

Step Into Your Strengths: A Community in Motion

Text HOPE to 55-444

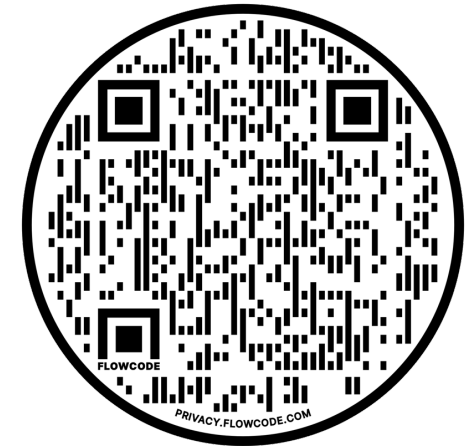
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Spirituality Mind Body Institute

TEACHERS COLLEGE COLUMBIA UNIVERSITY

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Strengths: Humor, Creativity, Perspective, Gratitude, Kindness, Hope, Love

DanTomasulo.com

- 80% Of People With Depression Relapse
- 40% Of Americans Are Lonely
- 10 Times More People Are Depressed Now Than In 1945.
- In The Last 3 Decades, 15-26 Year Olds Report Twice As Much Anxiety, Depression, And Behavioral Problems As Their Predecessors.
- Suicide Is The Leading Cause Of Death In This Age Group.
- US Had 10 Times More School Shootings Between 2009 And 2018 Than 27 Other Countries Combined.

From **What's Wrong** to **What's Strong**: A Guide to Positive Psychology

The Problem:

Why Fixing "What's Wrong" Isn't Enough



Not Depressed ≠ Happy

Taking away every negative emotion makes you less depressed, but it doesn't make you happy.



80% of People with Depression Relapse

Traditional methods show a "treatment prevalence paradox"—more treatments lead to worse outcomes.



Our Brains Have a Negativity Bias

We are hardwired to notice threats and problems first, limiting our response to fight, flight, or freeze.

The Solution:

A Toolkit for Thriving

Cultivate The Harmony Triad

Research shows that focusing on three key areas—Gratitude, Love, and Hope—transforms your life.

Start with Gratitude

Gratitude is the "lowest hanging fruit"—it harvests positive emotions from the past.

Love

Hope



Build Your Psychological Capital

Intentionally develop HERO to change your foundation.

What Followers Want Most from Leaders



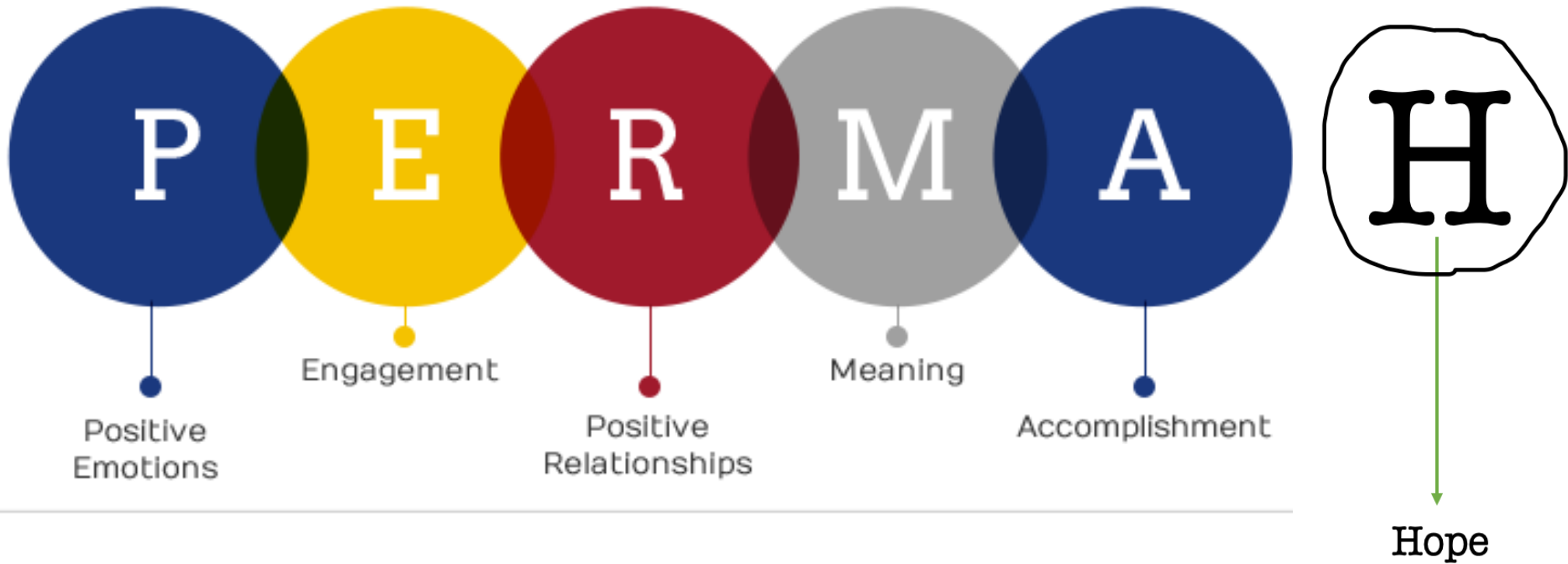
A Gallup study shows that Hope is the single most desired quality.

