Leading with resiliency

Creating Connections To Enable You And Your Community To Thrive

Lori Rothstein and Denise Stromme
University of Minnesota Extension
May 2016
6 seconds
The study of the strengths and virtues that enable individuals and communities to thrive.
Positive Psychology

and the Brain
We see what we look for
Creating a pathway
PERMA: It’s Our Well-Being

Positive Emotion

Engagement

Positive Relationships

Meaning

Accomplishment

Positive Emotions
3 to 1
create micro-moments
What’s the vagus nerve got to do with it?
How do you nurture and support positive relationships?
Frequency over Intensity
Meaning
What is your ikigai?
What are three things that give meaning to your life?
Accomplishment
Small accomplishments
MATTER
Trust

Get personal

Invite vulnerability
WARNING: Connections are good for your health.
Thank you! For more, we recommend:

**Books and Articles:**


Videos:

Shawn Achor: *The Happy Secrets to Better Work* [http://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work](http://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work)

Dan Buettner: *How to Live to Be 100* [http://www.ted.com/talks/dan_buettner_how_to_live_to_be_100.html](http://www.ted.com/talks/dan_buettner_how_to_live_to_be_100.html)

Mihaly Csikszentmihalyi: *Flow, the secret to happiness* [http://www.ted.com/talks/mihaly_csikszentmihalyi_on_flow.html](http://www.ted.com/talks/mihaly_csikszentmihalyi_on_flow.html)

Jane McGonigal: *The game that can give you 10 extra years of life* [https://www.ted.com/talks/jane_mcgonigal_the_game_that_can_give_you_10_extra_years_of_life](https://www.ted.com/talks/jane_mcgonigal_the_game_that_can_give_you_10_extra_years_of_life)


Martin Seligman: The new era of positive psychology: [http://www.ted.com/talks/martin_seligman_on_the_state_of_psychology.html](http://www.ted.com/talks/martin_seligman_on_the_state_of_psychology.html)
Websites:
A P(+)sitive Charge: Brainerd: https://sites.google.com/site/apositivecharge/


The Gratitude Graffiti project: http://thegratitudegraffitiproject.com/

Smile and say Hello Oxford County U-Belong https://www.facebook.com/sayhitoday/info?tab=page_info

Understanding and Growing Social Capital.
http://www.extension.umn.edu/community/civic-engagement/social-capital/#section-four

The Greater Good: Science of a Meaningful Life: http://greatergood.berkeley.edu/

Love 2.0: Finding Happiness and Health in Moments of Connection http://www.positivityresonance.com/meditations.html

The Positive Psychology Center at UPenn: http://www.ppc.sas.upenn.edu/

Project for Public Spaces http://www.pps.org/