Discovering the best in people.

PEP LAB

Positivity Workshop

Barbara L. Fredrickson, Ph.D.
University of North Carolina at Chapel Hill

www.PositiveEmotions.org

www.PositivityResonance.com

Ode to the PEP Lab

Discovering the best in people.

PEP LAB

Thanks also to the United States National Institutes of Health (NIMH, NINR, NCI, NCCAM) for past & current funding

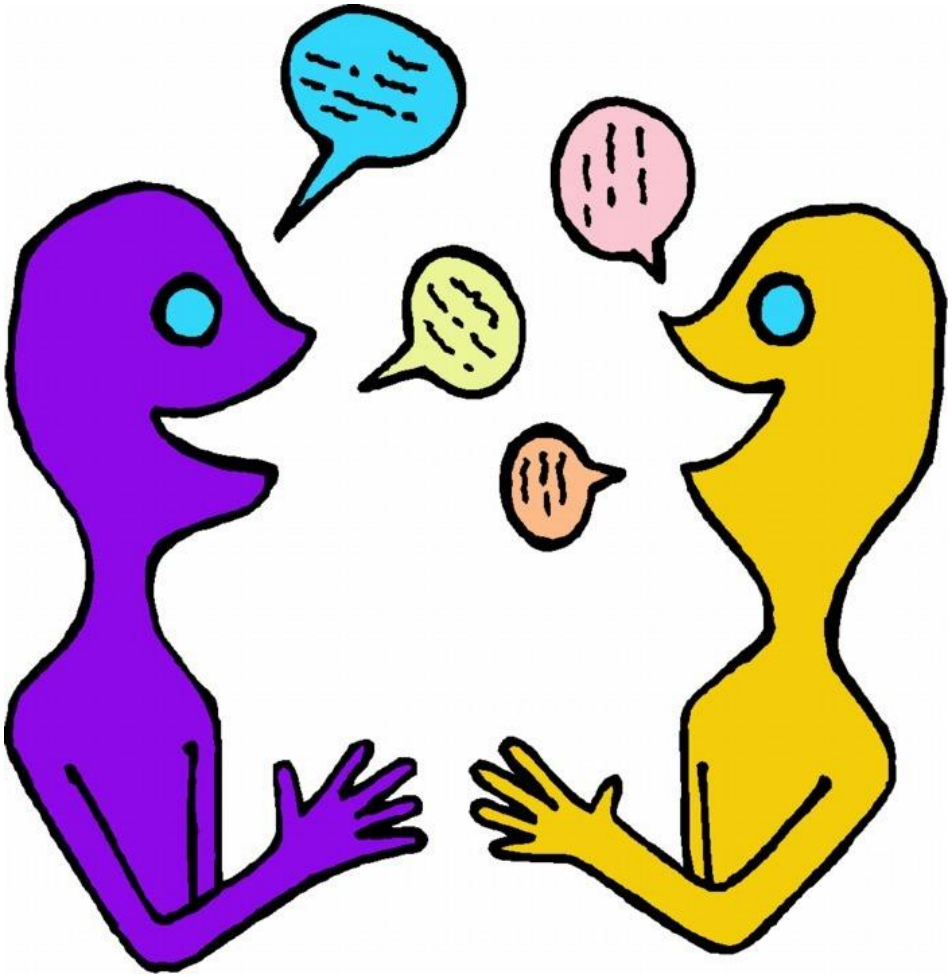
2-minute Challenge: *Connect!*

What did it take?
What did it create?

Your Phone vs. Your Heart

The New York Times

Your Biological Capacity to Connect: Use it or Lose it



Our Learning Objectives

To UNDERSTAND & APPRECIATE:

1. Positive Emotions as a driving force for Positive Change
2. Immediate Effects of Positive Emotions on Mindscapes
3. Long-range Effects of Positive Emotions on Capability Enhancement
4. Practices to seed Positivity, Health, & Resonance
5. How & Why to Deploy Positive Emotions to Unlock Positive Change

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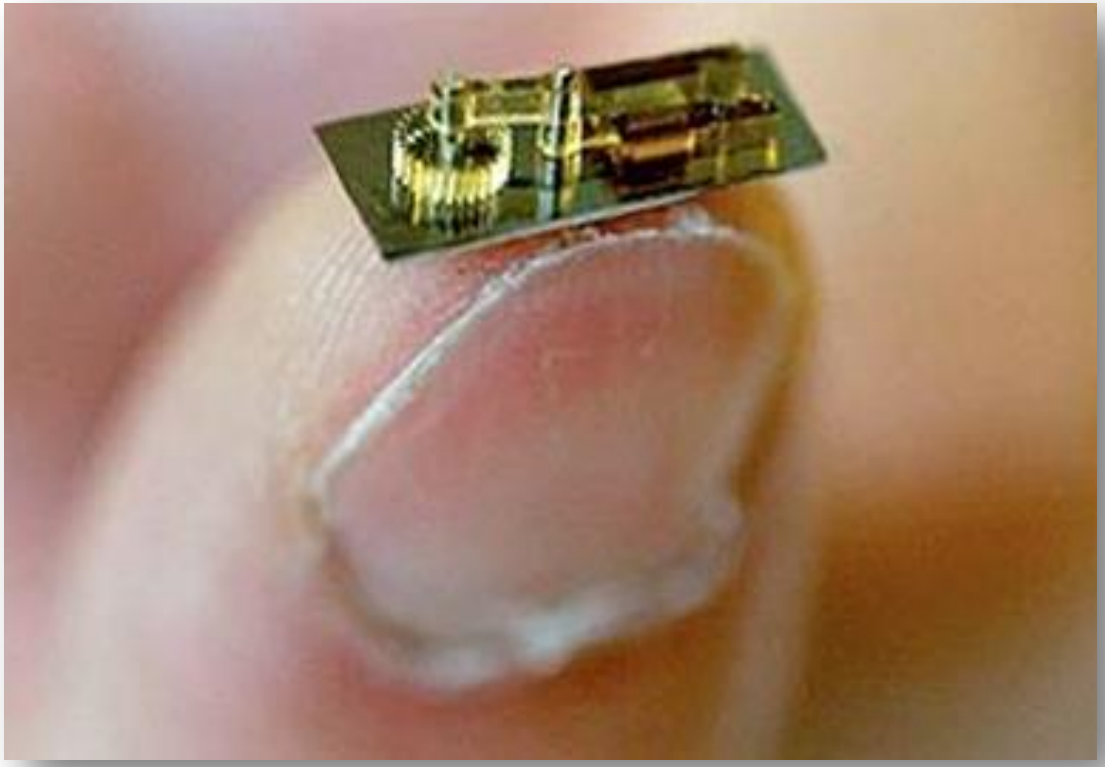
Tiny Engines of Positive Change:



