



The Mindsets of Positivity & Positivity Resonance

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Think about the back of your hand...



Now, list all the things
you'd like to do right now....



Think of a time when you just wanted
to sit and smile....



Given this feeling, list all the things
you'd like to do right now....



Compare the two lists....



Neutral



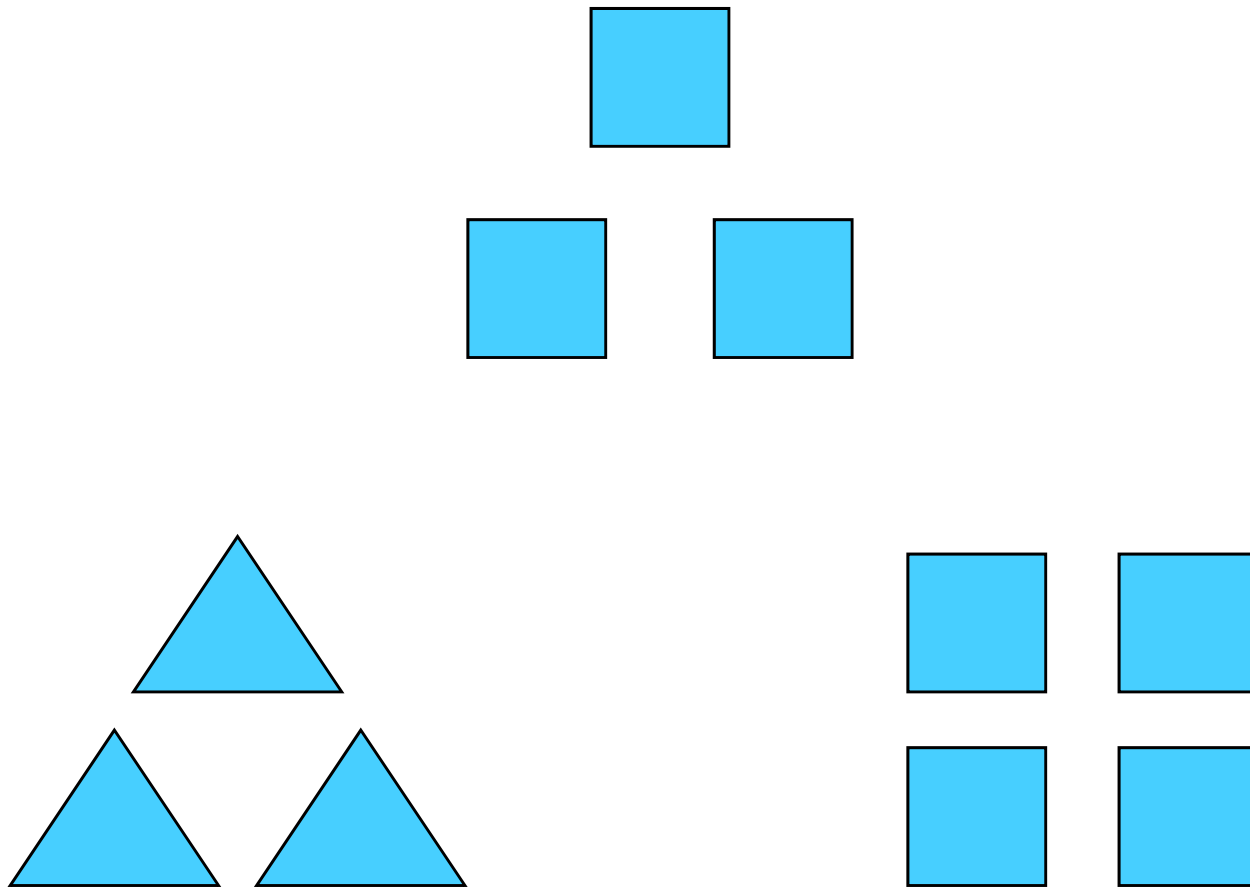