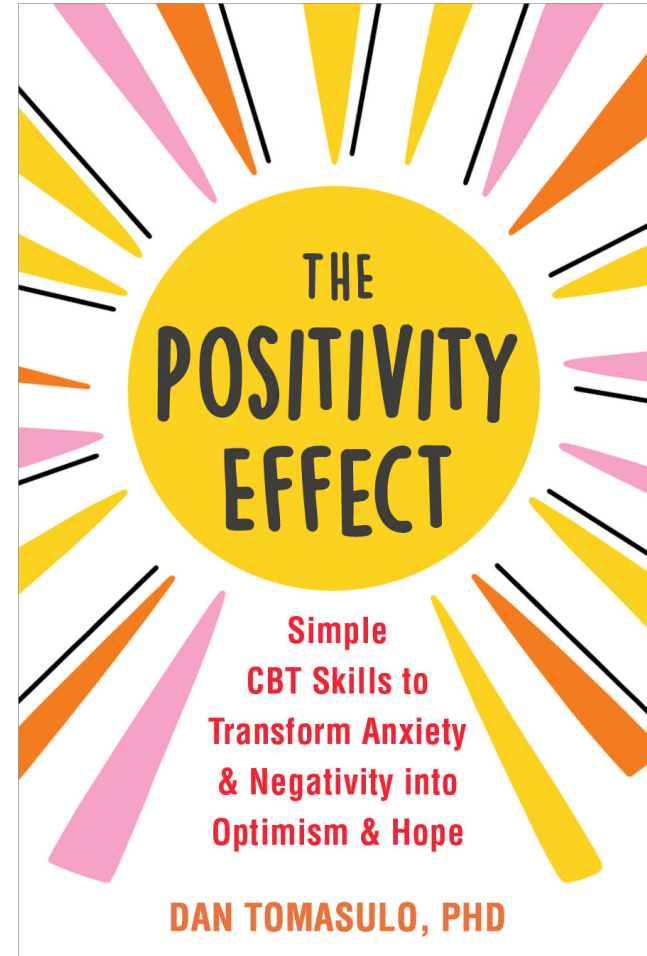
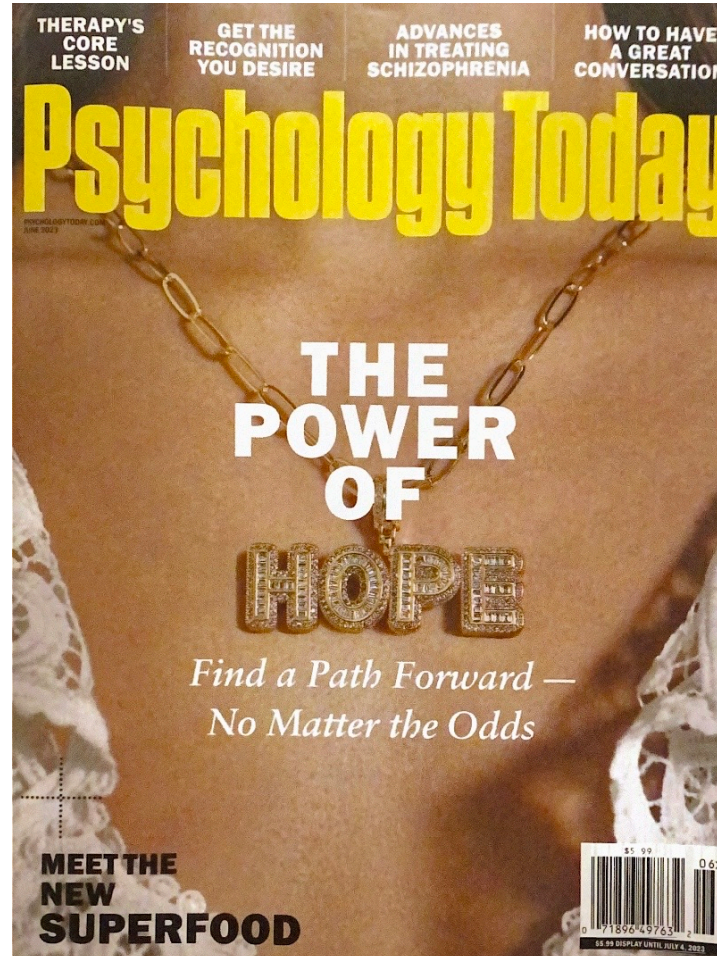
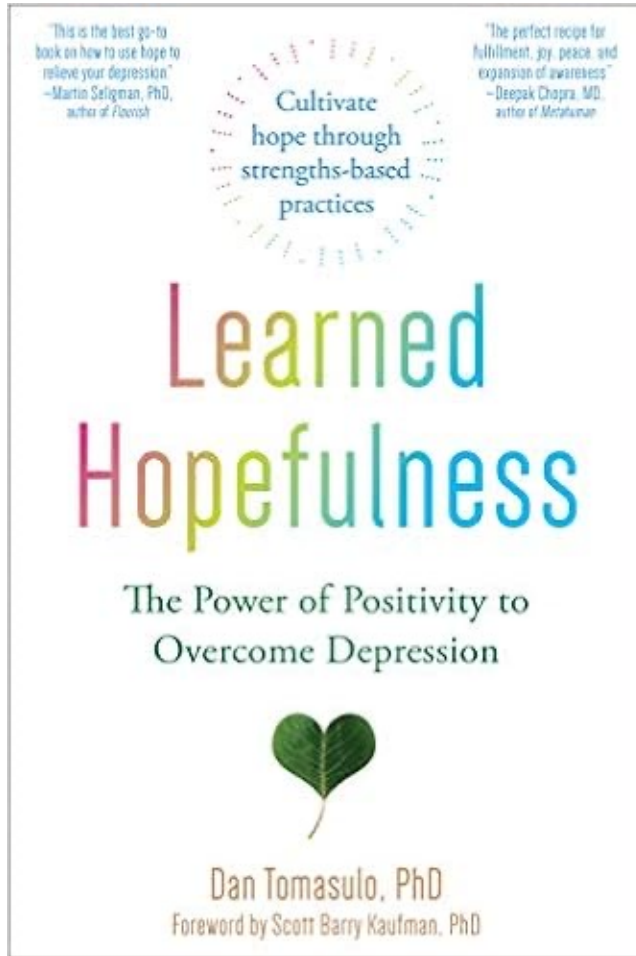