POSITIVE EMOTIONS

First things first…

WHAT *IS* AN EMOTION?

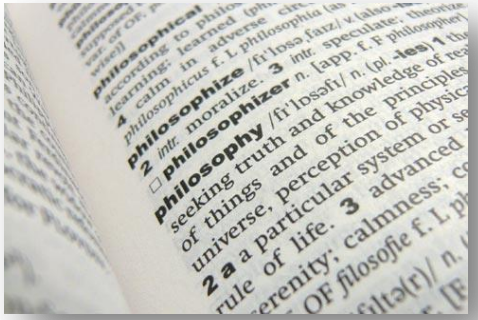
Relive a Frustrating Circumstance

What Stood Out?

Relive a Joyful Circumstance

What Stood Out Here?

Working Definition of Emotion



- Brief
- Multi-component mind-body system
- Initiated by a meaning assessment
- Distinct from other affective phenomena
- Triggers a self-sustaining spiral

Positive vs. Negative Emotions

- Seldom concern threats
- Fewer ties to pathology
- Less salient
- More diffuse
- More frequent
- More ties to oneness & self-transcendence
- Time Future vs. Time Present
- Upward vs. Downward Spirals
- Species-survival vs. Self-survival

Two Modes of Being

Self-Survival

Species Survival

ANY
QUESTIONS
?

Ten *Positive* Emotions

JOY

1. CONTEXT: safe, familiar, progress
2. TENDENCY: play
3. OUTCOME: acquire skills

GRATITUDE

- CONTEXT: receive altruistic gift
- TENDENCY: creative giving
- OUTCOME: social bonds, skills for loving

SERENITY

- CONTEXT: safe, certain, low effort
- TENDENCY: savor & integrate
- OUTCOME: modify self- & world-views

INTEREST

- CONTEXT: safe, novel, mysterious
- TENDENCY: explore
- OUTCOME: gain knowledge, energy

HOPE

- CONTEXT: dire circumstances
- TENDENCY: yearn for positive change
- OUTCOME: action, inventiveness

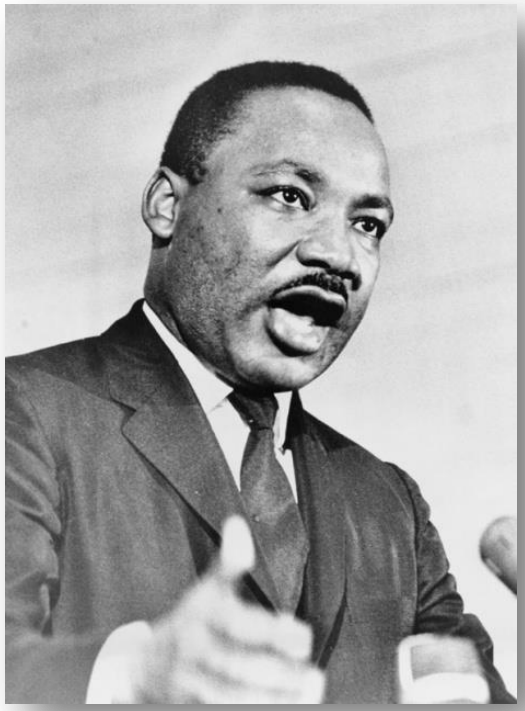
PRIDE

- CONTEXT: personal achievement
- TENDENCY: dream big
- OUTCOME: further achievement

AMUSEMENT

- CONTEXT: nonserious social incongruity
- TENDENCY: shared laughter, insight
- OUTCOME: build friendship

INSPIRATION



- CONTEXT: witness excellence
- TENDENCY: aspire to excellence
- OUTCOME: gain skill & morality

AWE

- CONTEXT: greatness on grand scale
- TENDENCY: accommodate the new
- OUTCOME: self as part of a larger whole

LOVE

- CONTEXT: safe, interpersonal connection
- TENDENCY: play, explore, savor, dream, etc.
- OUTCOME: trust, social bonds, community