Positive

Positive Emotions Broaden Awareness



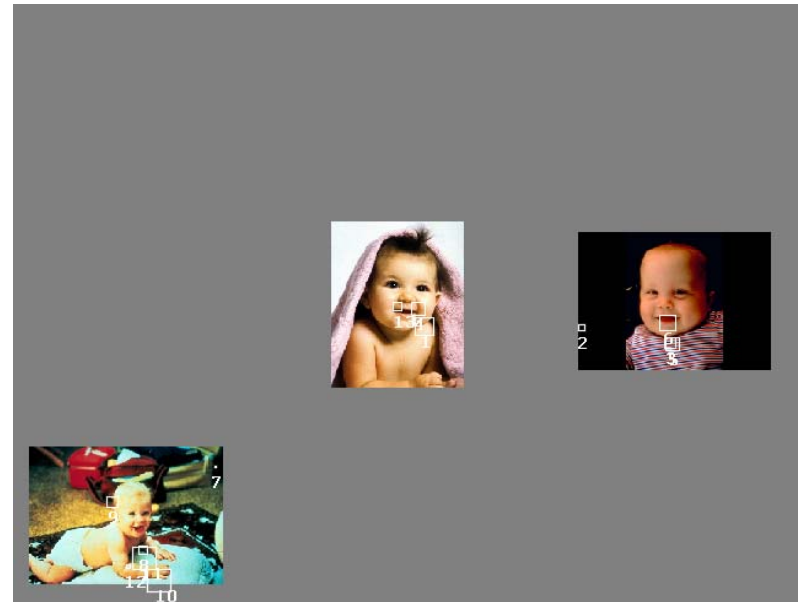
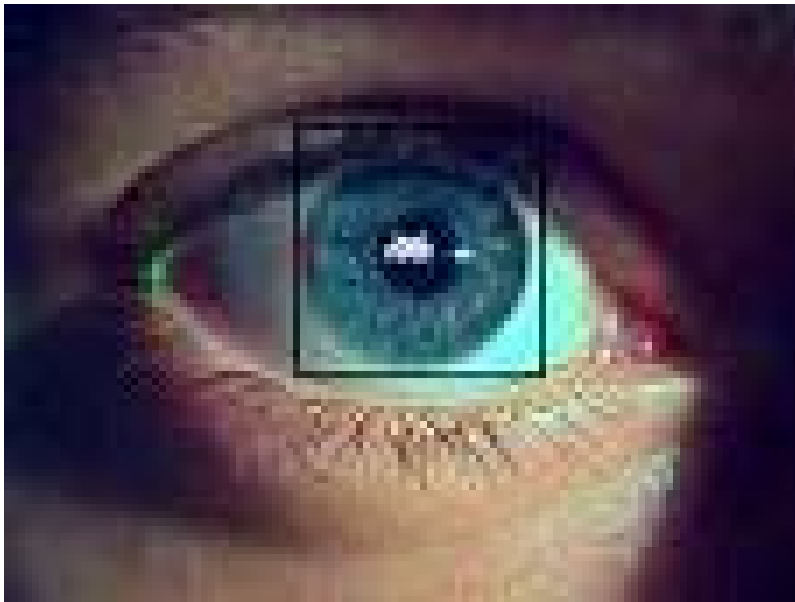
Fredrickson & Branigan (2005). *Cognition & Emotion*, 19, 313-332.

Global vs. Local Visual Processing



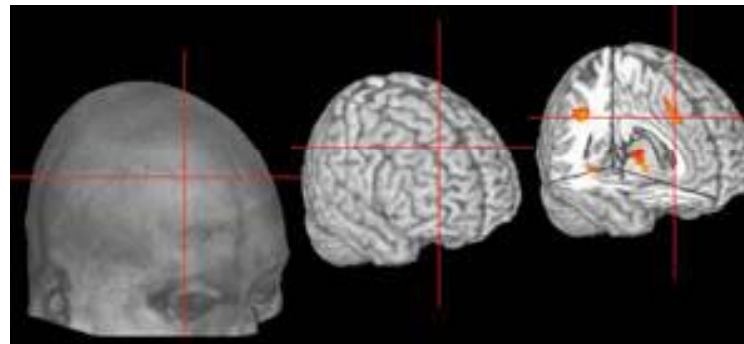
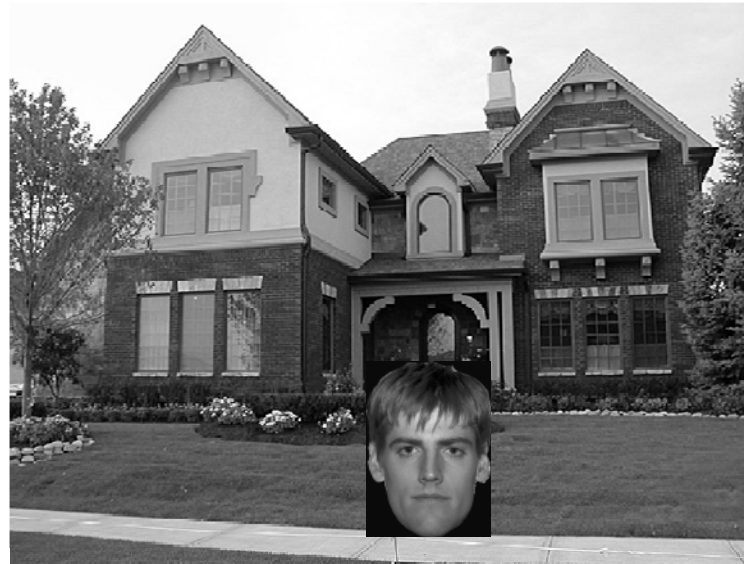
Fredrickson & Branigan (2005). *Cognition and Emotion*, 19, 313-332.

