

The Zoom Interface

The screenshot shows a Zoom Webinar interface. At the top, it says "Zoom Webinar" and "You are viewing David Terry's screen". Below this is a navigation bar with "Click here to maximize your session view" and "Enter Full Screen". The main content area displays the TTC logo (Technology Transfer Centers) and a message: "Thank you for joining us today! You will not be on video during today's session". A "Select a Speaker" menu is open, showing "Speakers (Realtek(R) Audio)" selected. A "Question and Answer" window is open, showing a test question: "This is a test question!". Below the question is a text input field labeled "Type your question here...". A "Zoom Webinar Chat" window is also open, showing a "To: All panelists" field and a text input field. Callouts explain the Q&A and Chat features.

Q&A Feature: You can use the Q&A feature to ask questions of the host and presenters. These questions can receive text or live responses. To begin asking a question use the field below. You can see a test question above. You can switch between questions you've asked and those asked by others using these buttons.

Chat Feature: The chat feature will allow you to talk with other people in today's webinar. The To field will tell you who will receive your message. Be mindful of who you are chatting to. Your text can only be seen by panelists.

All attendees are muted. Today's session will be recorded.

Healthy Positivity

Michelle Zechner, PhD, LSW, CPRP

Rutgers, Dept. of Psychiatric Rehabilitation &
Counseling Professions

2/8/22

Flourishing at Work: A Plan for Helping Professionals



Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

About Us ...

The Northeast and Caribbean MHTTC received 5 years (2018 – 2023) of funding to:

- Enhance capacity of behavioral health workforce to deliver evidence-based and promising practices to individuals with mental illnesses.
- Address full continuum of services spanning mental illness prevention, treatment, and recovery supports.
- Train related workforces (police/first responders, primary care providers, vocational services, etc.) to provide effective services to people with mental illnesses.

Supplemental funding to:

- Support school teachers and staff to address student mental health
- Support healthcare providers in wellness and self-care activities



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<https://bit.ly/3IU0xF4>

We Want Your Feedback!

Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, ANONYMOUS feedback about this event, which will provide information to SAMHSA, AND assist us in planning future meetings and programs.

Feedback about this training will assist us in developing future trainings that are relevant to your professional needs. Therefore, your feedback counts!

Video Recording Information

Please Note:

We will be recording this webinar and posting it to our website along with the presentation slides and any relevant resources.

Disclaimer

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At the time of this presentation, Miriam Delphin-Rittmon served as Assistant Secretary for Mental Health and Substance Use at SAMHSA. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

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Your Interactions With Us

Question and Answers

- Q & A will occur at the end of the call.
- Type your questions in the Q & A feature in Zoom located on the task bar (hover over task bar).
- Note: your question is visible to all participants.

Chat and Polls

- Throughout the webinar, we will be asking for your input.
- Use the Chat or Poll features in Zoom located on the task bar.
- You can control who can see your chat comments.

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

**STRENGTHS-BASED
AND HOPEFUL**

**INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES**

**HEALING-CENTERED AND
TRAUMA-RESPONSIVE**

**INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS**

**PERSON-FIRST AND
FREE OF LABELS**

**NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS**

**RESPECTFUL, CLEAR
AND UNDERSTANDABLE**

**CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS**

Our Presenter:



Michelle Zechner, PhD, LSW, CPRP

Objectives

1

Identify when
positivity is helpful

2

Describe the
benefits of healthy
positivity

3

Identify
communication
strategies that
support positivity

4

Identify
opportunities for
healthy positivity
at work and at
home



Positive Thinking

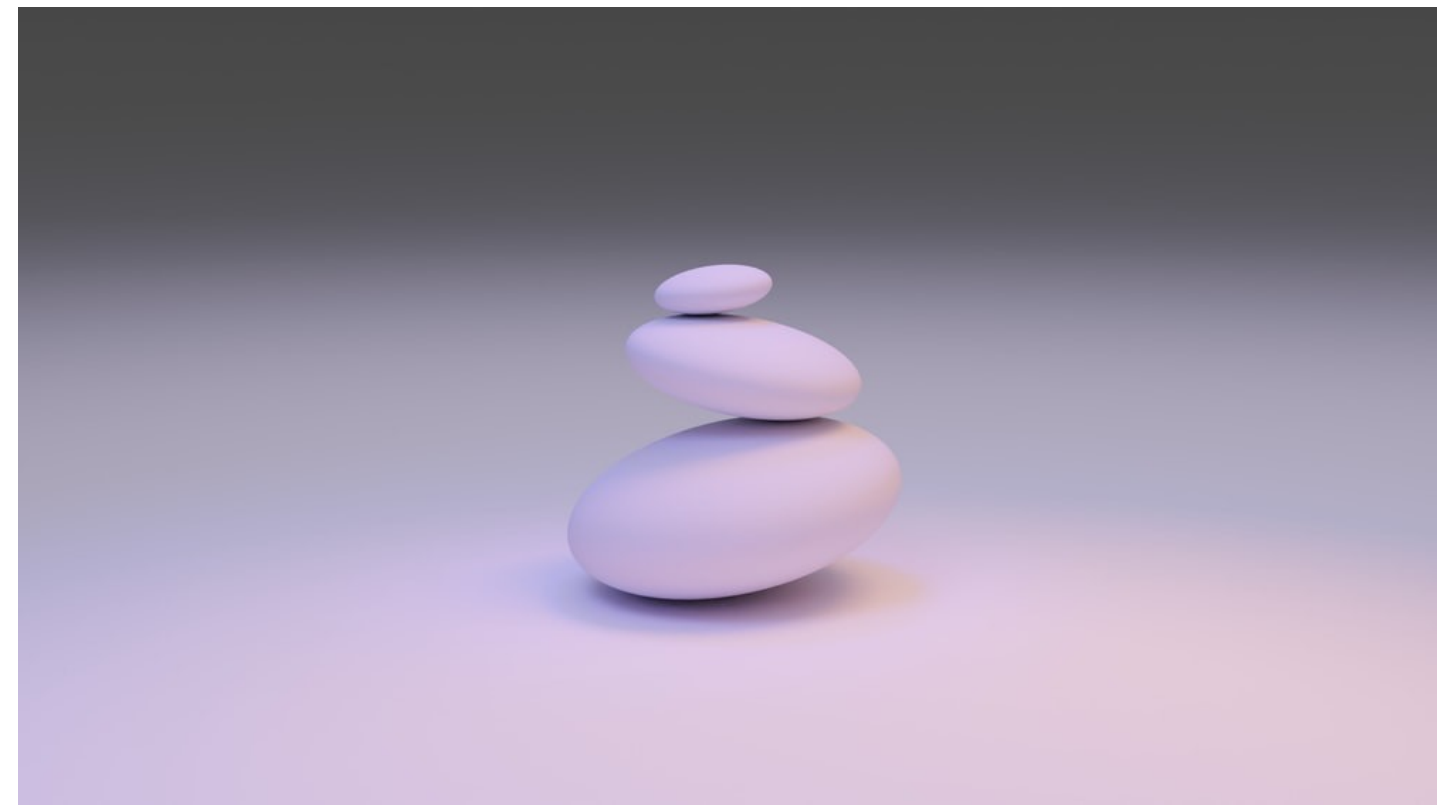
Half-empty or half-full?

Benefits of Positive Thinking

- Better health
- Improved well-being
- Interconnectedness
- Longer life



The Positivity Ratio



Frederickson, 2011



Moving toward Positive....

- Acknowledging our feelings
- Using our strengths
- Small daily actions
- Choosing how we react