Positive Emotions *Broaden* Thought-Action Repertoires

- Joy . . . . . play
- Gratitude . . . . . .creative giving
- Serenity. . . . . savor & integrate
- Interest . . . . . explore
- Hope . . . . . yearn for positive change
- Pride . . . . . dream big
- Amusement . . . . . shared laughter, insight
- Inspiration . . . . . aspire to excellence
- Awe . . . . . .accommodate the new
- Love . . . . . *all of the above*

Positive Emotions *Build* Durable Personal Resources

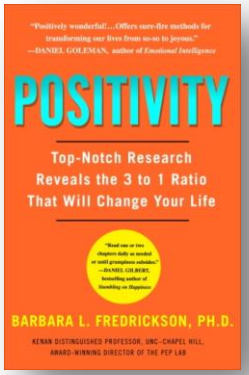
- Physical resources
- Social resources
- Intellectual resources
- Psychological resources

The Broaden-and-Build Theory of Positive Emotions

Fredrickson (1998). *Review of General Psychology, 2*, 300-319.

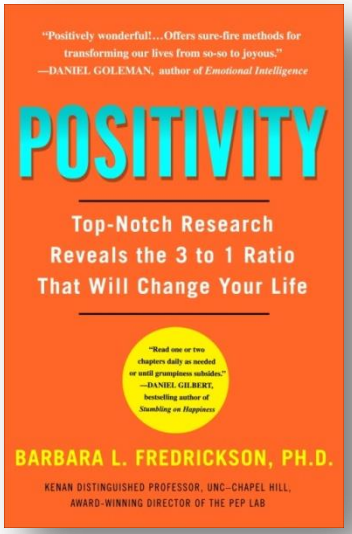
Fredrickson (2001). *American Psychologist, 56*, 218-226.

Fredrickson (2013). *Advances in Experimental Social Psychology, 47*, 1-53.



Ten Forms of Positivity

- Joy
- Gratitude
- Serenity
- Interest
- Hope
- Pride
- Amusement
- Inspiration
- Awe
- Love



Positivity Portfolios Build a Shrine to Each

Begin by asking…

- When have you felt this emotion clearly, deeply?
- What triggered that emotion?
- When was the last time you felt it?
- Where were you?
- What were you doing?
- What was happening?

Then, go on a Treasure Hunt

- Objects
- Mementos
- Photos
- Quotes
- Poems
- Songs
- Video clips
- Scents
- Tastes
- Tactile Sensations

My Own Love Portfolio

"Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom."

– Marcel Proust

Begin Your Love Portfolio Now

- When do feel the warmth of connection well up between you and another? When do you feel close, safe, secure, trusting?
- When does a relationship of yours spark one of the other forms of positivity – joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, or awe?
- When do you find yourself leaning in toward your beloved, affirming their uniqueness?
- When do you have the urge just to be with and enjoy the companionship of others, to cherish them or bask in their reflected glory?