Eye-Tracking



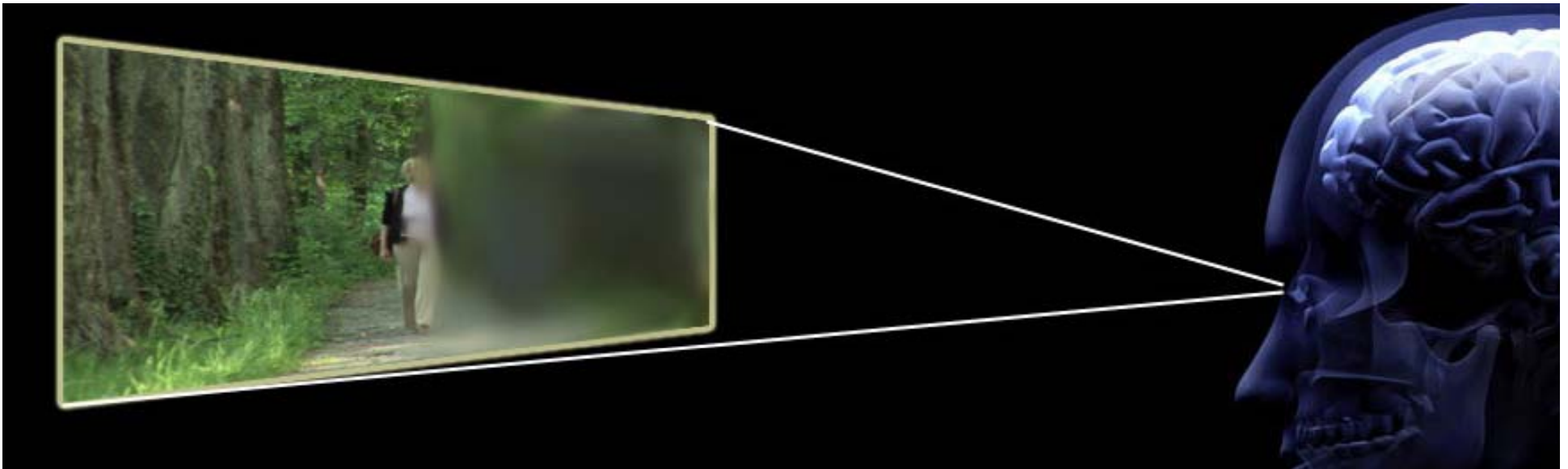
Wadlinger & Isaacowitz (2006). *Motivation and Emotion*, 30, 89-101.

Brain Imaging Evidence



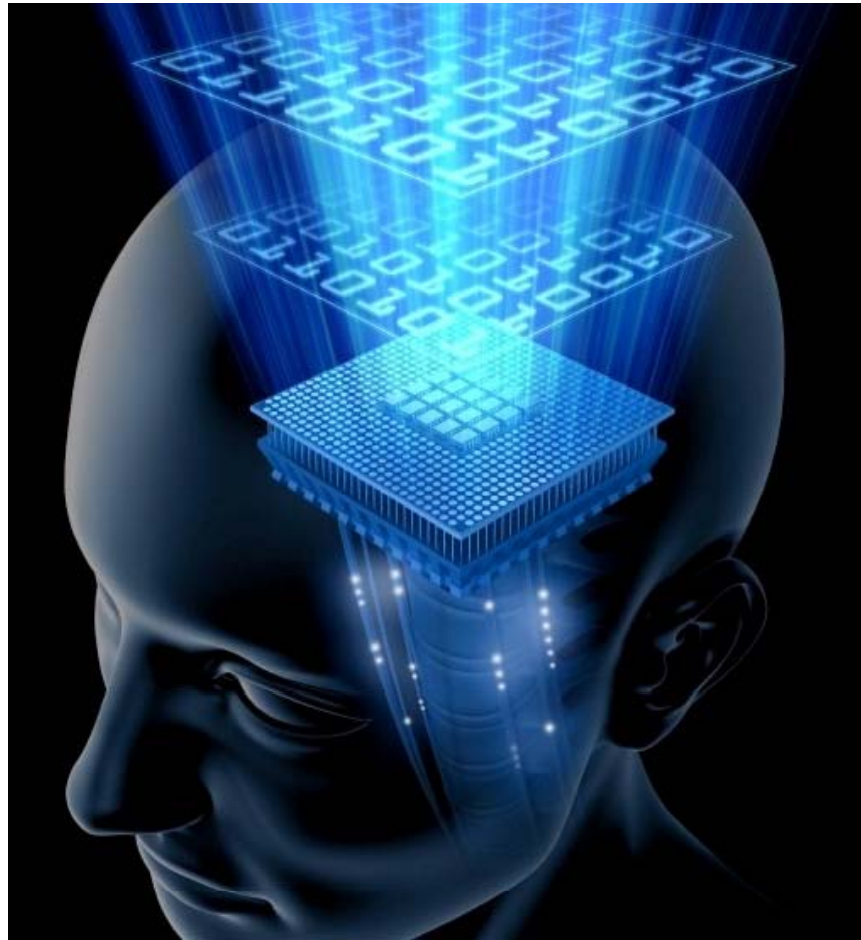
Schmitz, De Rosa & Anderson (2009). *Journal of Neuroscience*, 29, 7199-7207.

