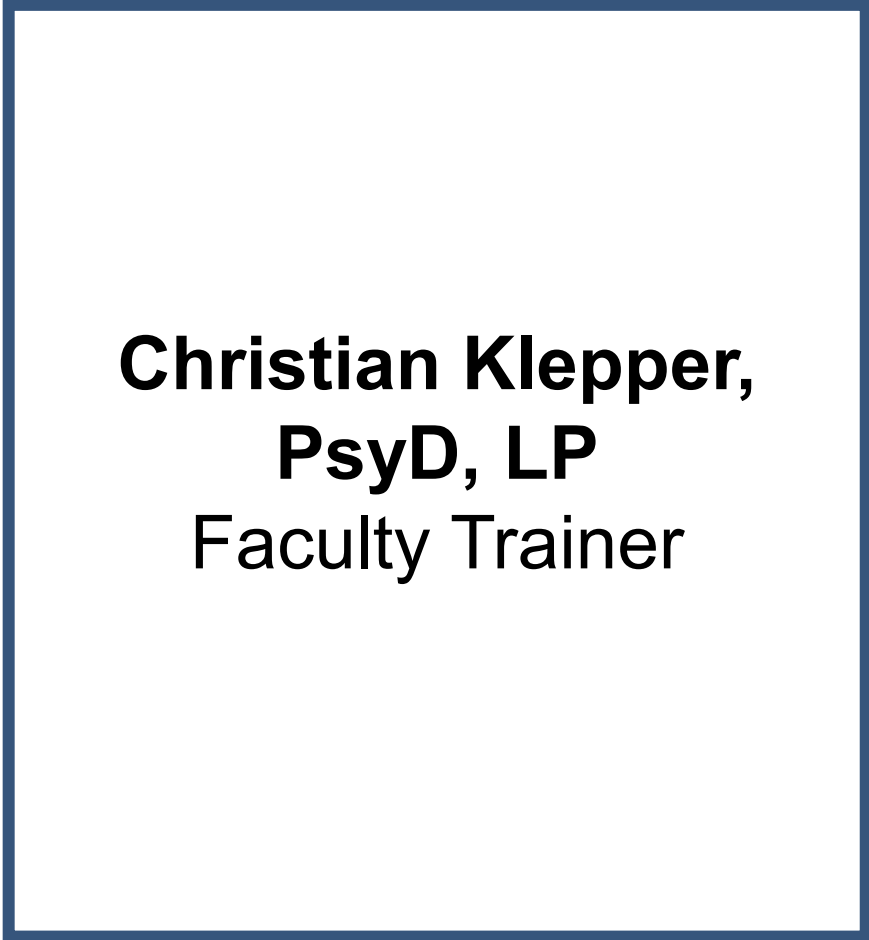









# WHO WE ARE




**Christian Klepper,**  
**PsyD, LP**  
Faculty Trainer

# WHO WE ARE



**Hannah West,**  
**PhD, BCBA**  
Regional Trainer



# The Adult Resilience Curriculum (ARC)

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# 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.**

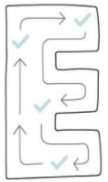
”

**(Peterson, 2008)**

# Positive Psychology & the PERMA Model



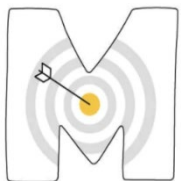
**Positive Emotion.** Feeling good, positive emotions, optimism, pleasure and enjoyment



