



Adult Resilience Curriculum (ARC) for Educators

Module 6: Fostering Pleasant Emotions & Experiences (Positivity)

Resources

Positivity and Well-being

Positivity in mental and physical health

<http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.676.3702&rep=rep1&type=pdf>

Positive thinking: stop negative self-talk to reduce stress

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

Positivity at Work

The six essentials of workplace positivity

<http://homepages.se.edu/cvonbergen/files/2013/01/The-Six-Essentials-of-Workplace-Positivity.pdf>

Positivity ratio and well-being among teachers: The mediating role of work engagement

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7387570/pdf/fpsyg-11-01608.pdf>

Practicing gratitude

The science behind gratitude (and how it can change your life)

<https://www.happify.com/hd/the-science-behind-gratitude/>

Gratitude journal: a collection of 66 templates, ideas, and apps for your diary

<https://positivepsychology.com/gratitude-journal/>

Acts of kindness

75 random acts of kindness ideas <https://bucketlistjourney.net/random-acts-of-kindness-ideas-and-examples/>



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Can random acts of kindness increase well-being?

<https://positivepsychology.com/random-acts-kindness/>

Connecting with others

Connect with others - Mental Health America <https://www.mhanational.org/connect-others>

8 ways to really connect with each other <https://www.psychologytoday.com/us/blog/the-creativity-cure/201509/8-ways-really-connect-each-other>

Partake in humor

Yim, J. (2016). Therapeutic benefits of laughter in mental health: a theoretical review. The Tohoku journal of experimental medicine, 239(3), 243-249. (In folder)

Stress relief from laughter? It's no joke <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>

Videos

Positivity: the power of choice <https://www.youtube.com/watch?v=w4nbt6afV3o>

A simple trick to improve positive thinking
https://www.ted.com/talks/alison_ledgerwood_a_simple_trick_to_improve_positive_thinking/up-next?language=en