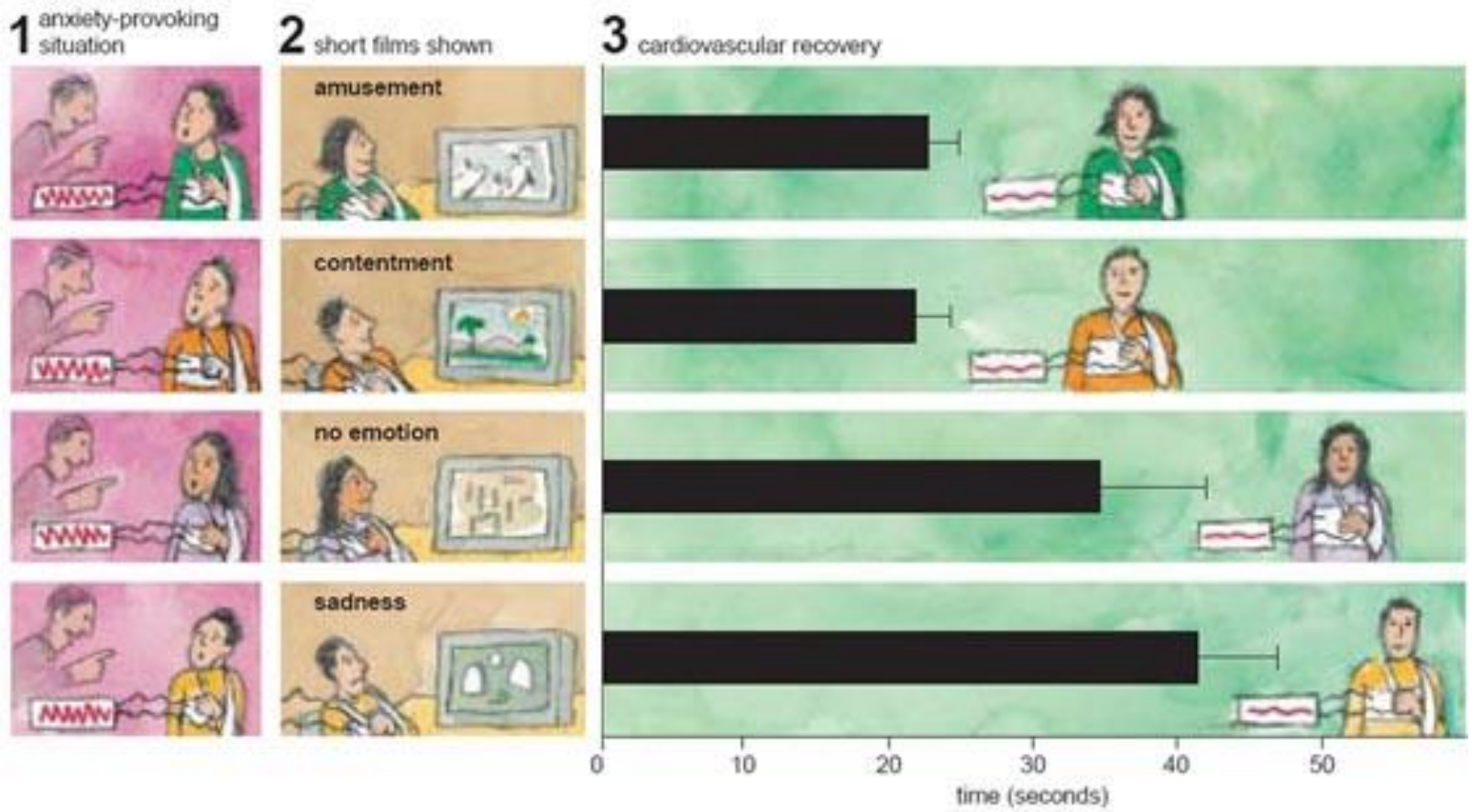
Share Your Reflections…

… on Building Your Positivity Portfolio

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

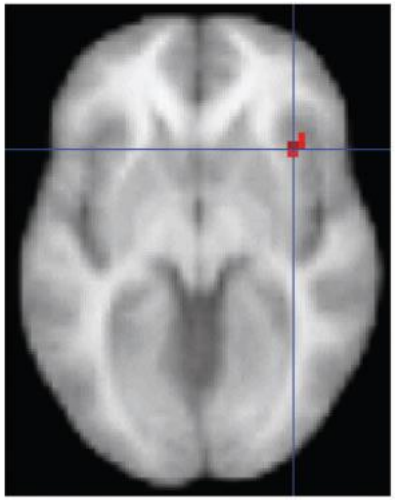
Tugade & Fredrickson (2004). *Journal of Personality and Social Psychology, 86*, 320-333.

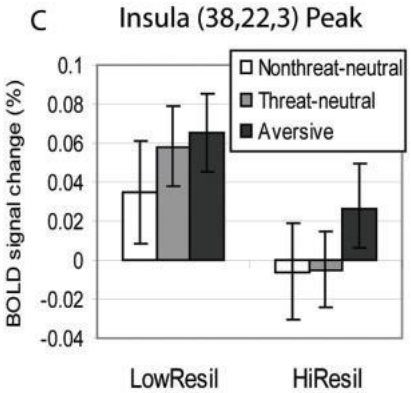
Positive Emotions in Crises

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.

Resilience as Discernment

Not this…

...Holding Positivity Alongside Negativity

Relive a Loss Circumstance

Power your Resilience with Your Positivity Portfolios

Share Your Reflections…

… on using you Positivity Portfolio

Positivity Portfolios in Action: One student's experience

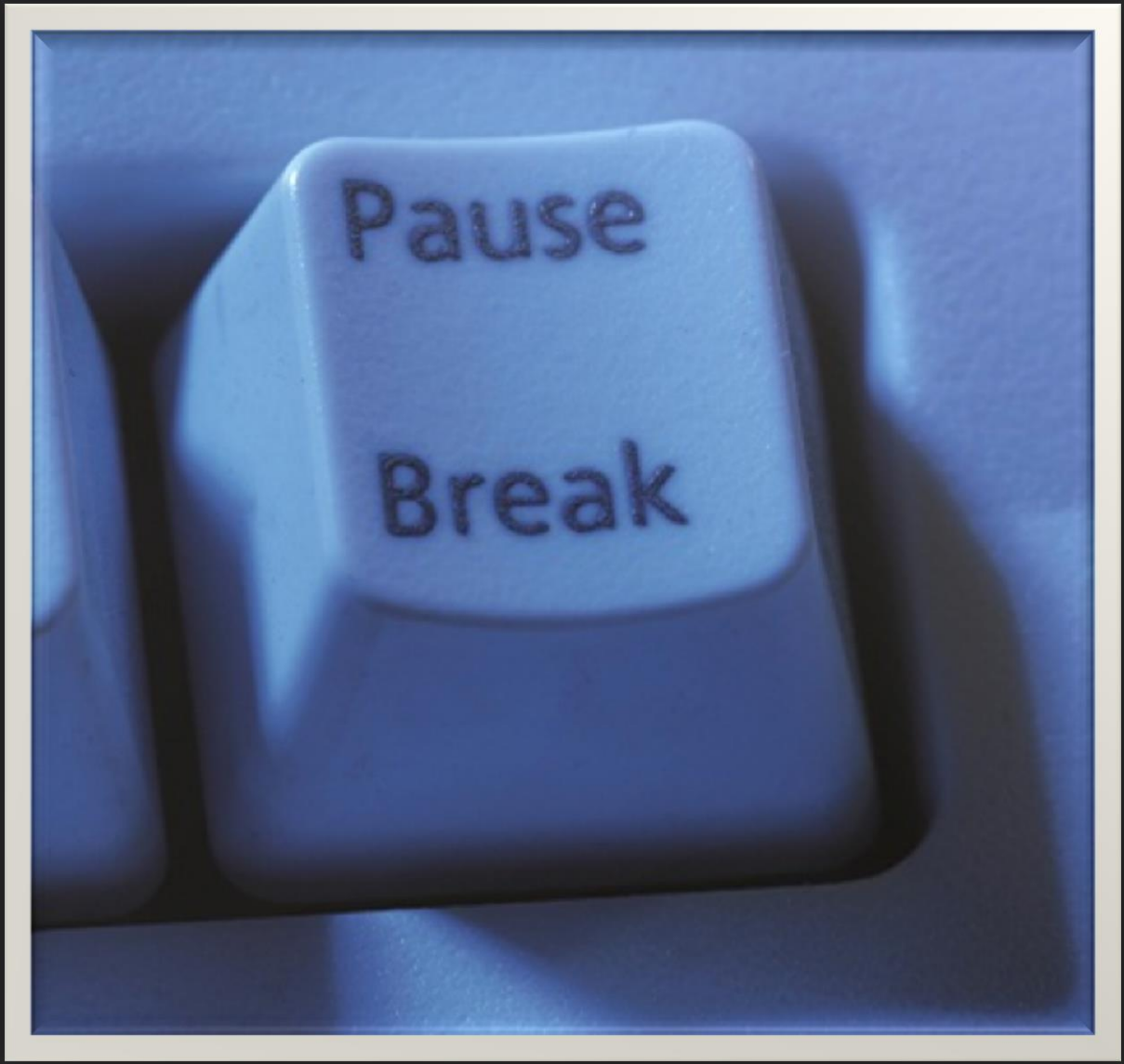
- *Building my portfolio was joyful and relaxing. I continued collecting things not because it was homework, but because it was fun.*
- *I've been frustrated and angry because my best friend is ignoring me. So I took out my portfolio. My anger faded away. I felt better, more open.*
- *Instead of staying angry and letting the friendship die (what I'd done with others in the past), I wrote her an honest, compassionate letter and sent her a 'best friend' charm.*
- *She called me in tears and we had the best bonding moment ever – we're close as can be.*