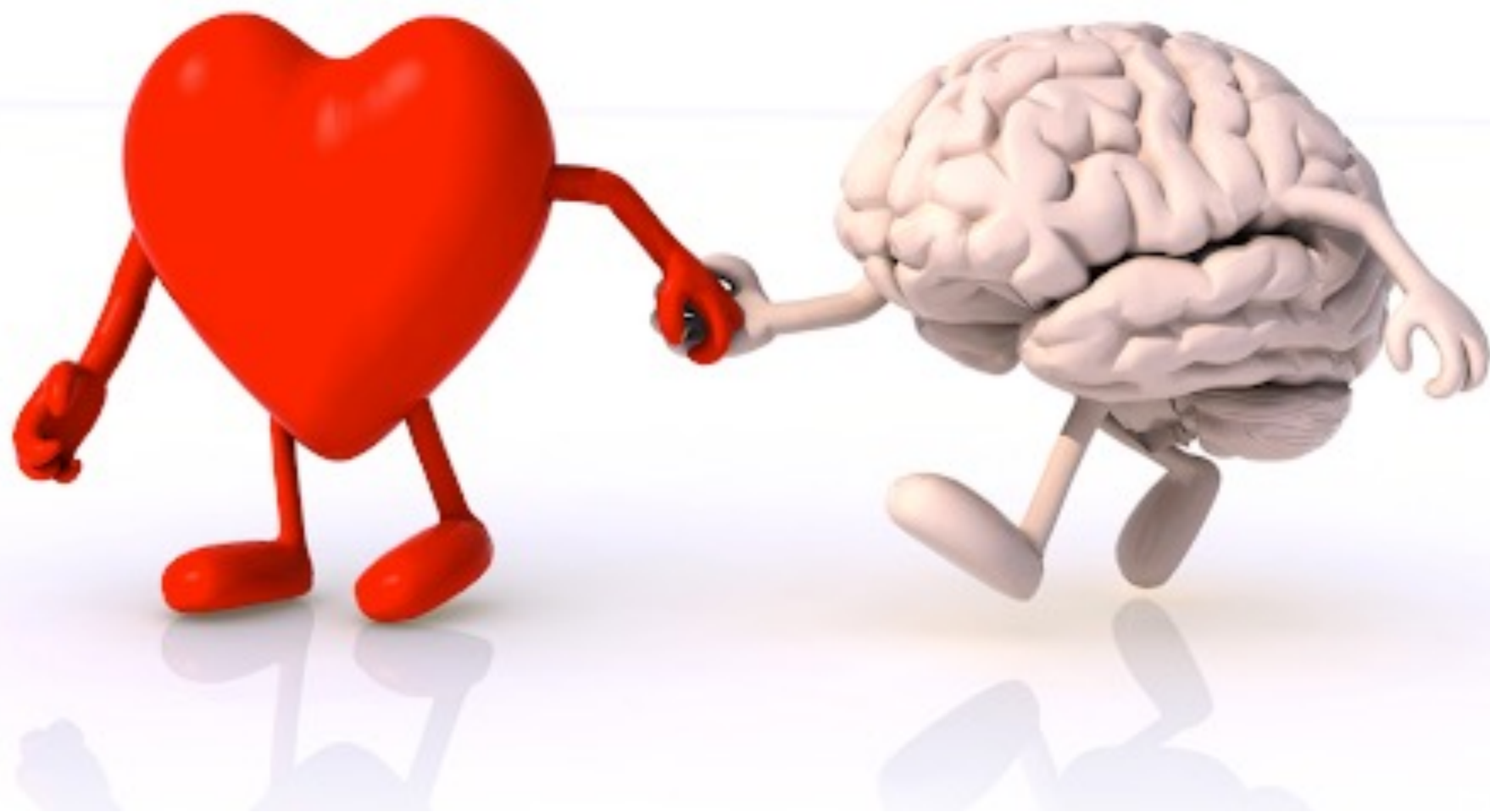
*Marty
Seligman*

Advances in positive psychology....