Visual Neglect



Soto et al. (2009). *PNAS*, 106, 6011-6016.

Better Memory for Details



Talarico, Berntsen & Rubin (2009). *Cognition and Emotion*, 23, 380-398.



*“There is a way of breathing
that’s a shame and suffocation.
And there’s another way of expiring,
a love-breath
that lets you open infinitely.”*

-- Rumi

More Possibilities



Fredrickson & Branigan (2005). *Cognition & Emotion*, 19, 313-332.

More Creativity



Rowe, Hirsch, & Anderson (2006). *Proceedings of the National Academy of Sciences*, 104, 383-388.

Better Medical Decisions

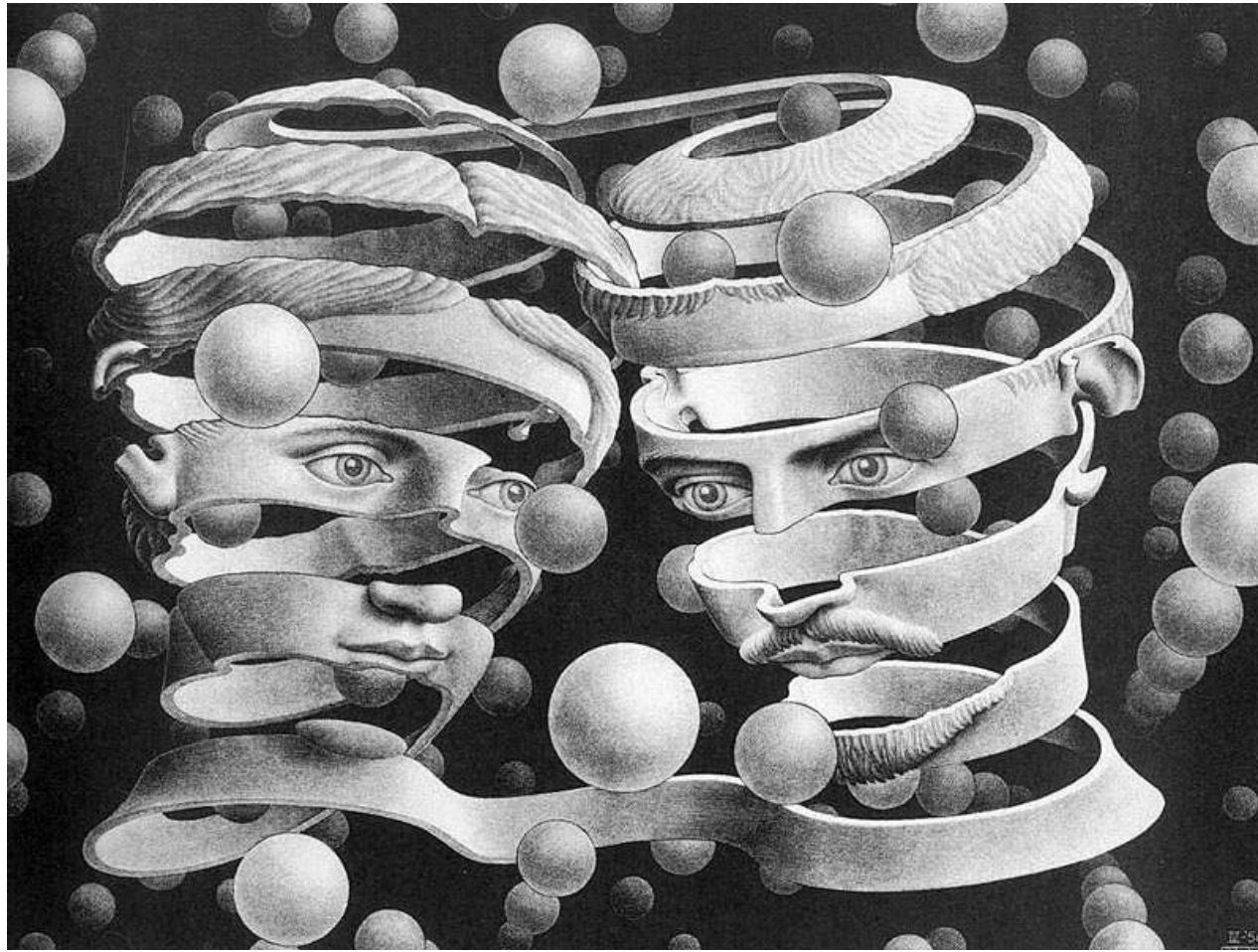


Isen, Rosenzweig, & Young (1991). *Medical Decision Making*, 11, 221-227.