**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

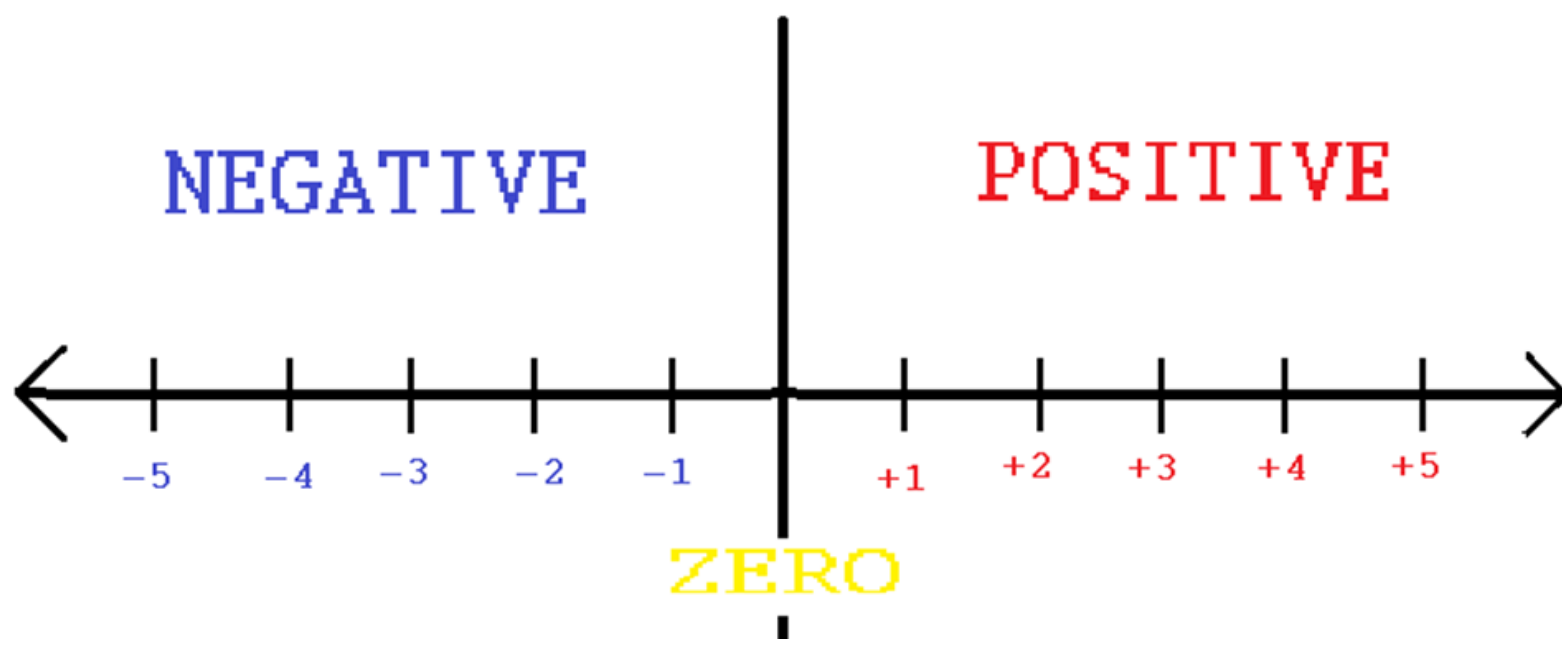
Satisfaction



POSITIVE

NEGATIVE

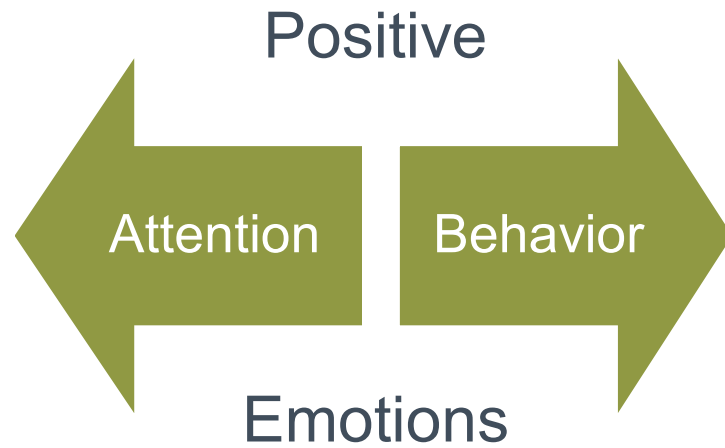