Introducing a New Theory of Well-Being



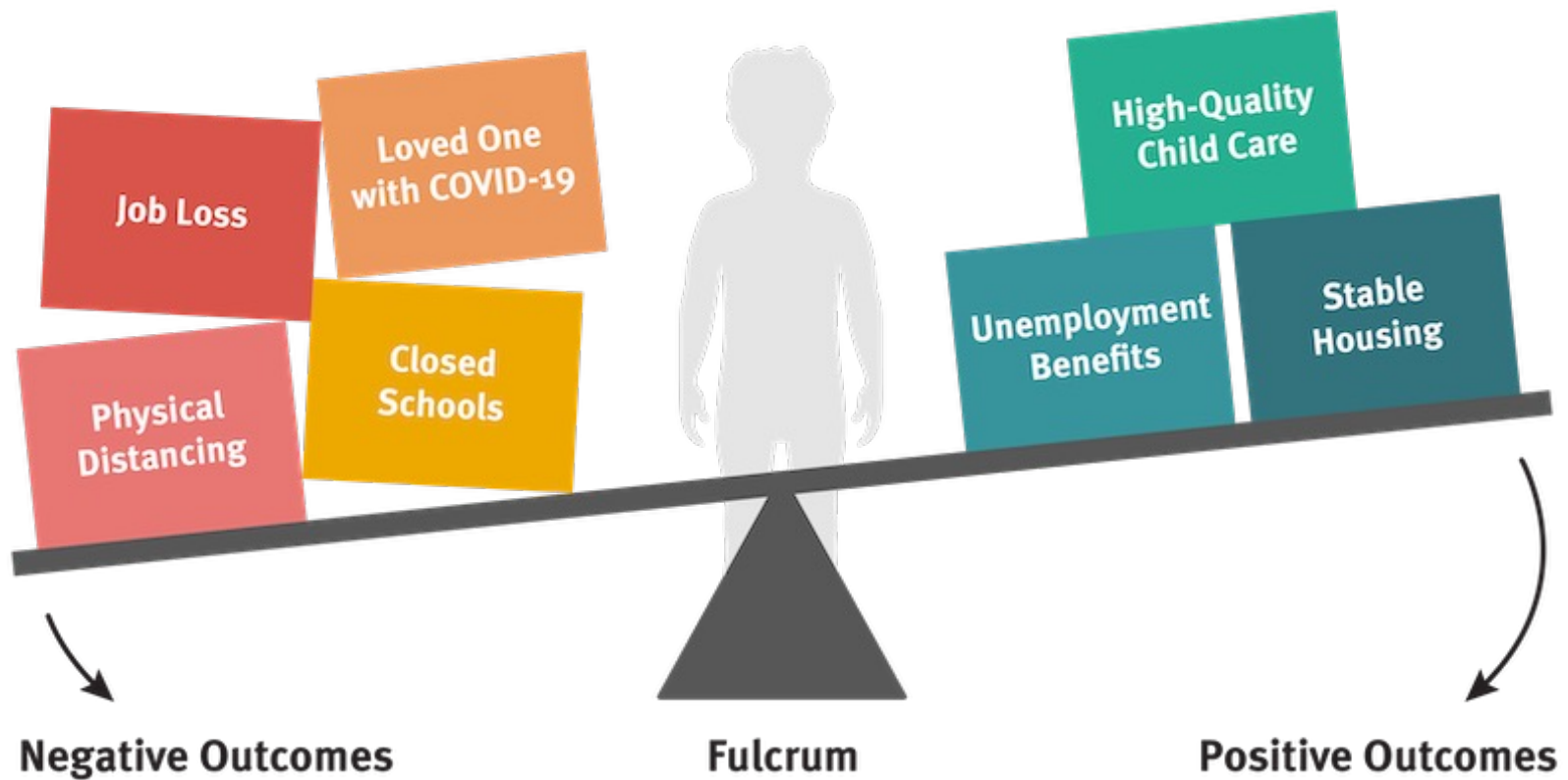




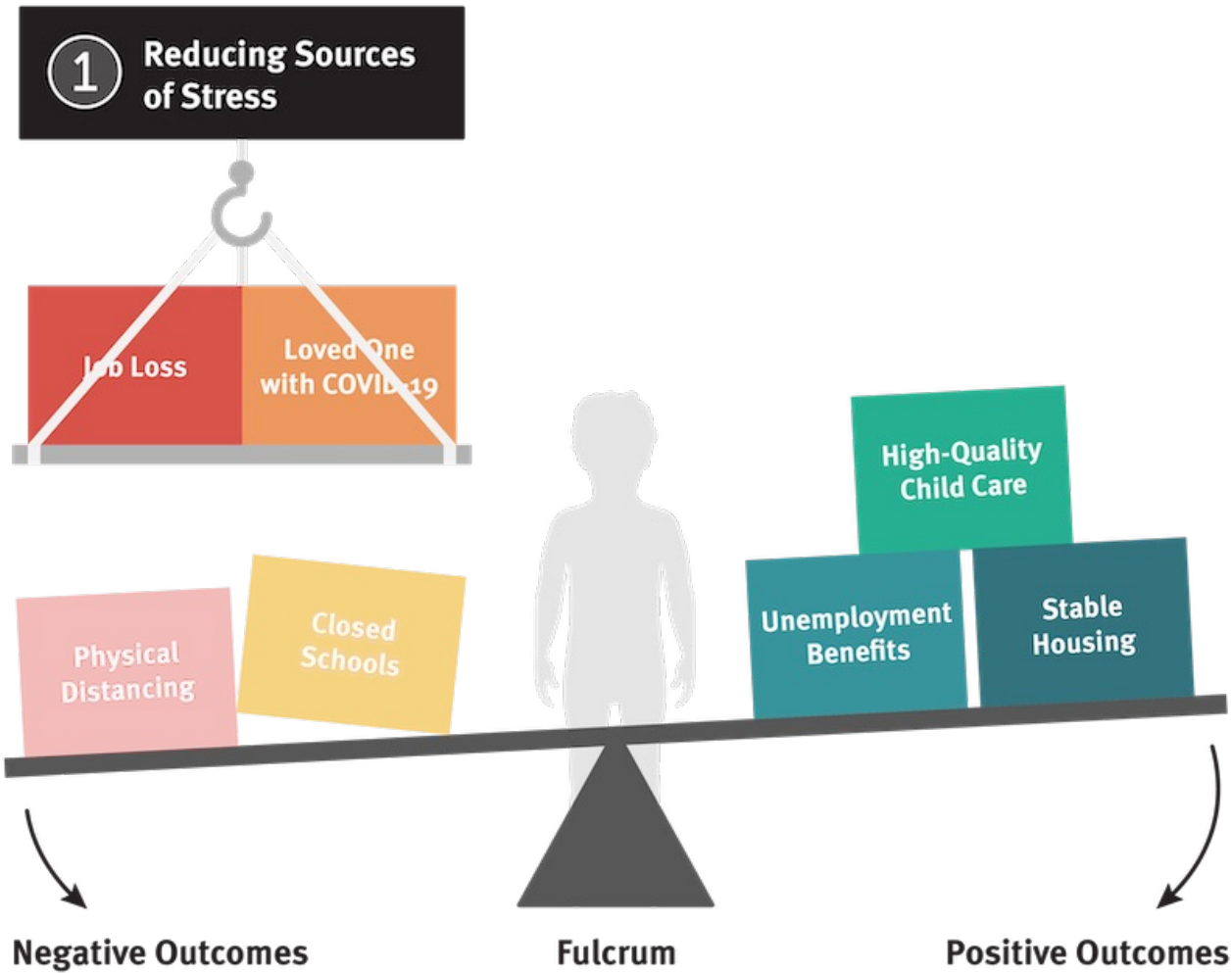




<https://developingchild.harvard.edu/resources/inbrief-the-science-of-resilience/>