Ten Tips for Positivity Portfolios

1. Be sincere, heartfelt, not forced.
2. Create depth. Include multiple artifacts.
3. Make several portfolios. Don’t rely on one.
4. Let portfolios evolve. Keep adding to them.
5. Always keep one at hand.
6. Use it at the first tug of a downward spiral.
7. Engage with it mindfully, with an open heart.
8. Keep a light mental touch. Don’t analyze.
9. Rotate portfolios when one loses its charge.
10. Ask, “What could I do now to feel this way?”

Upward Spirals of Positivity Counter Downward Spirals of Negativity

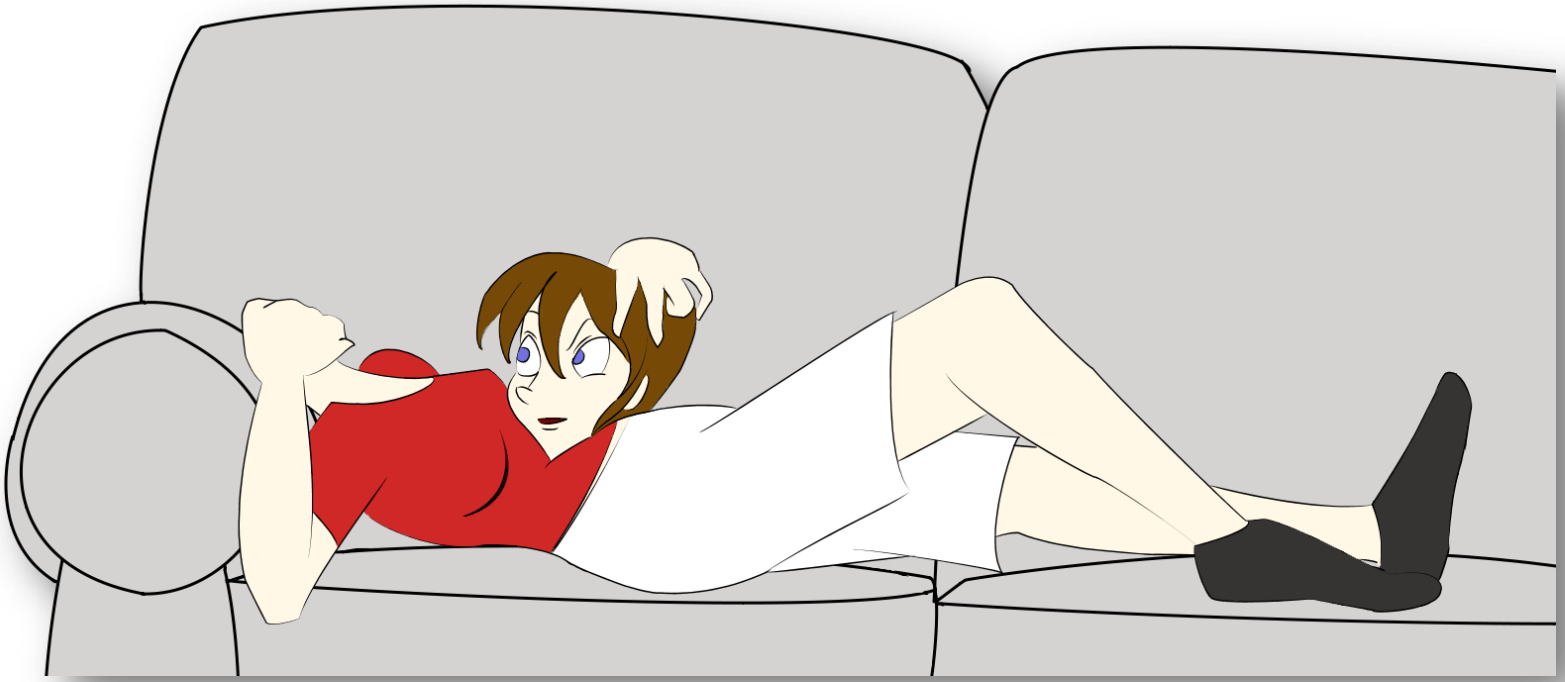
Garland, Fredrickson et al. (2010). *Clinical Psychology Review, 30*, 849-864.