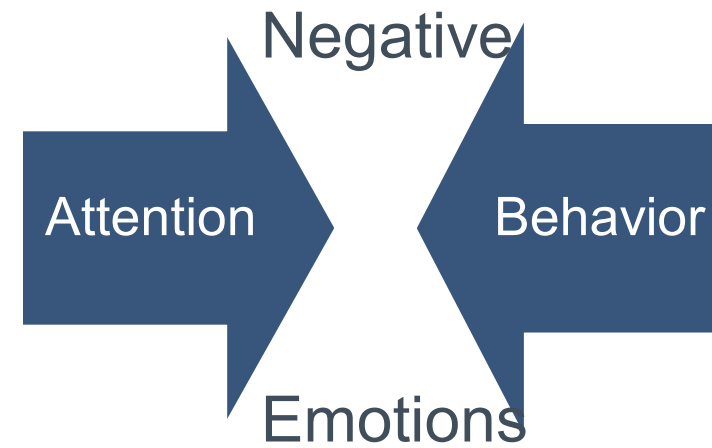
# Broaden & Build

According to Fredrickson:



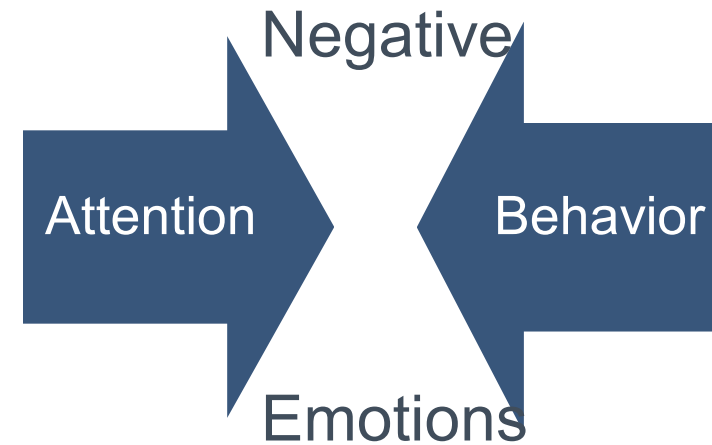
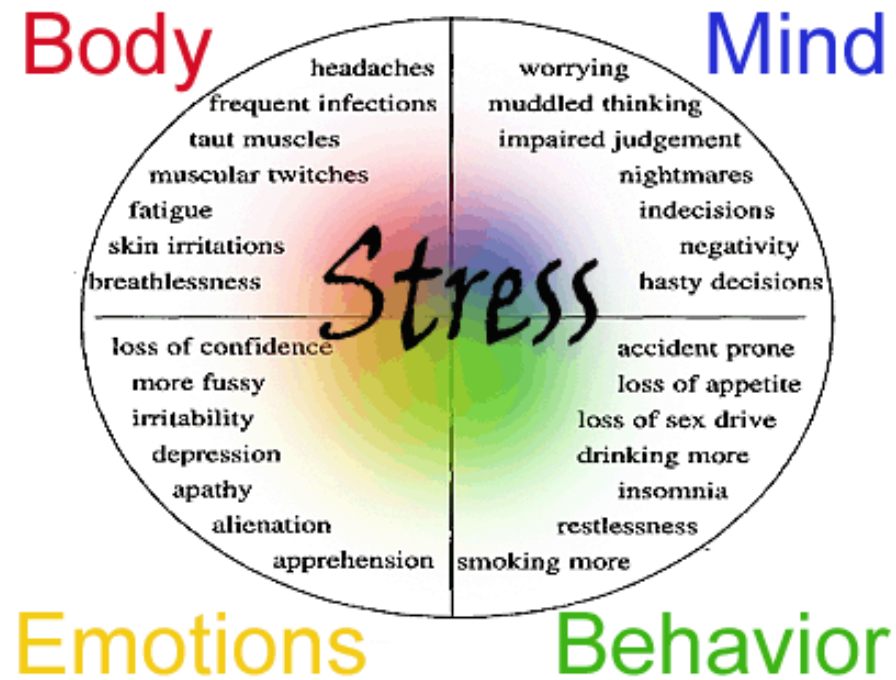
# Broaden & Build

