

## Lecture 1: Welcome to Positive Psychology!

- So what is positive psychology?
- Uses science to study things like:
  - Positive emotions, psychological growth, human strengths
  - What makes life worth living!
- **How do we tell how well a country is doing these days?**
  - Gross domestic product (GDP) -- how much money is a country generating!
  - Countries can be evil
  - 1968 - Bobby Kennedy -- "GDP does not really work, does not include the other aspects of our world, does not measure wit, compassion, integrity etc"
  - GNH: every human being aspires for happiness, and countries should measure the happiness of its people (gross national happiness)
  - Influenced by Butan
  - Strive for development with values
  - UK assessing happiness, but not USA
  - Americans are in a very smiley place but are not doing that well
  - Number 15 on 20 happiest countries
  - Why is USA unhappy?
    - No healthcare support (health and happiness strongly correlated)
    - We do not use our vacation time.
- **PP: The study of what is right about people; what makes life worthwhile**
  - Psychology has a focus on clinical aspects that are very negative
  - PP is something is not focused on that much, what people really care about, how to become happy, can we change that person?
- **PP is not Happiology**
  - Unhealthy to be happy 24/7

4/5/2018

## Lecture 2: The Origins of Positive Psychology

- **Ancient History of Happiness Interest**
  - People who speak about positive psychology believe it was invented in the 2000s
  - Actually has been here since Buddha, thousands of years
  - Mediation, middle path, peace, compassion for all, focus on happiness
  - Socrates, Confucius, Frankl, Epicurus
  - Has been studied in very different ways, not in a field of psychology yet
  - Happiness depends on ourselves, essential as a central purpose of human life and goal itself (Aristotle)
    - Eudaimonia, as opposed to hedonics
      - A term that comes from philosophy
      - Passing positive emotions versus dispositional life meaning stuff
      - Do you have life meaning and purpose? (Eudaimonia)
      - How are you feeling right now? Are you happy or calm (Hedonism)
    - Confusing because happiness will be used in different ways in this course

# Positive Psychology Guide

**J Elliott**



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