Positive Emotions Unlock Other-Focus

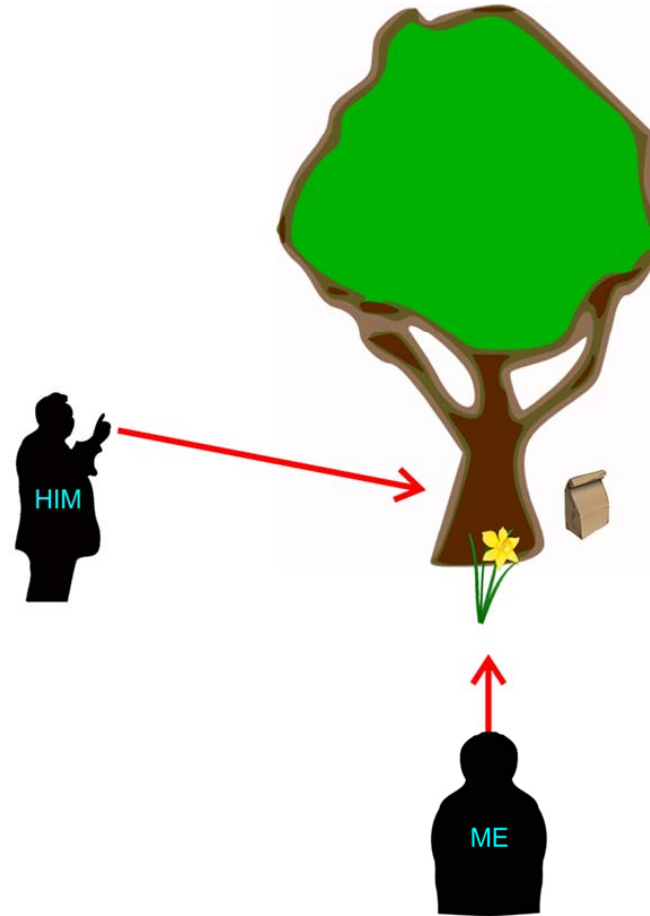


More Inclusion of Other in the Self



Waugh & Fredrickson (2006). *Journal of Positive Psychology*, 1, 93-106.

Better Perspective Taking



Waugh & Fredrickson (2006). *Journal of Positive Psychology*, 1, 93-106.

More Oneness



Johnson & Fredrickson (2005). *Psychological Science*, 16, 875-881.

More Trust



Dunn & Schweitzer (2005). *Journal of Personality and Social Psychology*, 88, 736-748.

Better Negotiations



Kopelman, Rosette, & Thompson (2006). *Organizational Behavior and Human Decision Making*, 99, 81-101.

Not just the old story...



...seeing the BIG picture



ANY
QUESTIONS
?