Pause
Break

The Upward Spiral Theory of Lifestyle Change

Fredrickson (PI) NINR Award R01NR012899, 2010-2015.
Fredrickson (PI) on NCI Award R01CA170128, 2012-2016.
Fredrickson (PI) on NCCAM Award R01AT007884, 2013-2016.

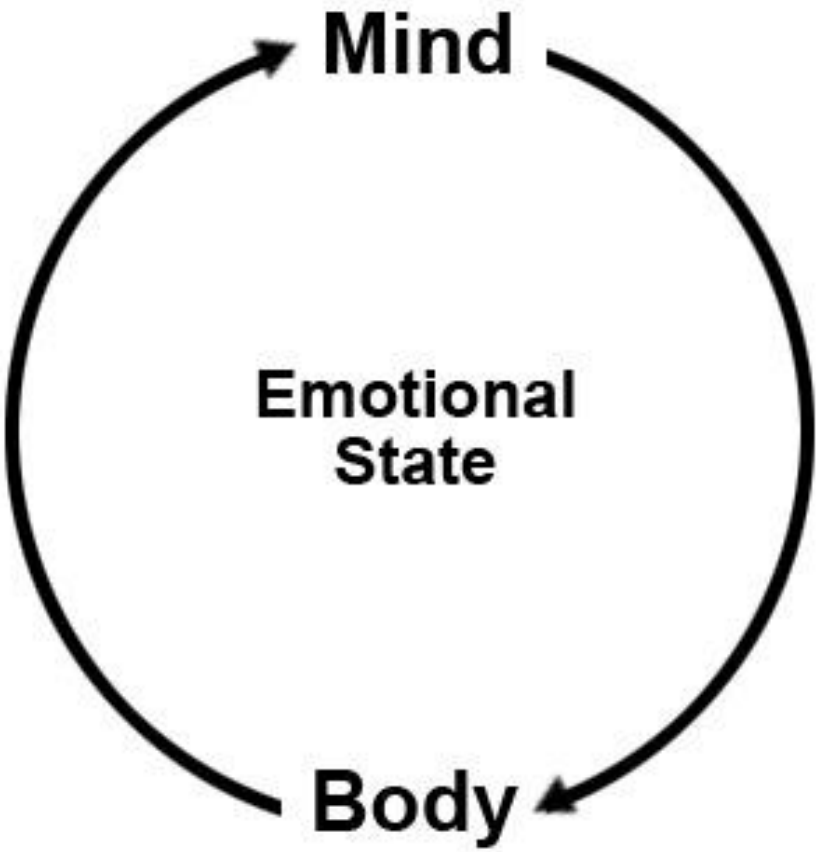
Mind vs. Body?



“Push Yourself”

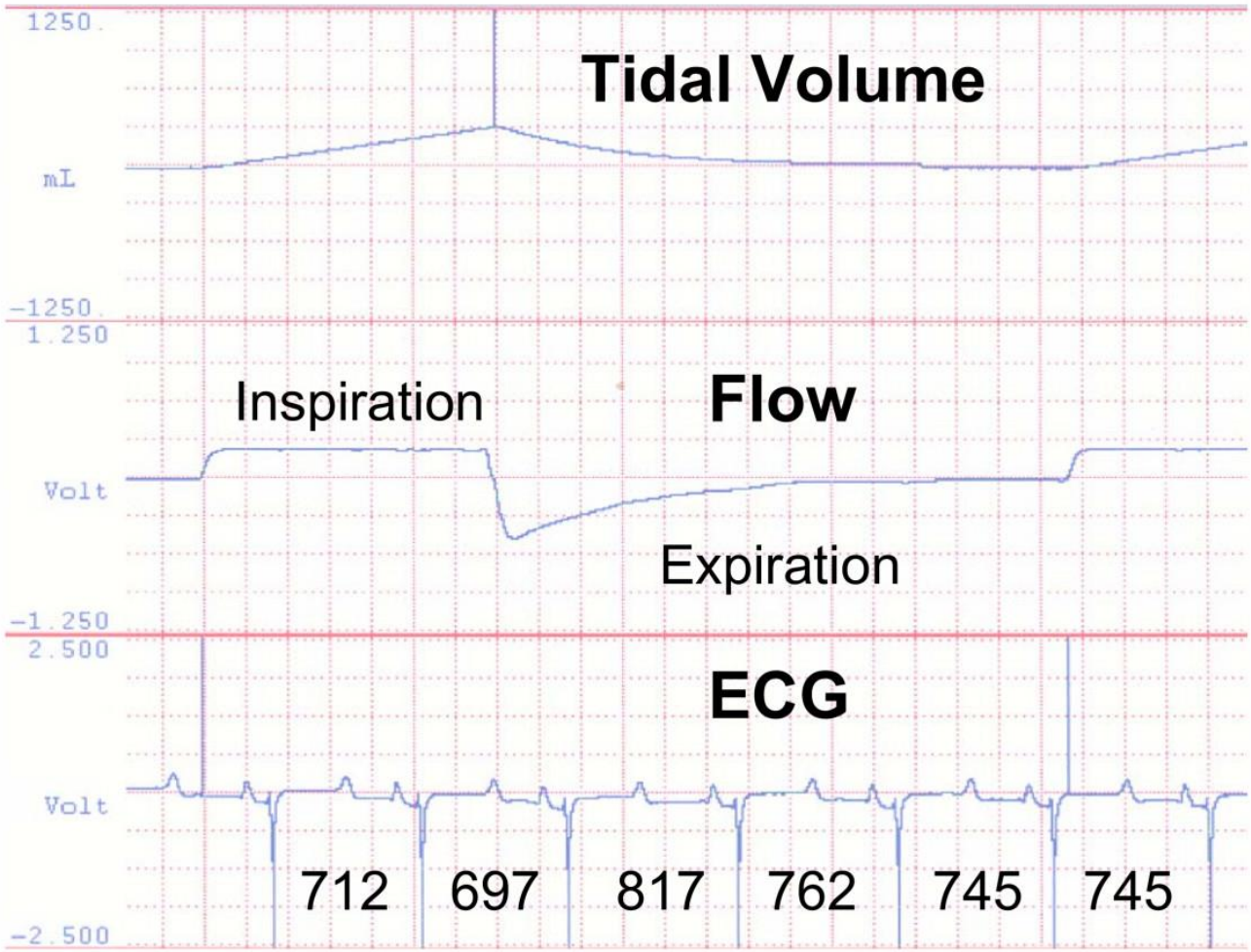
“Have Willpower”