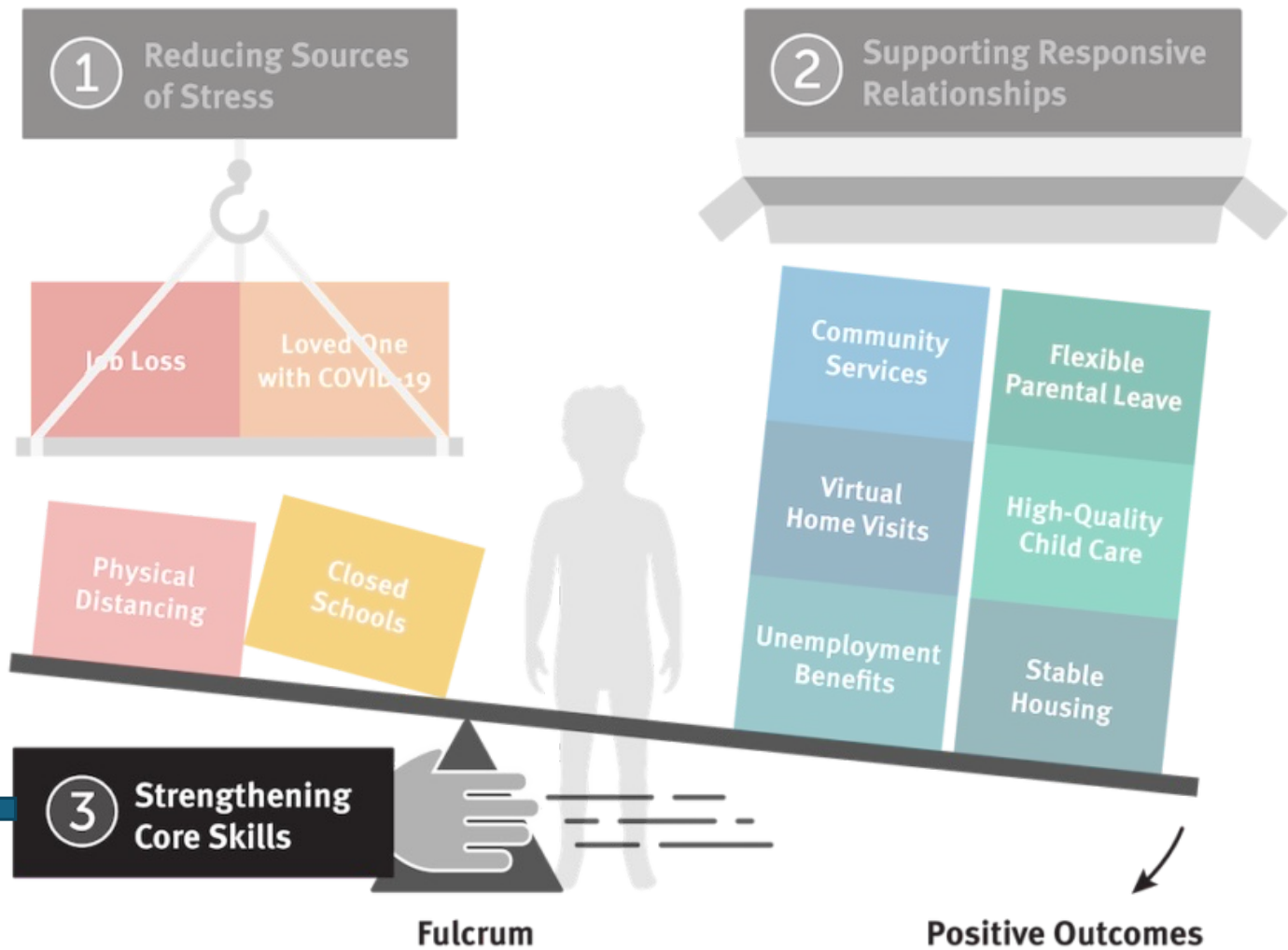


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**Cultivating
Positive
Emotions &
Character
Strengths**



<https://developingchild.harvard.edu/resources/how-to-help-families-and-staff-build-resilience-during-the-covid-19-outb>

Wisdom (Head Strengths)

- Creativity
- Curiosity
- Love of learning
- Judgement
- Perspective

Courage (Heart Strengths)

- Bravery
- Perseverance
- Honesty
- Zest

Humanity (Strength of Others)

- Love
- Kindness
- Social intelligence

Temperance (Strengths of Self)

- Forgiveness
- Humility
- Prudence
- Self-regulation

Justice (Community Strengths)

- Fairness
- Leadership
- Teamwork

Transcendence (Strengths of Spirit)

- Appreciation of beauty & excellence
- Gratitude
- Humor
- Spirituality
- Hope

**LIVE
IN YOUR
STRENGTH**
-LAO TZU-



State Trait

Confidentiality



**WHAT TO DO WHEN
YOU DON'T
WANT TO DO
ANYTHING**



Courage

Who looks like they are brave and resilient?

Pick someone that looks like they would follow through on a promise.

Humanity (Love)

Choose someone who seems kind and would know what to do in an awkward social situation

Who seems like they would make a really good friend?

Justice

Who looks like they treat people fairly?

Who has a quality that you would trust to lead your team ?