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

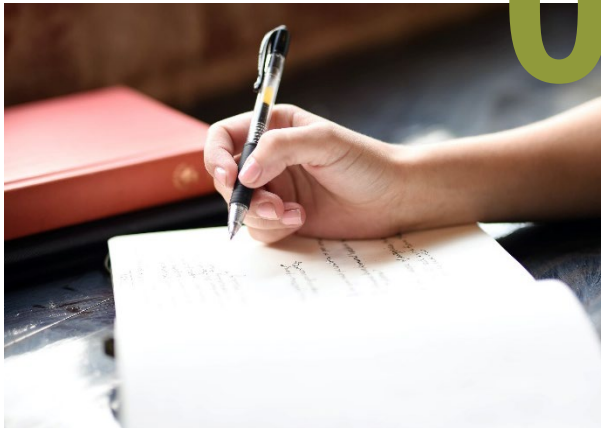
find a  
positive  
go-to  
staple



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"

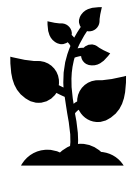
- Smile at or wave to a stranger
- Strike up a conversation with someone new
- Send snail mail (bonus: support the USPS!)

**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)



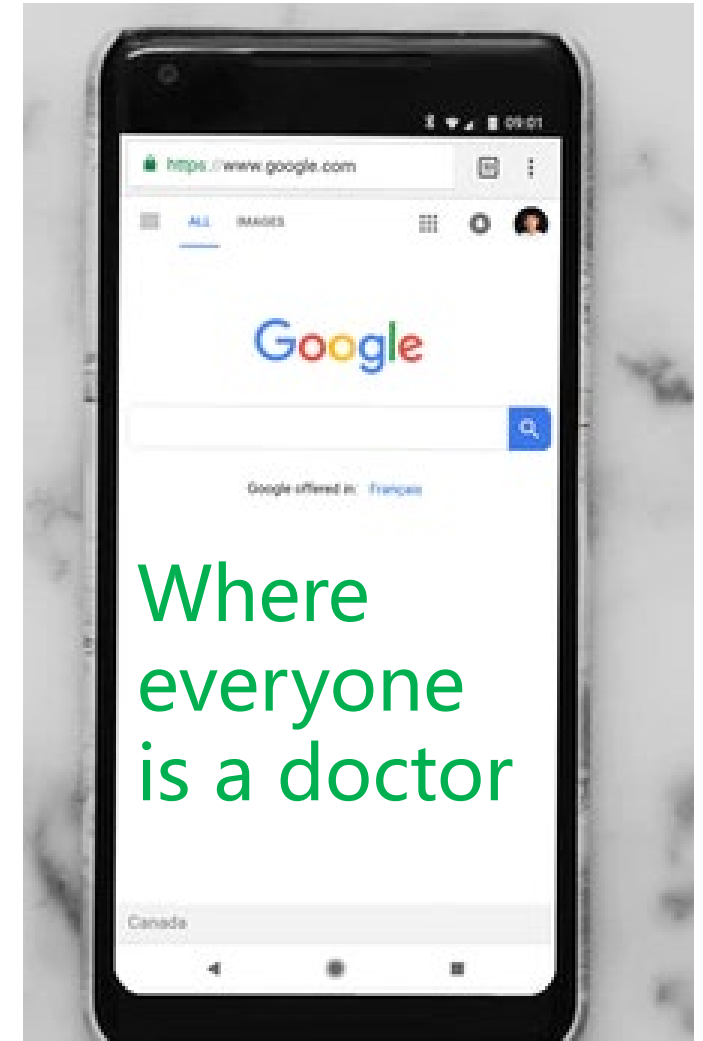
Improves physical health & alleviates pain