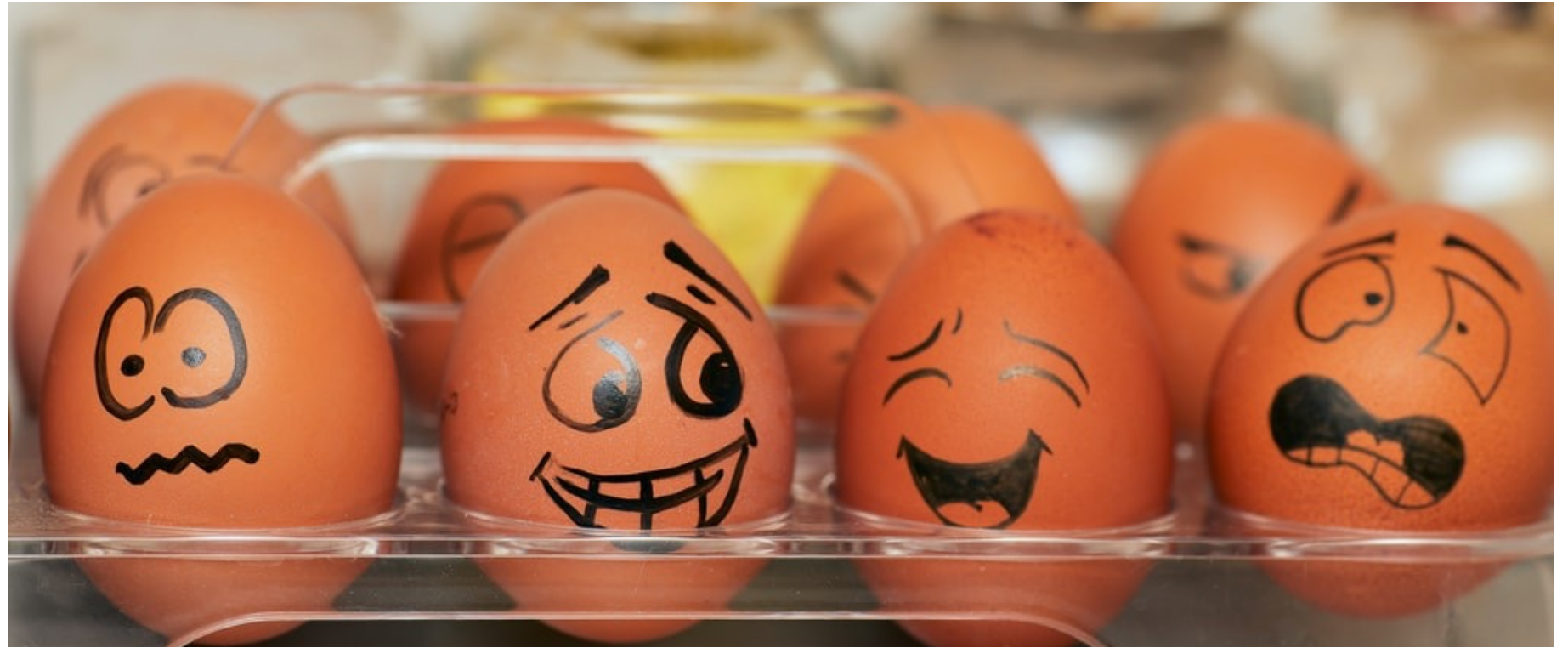
Nurture Positivity

Surround yourself with the people, places, ideas, cultures and environments that nurture and grow positivity

Dr. Barbara Frederickson on Positivity



https://www.youtube.com/watch?v=5_BFsWfMkJ4&t=125s



It's ok not to be ok....

Healthy Positivity at Work

- Pursue meaningful work
- Enjoy work when you can
- Take breaks
- Ask for help when needed





Balancing Positivity & Life

- Awareness of situation
- Crisis and grief
- Authenticity
- There are no “bad” emotions

Negative self-talk

I've never done it before.

It's an opportunity to learn something new.

It's too complicated.

I'll tackle it from a different angle.

I don't have the resources.

Necessity is the mother of invention.

I'm too lazy to get this done.

I couldn't fit it into my schedule, but I can re-examine some priorities.

There's no way it will work.

I can try to make it work.

It's too radical a change.

Let's take a chance.

No one bothers to communicate with me.

I'll see if I can open the channels of communication.

I'm not going to get any better at this.

I'll give it another try.

Positive self-talk

Notice Your Thoughts

Healthy vs. Unhealthy Positivity

Healthy

1. It seems like you are having a rough day- what's going on?
2. Things are rough right now, but I will ask for help and take it one hour at a time...
3. You've got a lot going on right now

Unhealthy

1. Think positive!
2. I've just got to try harder to make everything right...
3. Be grateful for what you have



Staying Positive

- Feel your feelings
- Have compassion
- Acknowledge situation with encouragement



Communicating Healthy Positivity

- Recognize emotions
- Listen
- Validate others' feelings
- Consider a “yes and...” approach



- ***Chat Question – What are your strategies for communicating healthy positivity to yourself or others?***



Opportunities at Home or Work?