Engagement / Empowerment
Self-Efficacy

Mihaly Csikszentmihalyi

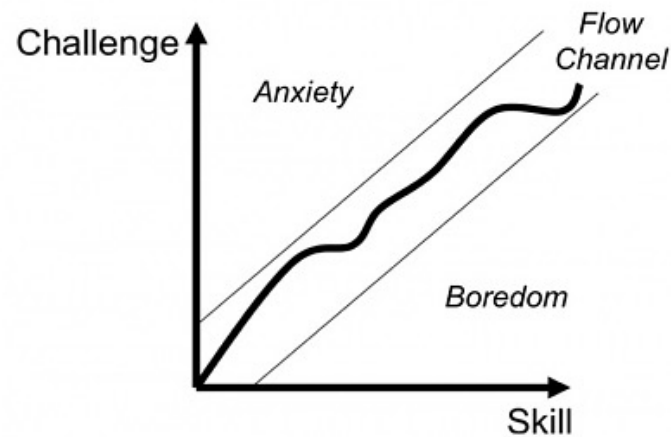
- In 1976 a book was written that arguably created the field of positive psychology's first book ~
- *Flow: The Psychology of Optimal Experience*



The event is **freely chosen**; The goal is clear;
There is a high degree of **focus**;
A **loss of self-consciousness** occurs by
engaging in the action; **Time is distorted**;
Feedback on performance is immediate and
concrete; There is a **sense of control** in the
situation or activity; The challenge is high,
but there is **balance between ability and the
task**; **Bodily needs** are less noticed; There is
effortlessness in the activity because it is
intrinsically rewarding.



Csikszentmihalyi said that flow is...



"Flow" concept by Mihaly Csikszentmihalyi. Drawn by Senia Maymin.

“being completely involved in an activity for its own sake. The ego falls away. Time flies. Every action, movement, and thought follows inevitably from the previous one, like playing jazz. Your whole being is involved, and you’re using your skills to the utmost.”

Signature Strengths & Flow

Fight—Fight—Freeze—or— **Flow.**

Using your signature strengths increase positive experiences.

Those who use their top strengths regularly report being in flow more often.

Tolerance

Someone you could learn something about self-control and thoughtfulness?

Who is a humble warrior who can also stand up for what is right, yet forgive?

Transcendence

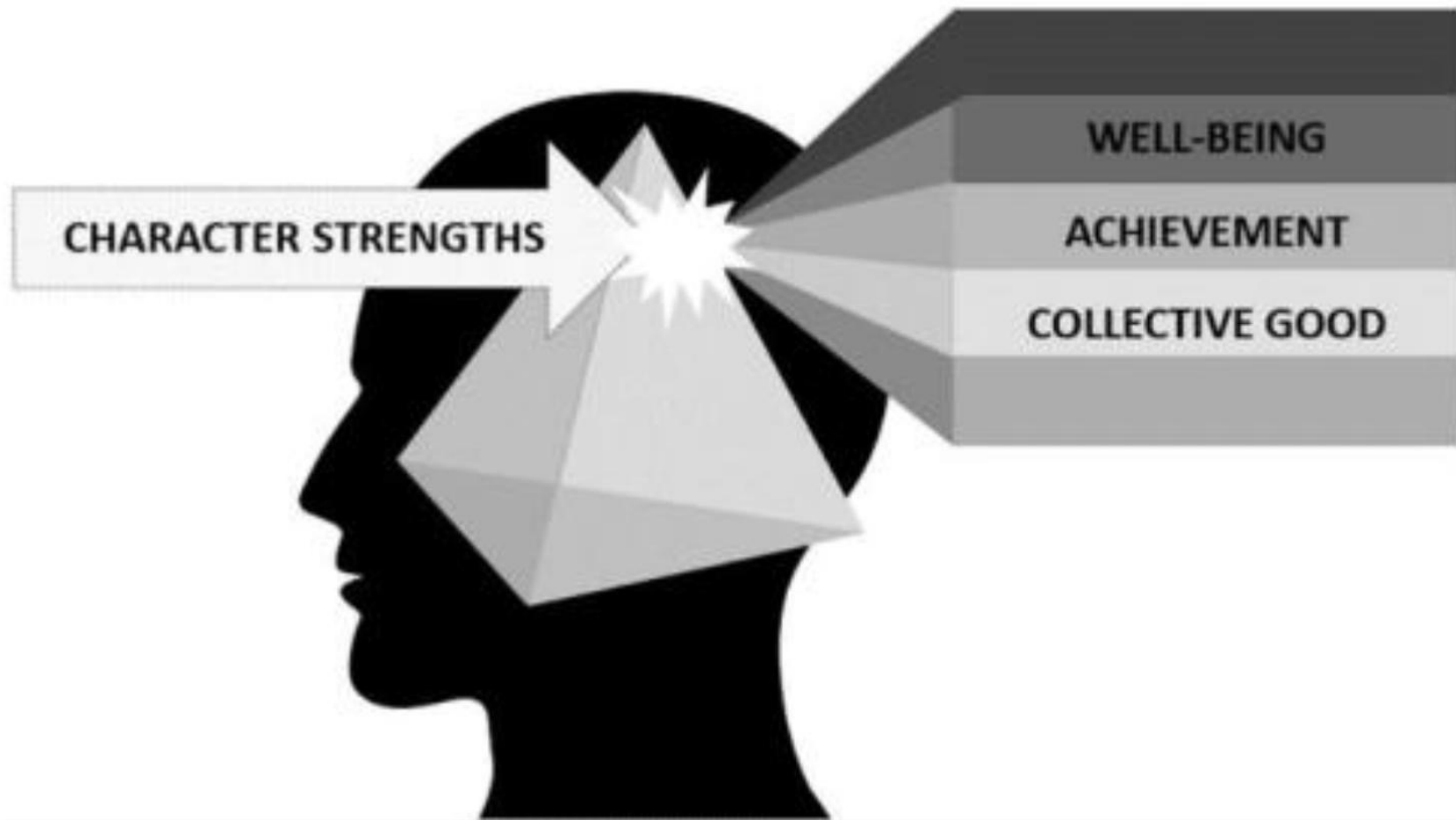
Who seems to be filled with gratitude, love, hope, and a zest for life?