Increases hopefulness & optimism

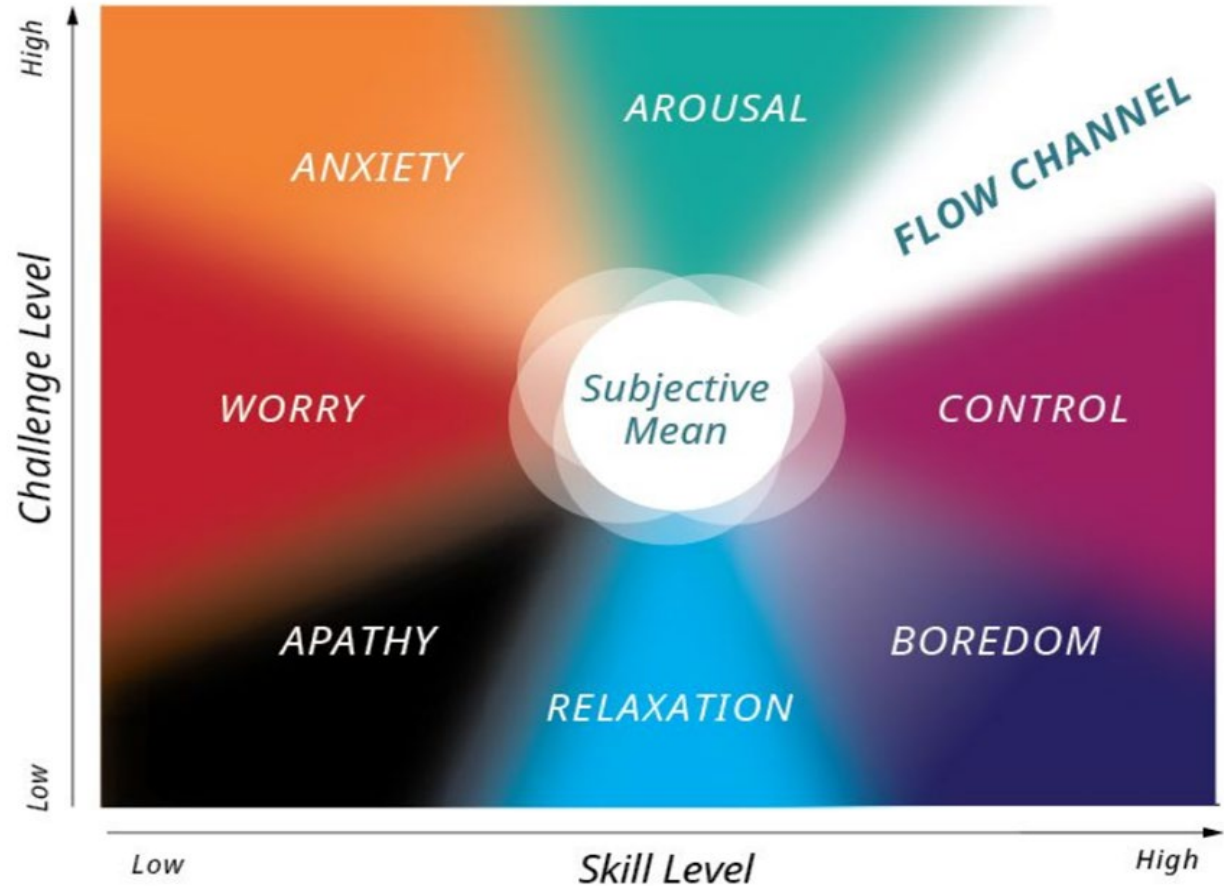
# Tips for Cultivating Humor

- 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

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doing acts  
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04.

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with others

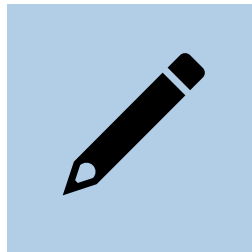
05.

experiencing  
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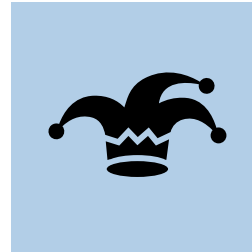
# Activities to Foster Pleasant Emotions & Experiences



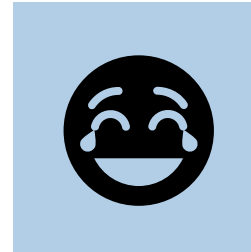
thank you  
notes



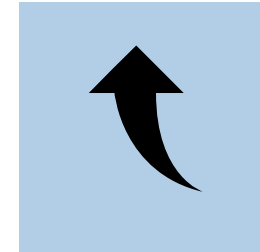
journaling  
exercise



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