- Pick a time or place
- Practice pause and check-in
- Is reframing possible?
- Add humor



Healthy Positivity Actions



- Smile more
- Try gratefulness
- Practice reframing
- Spend time with supportive people
- Get outside
- Savor the good times

February 2022

Happiness Calendar

This month, find hope and courage.

Keep up with the latest on the science of connection, compassion, and happiness by **subscribing to our newsletters.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Greater Good Science Center</p> <p>ggsc.berkeley.edu greatergood.berkeley.edu</p>		<p>1 Read books by Black authors for Black History Month.</p>	<p>2 Look for the humor in a challenging situation.</p>	<p>3 Find ways to interact more with your neighbors.</p>	<p>4 Let go of the expectation that you should feel happy all the time.</p>	<p>5 Be gentle with yourself when you feel afraid.</p>
<p>6 Call an old friend today.</p>	<p>7 Listen to soothing music.</p>	<p>8 Notice all the ways that you're being courageous just by quietly persevering.</p>	<p>9 Try our one-month Pathway to Happiness program.</p>	<p>10 When work is stressful, take a moment to practice gratitude.</p>	<p>11 Nourish yourself with the things that give you a sense of meaning.</p>	<p>12 Make a list of actions you could take to help alleviate your anxieties.</p>
<p>13 Practice loving-kindness to generate warm, compassionate feelings for others.</p>	<p>14 Reflect on what you want in your relationships and how you might achieve it.</p>	<p>15 Identify the goals that would help get you where you want to go.</p>	<p>16 Take four long, deep breaths (along with your kids) to help everyone calm down.</p>	<p>17 Find your tribe by seeking out cultural and community groups.</p>	<p>18 Offer everyone patience and kindness as you navigate pandemic-time school together.</p>	<p>19 Identify self-care practices that rejuvenate and restore your energy.</p>
<p>20 To get through hard times, acknowledge the difficulty rather than trying to fight it.</p>	<p>21 What do you think about Greater Good? Take our annual audience survey.</p>	<p>22 Have a heart-to-heart conversation with someone you disagree with.</p>	<p>23 Try to let go of unhelpful self-judgment and self-criticism.</p>	<p>24 Hold on to hope and courage in the face of climate change.</p>	<p>25 Forgive yourself to move on from a lingering regret.</p>	<p>26 Beware of the temptation to avoid other people's suffering and try to stay empathic.</p>
<p>27 Spend more time outdoors in nature this week.</p>	<p>28 Imagine what your best possible life would look like.</p>					



Practice Opportunity

Write down all of the ways you are courageous by quietly persevering.

Summary



Positivity is being able to find hope during difficult times



Positivity helps build hope and motivation



Being authentic, listening and pointing out strengths can support positivity in others



Healthy positivity recognizes emotions



Actions can promote positivity

Flourishing
at Work: A
Plan for
Helping
Professionals

**Session 5: Flourishing Strategies -
Outside the Box**

Tuesday, March 15 | 2:00-3:00 pm ET

Session 6: Build Your Resilience Plan One Day at a Time

Tuesday, April 19 | 2:00-3:00 pm ET

Toward Wellness and Recovery

Our Podcast Channel



Check out our latest podcast series!

Flourishing at Work: A Plan for Helping Professionals

Search then Subscribe wherever you get your podcasts!

[Spotify](#) Apple Music [Podbean](#)

Question and Answer



Resources

Happiness Calendar, Greater Good Science Center

<https://greatergood.berkeley.edu/tag/happiness+calendar>

The Positivity Ratio

https://greatergood.berkeley.edu/video/item/the_positivity_ratio

Positive Thinking: Stop Negative Self-Talk to Reduce Stress

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950>

When Too Much of a Good Attitude Becomes Toxic

<https://www.nea.org/advocating-for-change/new-from-nea/when-too-much-good-attitude-becomes-toxic>

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Evaluation Information

The MHTTC Network is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.

At the end of today's training please take a moment to complete a **brief** survey about today's training.



Connect With Us

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Northeast and Caribbean (HHS Region 2)

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