An Integrative Stance

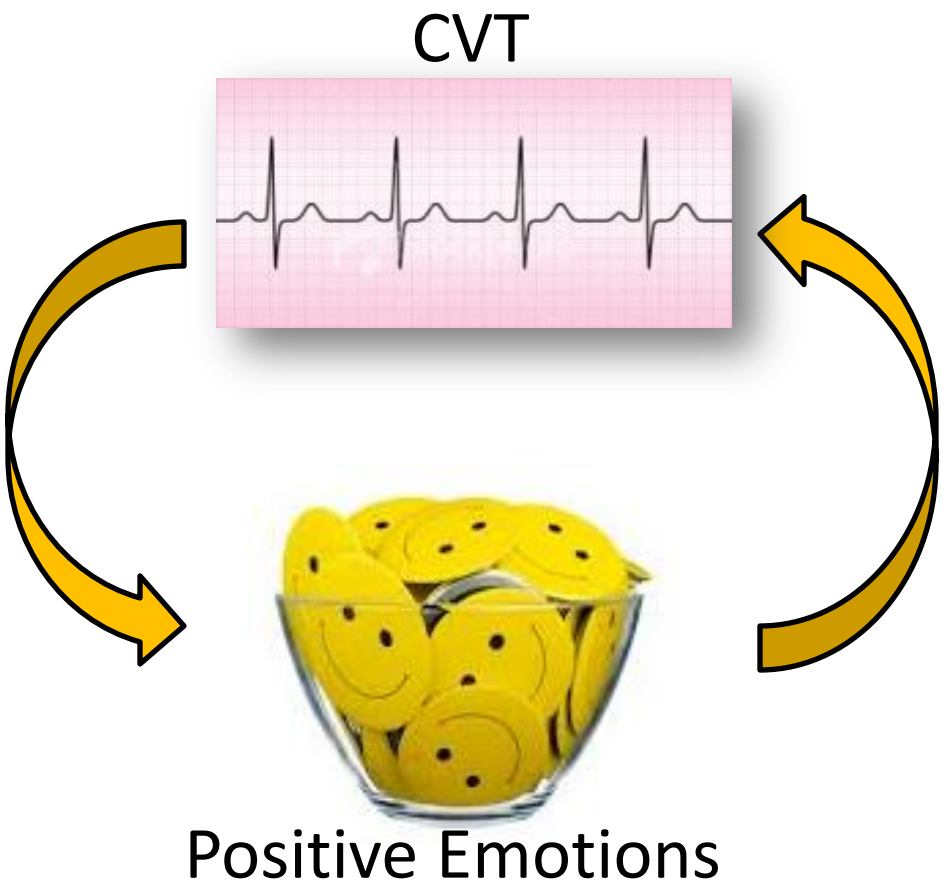


Upward Spiral

Cardiac Vagal Tone (CVT)