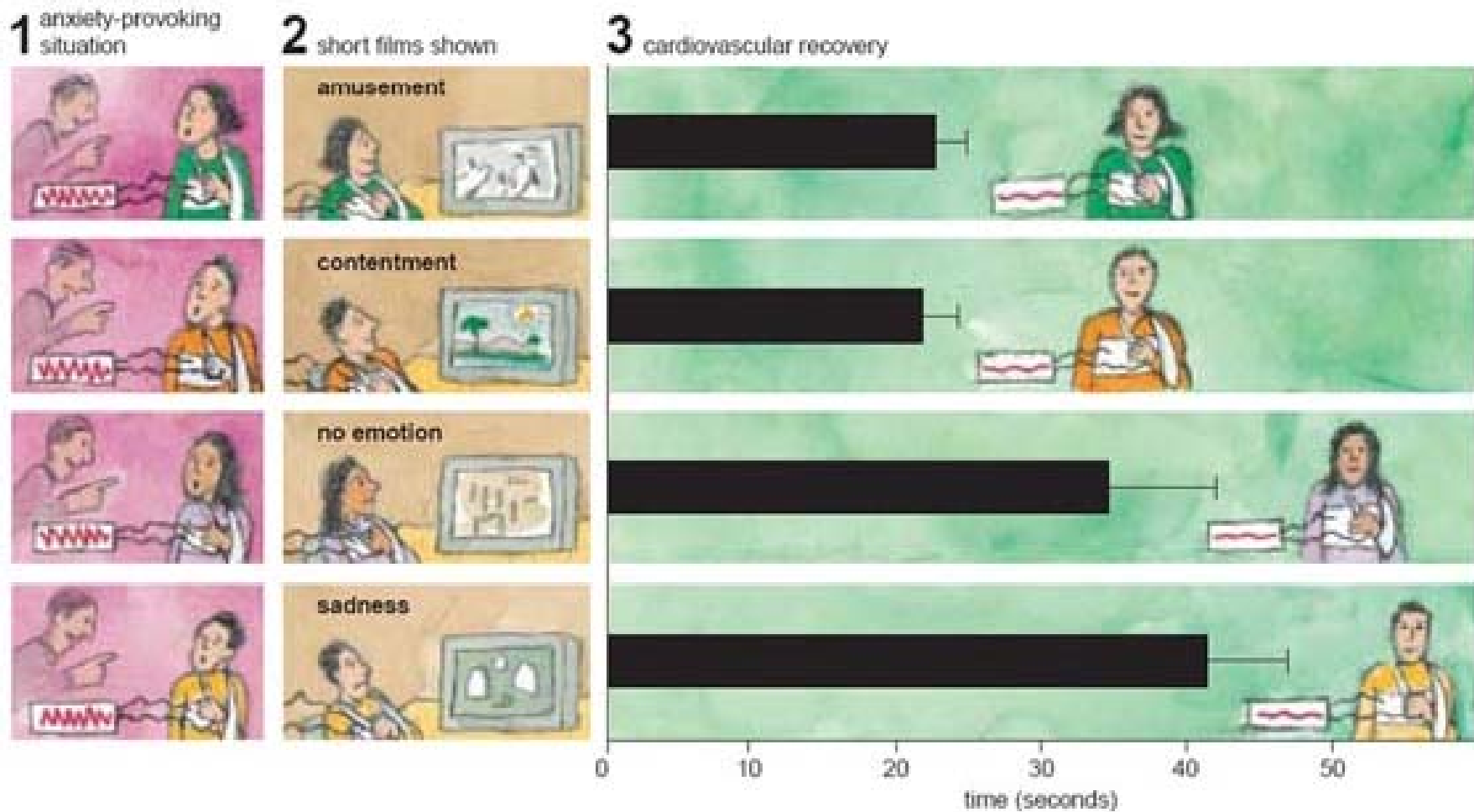
More Resilience



Fredrickson et al., (2000). *Motivation and Emotion*, 24, 237-258.

Fredrickson et al., (2003). *Journal of Personality and Social Psychology*, 84, 365-376.

Positive Emotions Undo Negativity



Fredrickson et al., (2000). *Motivation and Emotion*, 24, 237-258.

Resilient People use Positive Emotions to Bounce Back



Tugade & Fredrickson (2004). *Journal of Personality and Social Psychology*, 86, 320-333.

