Positive Psychology and its impact on communication

By: Gabriella Ramirez
“Positive psychology is the scientific study of what makes life most worth living” (Peterson, 2008).

Positive Psychology focus on:

● “Positive experiences such as happiness, joy, love, and inspiration” (Ackerman and Nash 2018).
● “Positive traits– gratitude, resilience, and compassion” (Ackerman and Nash 2018)
● “Positive institutions which is applying positive principles within an institution or organization” (Ackerman and Nash 2018).
Positive affirmations make your life lighter and brighter. While researching I found an editorial article that describes positive psychology as, “Positive psychology practices have constructive impacts on people's everyday lives such as reducing stress and anxiety, increasing resilience and promoting self-growth, wellbeing, and quality of life,” (Front. Psychol., 01 June 2022, Sec. Educational Psychology,"

- Improves quality of life
- Reduces anxiety
- Increases self-growth
- Increases resilience
3 Key Parts of Positive Psychology?

- Optimism
- Mindfulness
- Resilience
Optimism

“Learned optimism is a concept from positive psychology’s founding father,” (Moore 2019). According to an article written on optimism and mindset, having optimism makes us happier humans and are well being is enhanced, (Moore 2019).

Are you a glass half full or empty?
Optimism

A website called Pursuit of Happiness wrote an article about positive thinking. The article contained benefits on positive thinking on the mind and body. This article stated, “researchers found that for every 10 point increase in a person’s score on their optimism scale, the risk of early death decreased by 19%,” “Mothers who are optimistic deliver healthier and heavier babies,”(Pursuit of Happiness). Optimism can even cure diseases and even addiction. Optimism has also been investigated in health-related behaviors. In examining the risk of developing alcohol dependence, one study found that optimism protected against drinking problems in people with a family history of alcoholism (Ohannessian, Hesselbrock, Tennen, & Affleck, 1993 & Pursuit of Happiness).
What is mindfulness?

Mindfulness is a mental state or trait that focuses on the attention of an object while breathing, while also observing thoughts, emotions, and sensations in the present moment (Frontiers in Human Neuroscience).

This connects to Positive Psychology because mindfulness brings positive mental traits along with the increase of happiness.
According to the Global Thrive studies, kids who learn and practice mindfulness have more compassion, reduced stress and negativity, and better manage and regulate emotions.
What is resilience?

It is being able to bounce back from a stressful situations or events quickly.

Being able to apply positive psychology and resilience can help affect your mood, gratitude, and managing stress and emotions and so much more.

“Resilience is all about being able to overcome the unexpected. The goal of resilience isn’t to just survive but thrive.”

JAMAL CASIO
author
Resilience

There are about 20 different benefits to having resilience and using positive psychology. Interestingly enough not everyone is naturally born with resilience. According to Pathways Coaching their are internal and external factors involved. Resilience is developed through experiences throughout environment, and outside influences in our life.

“On my own I will just create, if it works, it works and if it doesn’t, I’ll create something else. I don’t have any limitations on what I think I could do or be.”

Oprah Winfrey
What is it’s impact on positive psychology?

According to communication theory positive psychology and emotional intelligence gives us the ability to feel and understand others emotions or feelings. Overall being able to understand and practice positive psychology naturally have people gravitate towards you and you are able to communicate with co workers, friends, family, and classmates better.
Response of course vary from person to person, but almost everyone in the survey agreed that society could benefit from positive psychology.

https://docs.google.com/spreadsheets/d/1glcqGurmCGMopbSqFzsqXcwaHp0IzKAGQyRAiUGVXHk/edit?usp=sharing
Interview #2

Why do you think society struggles with communication?

It's because our society is built to be apart from each other. You know that originally everyone lived in villages- even in work environments. We don’t live in community. Here in America, we used to live in a community because we lived so close to each other and had no cars- everything was so far and began to be separated. The cars and freeways were the starts of the end of communities.

Interview #3

Do you think spirituality or faith impacts your forms of communication?

“Absolutely”

“Not necessarily here in America- but in different countries- in Iraq women aren’t able to speak or limited to speaking”
Interview #4
What are some things that make you struggle with communication? Or if there’s not anything that you struggle with—what do you think strengths your communication skills?

I think what makes me struggle is talking to someone who isn’t open to what I have to say. Fear of rejection.

Interview #5
Why do you think society struggles with communication?
“People don’t like to listen and are quick to form opinions”. “People have trouble seeing things from other people’s form of views—like if you were arguing with someone who a different race than you—invalidating others’ experience”.
Interviews PT2

Interview #1

Has there been a time in your life when you felt that something was holding you back from living life? Low self-esteem? Confidence? Age?

“I feel like I’ve been in working at his job and been discouraged and told that he couldn’t be promoted because of his age” “Wouldn’t give me the same opportunities”.
Question

Now I ask you—What are ways that you communicate? Are you able to listen to other people with an open mind or are you unwilling to listen?
My thoughts: I think having optimism, resilience, and mindfulness help you live to your fullest potential and life. If people had a better perspective on life or are open to listening instead of arguing, the world would be a better place.

How I think about it everyone was raised differently. The reason why I am such a strong advocate for human rights is because of my mom and how she choose to raise us. I understand that someone who may not have had a parent that was vocal on certain issues may not fully comprehend what you are expressing because they weren't exposed. What if nobody is right or wrong? Or even if someone is wrong—being able to give that person grace and being mindful people have different life experiences and lessons. There's different levels of optimism and resilience a person can experience. Of course it is easier said than done.
Works Cited

https://positivepsychology.com/learned-optimism/
Survey & Interview (By me)