Who makes you feel safe because they seem to trust themselves and the universe?

Wisdom

Whose opinion would you respect?

Someone whose perspective you believe
would be helpful



Mayerson, N. H. (2020). The character strengths response: an urgent call to action. *Frontiers in Psychology*, 11, 2106.

Peak Experiences



VIA Classification of Character Strengths

www.viacharacter.org



Creativity



Curiosity



Judgment



Perspective



Bravery



Perseverance



Zest



Honesty



Social Intelligence



Kindness



Love



Leadership



Fairness



Teamwork



Forgiveness



Love of Learning



Gratitude



Spirituality



Self-Regulation



Humility



**Appreciation of
Beauty and Excellence**



Prudence



Hope



Humor



The Evil Wizard Has Arrived

Join at menti.com | use code **8949 5301**

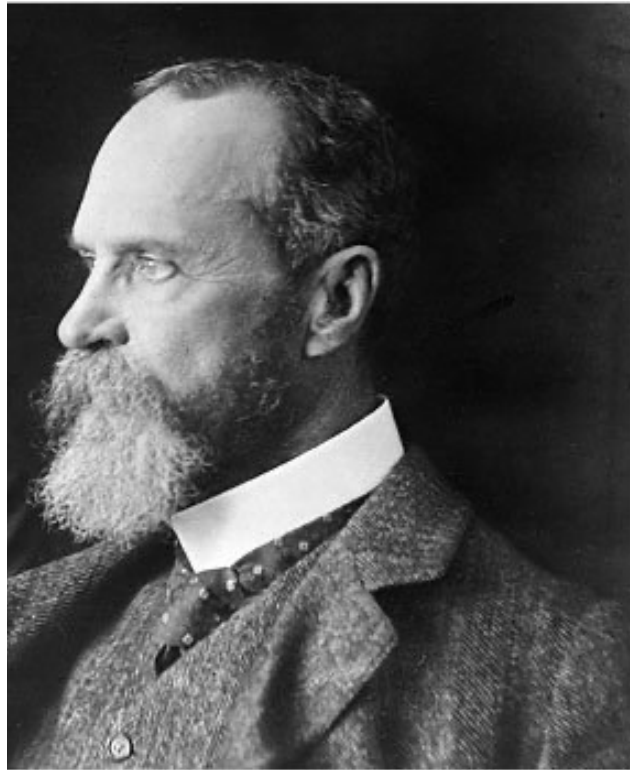
 Mentimeter

3 words to describe what it felt like to have your strengths taken away.



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*“If any organism fails to fulfill its potentialities,
it becomes sick.”*



William James

	Strength	Opposite	Absence	Excess
Wisdom and Knowledge	creativity			
	curiosity			
	judgment			
	love of learning			
	perspective			
Courage	bravery			
	persistence			
	authenticity			
	vitality			
Love	intimacy			
	kindness			
	social intelligence			
Justice	citizenship			
	fairness			
	leadership			
Temperance	forgiveness			
	humility			
	prudence			
	self-regulation			
Transcendence	awe			
	gratitude			
	hope			
	humor			
	spirituality			



A New Model of Mental Health?

Therapy?

Education?

Interventions Leading to Eunoia (Normal Mental Health)

Past > Present > Future



Harmony Triad

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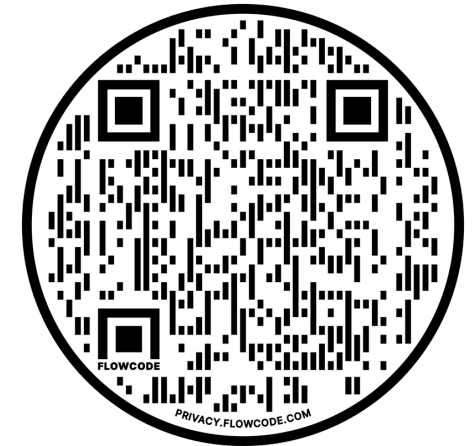
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