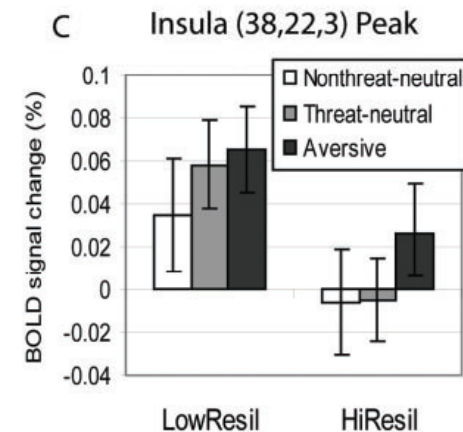
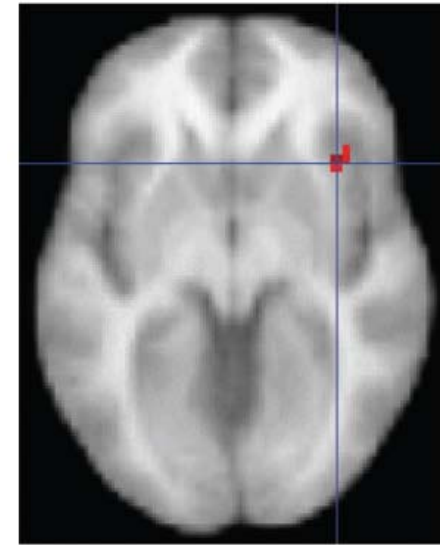
Positive Emotions in Crises



Fredrickson et al., (2003). *Journal of Personality and Social Psychology*, 84, 365-376.

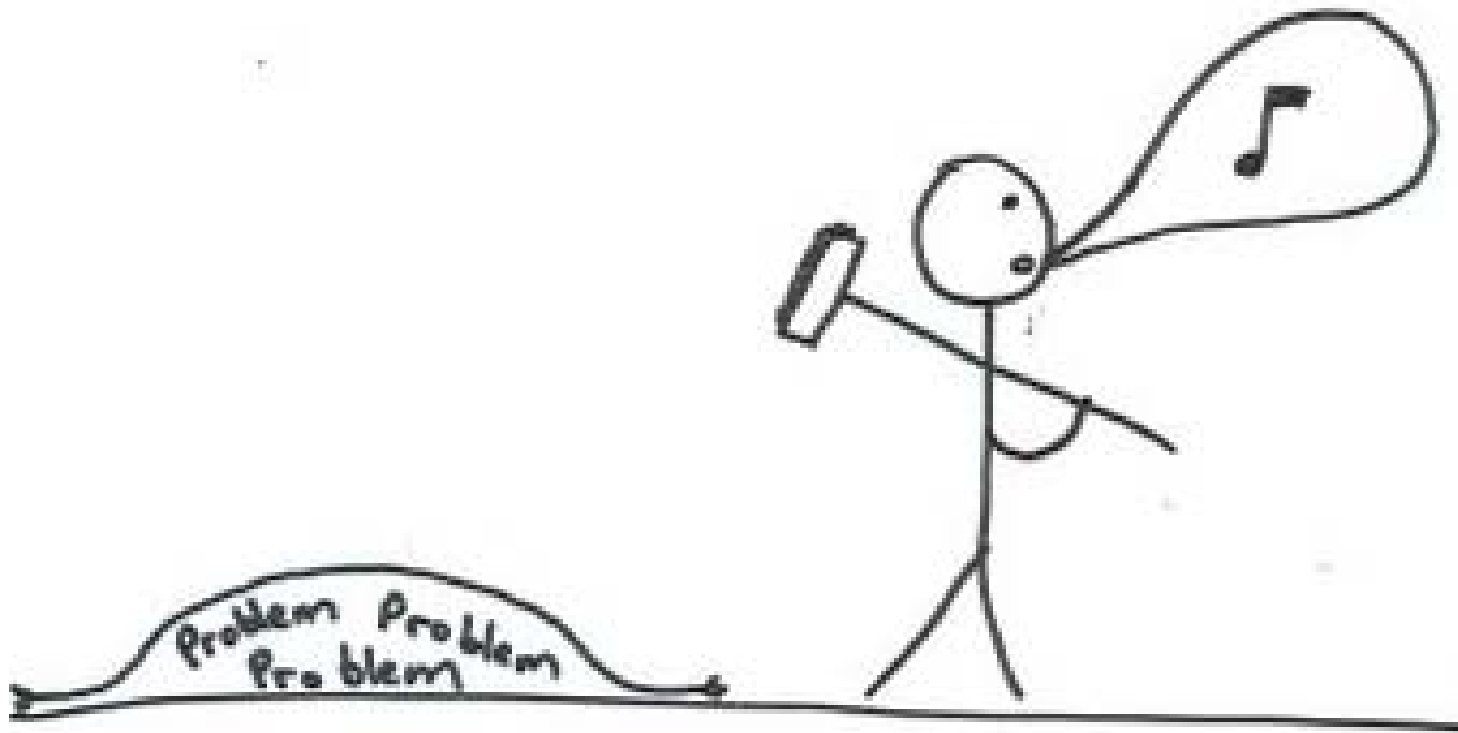
Mental Habits of Resilient People revealed by fMRI

- Worry and brace less
- Rebound quicker
- More “in tune” w/
current circumstances
- Akin to “mindfulness”



Waugh, Wager, Fredrickson, Noll, & Taylor (2008).
Social Cognitive and Affective Neuroscience, 3, 322-332.

Not this...



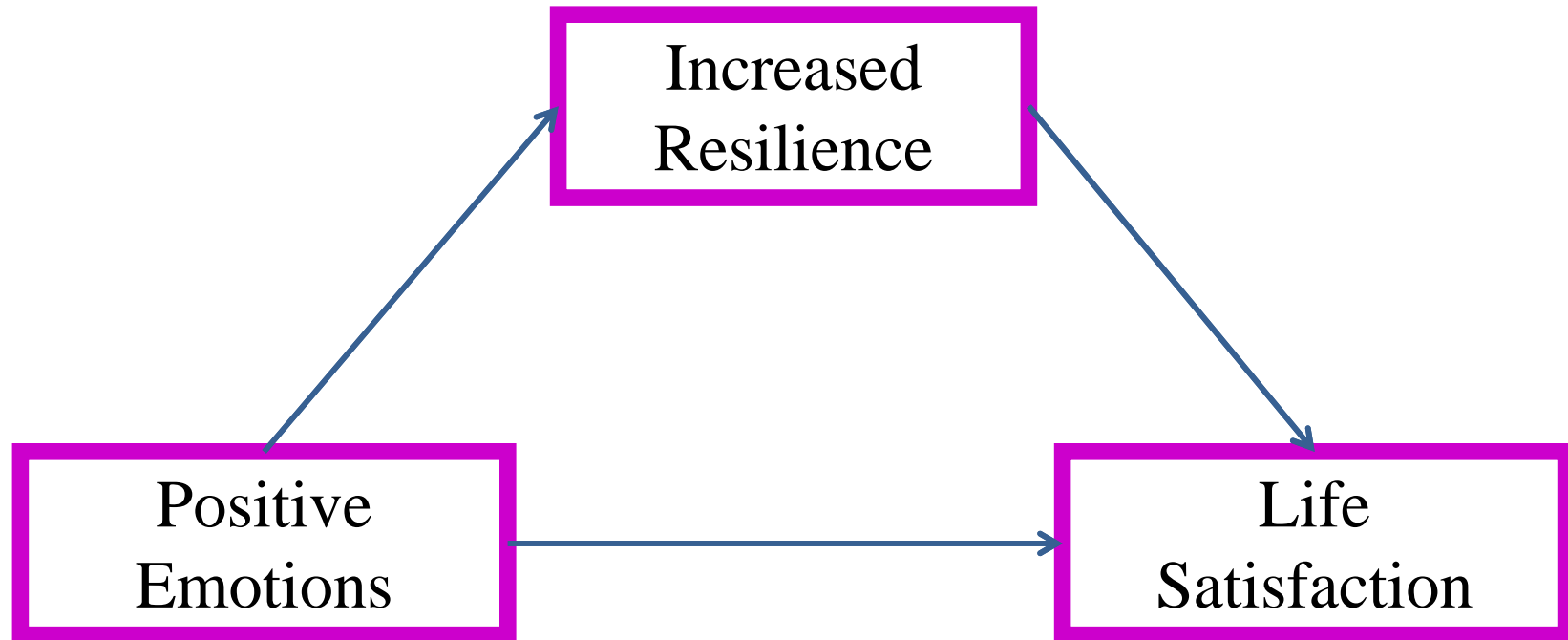
...Holding Positivity Alongside Negativity



Resilience as Discernment



Happiness Unpacked



Cohn, Fredrickson, Brown, Mikels & Conway (2009). *Emotion*, 9, 361-368.

Openness Yields Growth



ANY
QUESTIONS
?

Measure your Resilience

1 = does not apply at all
2 = applies slightly
3 = applies somewhat
4 = applies very strongly

- I am generous with my friends.
- I quickly get over and recover from being startled.
- I enjoy dealing with new and unusual situations.
- I usually succeed in making a favorable impression on people.
- I enjoy trying new foods I have never tasted before.
- I am regarded as a very energetic person.
- I like to take different paths to familiar places.
- I am more curious than most people.
- Most of the people I meet are likable.
- I usually think carefully about something before acting.
- I like to do new and different things.
- My daily life is full of things that keep me interested.
- I would be willing to describe myself as a pretty “strong” personality.
- I get over my anger at someone reasonably quickly.

Block & Kremen (1996). *Journal of Personality and Social Psychology*, 70, 349-361.