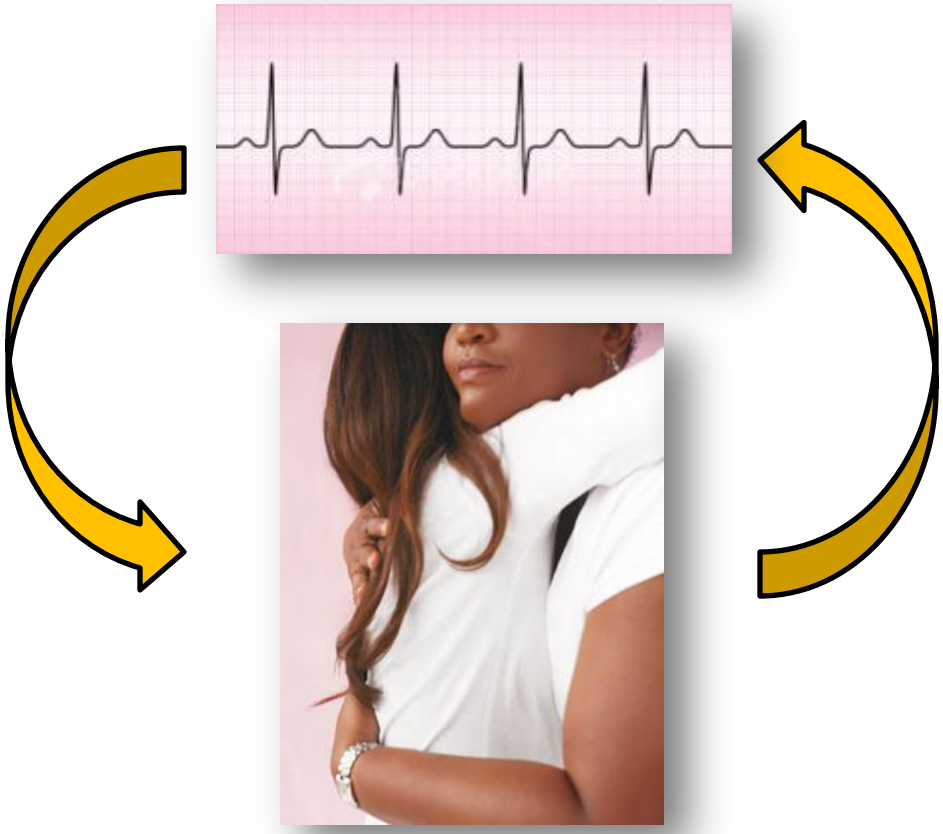
Reciprocal “Upward Spiral” Relations



Kok & Fredrickson (2010) *Biological Psychology, 85*, 432-436.

Reciprocal “Upward Spiral” Relations

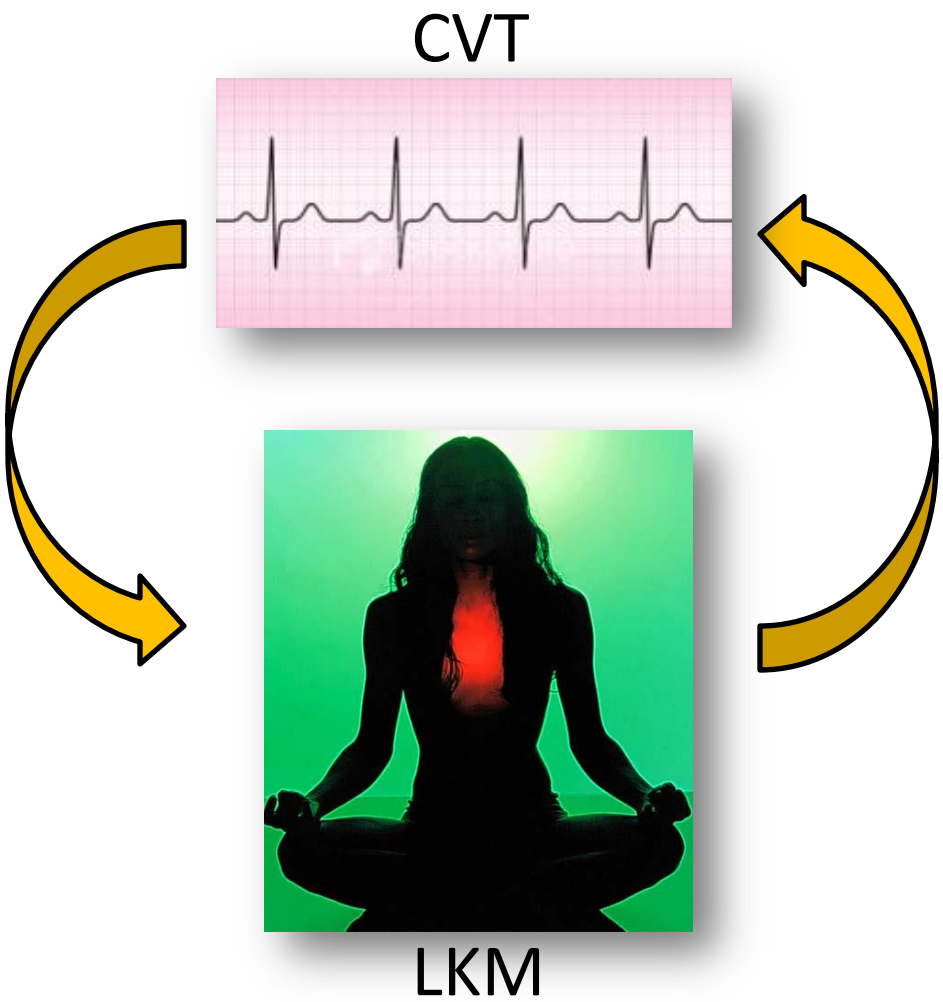
CVT



Positivity Resonance

Kok & Fredrickson (2010) *Biological Psychology, 85*, 432-436.

Reciprocal “Upward Spiral” Relations



Kok, et al. & Fredrickson (2013). *Psychological Science.*

NIH Roadmap Activity:
SCIENCE OF BEHAVIOR CHANGE

NATIONAL INSTITUTE OF NURSING RESEARCH

NATIONAL® CANCER INSTITUTE

ProvocativeQuestions

Identifying Perplexing Problems to Drive Progress Against Cancer

NCI's Provocative Question #4

"Why don't more people alter behaviors known to increase the risk of cancers?"

Lifestyle Facts

- 40% of all premature deaths
  (Schroeder, 2007)
- 62% of all cancers
  (American Cancer Society, 2010)

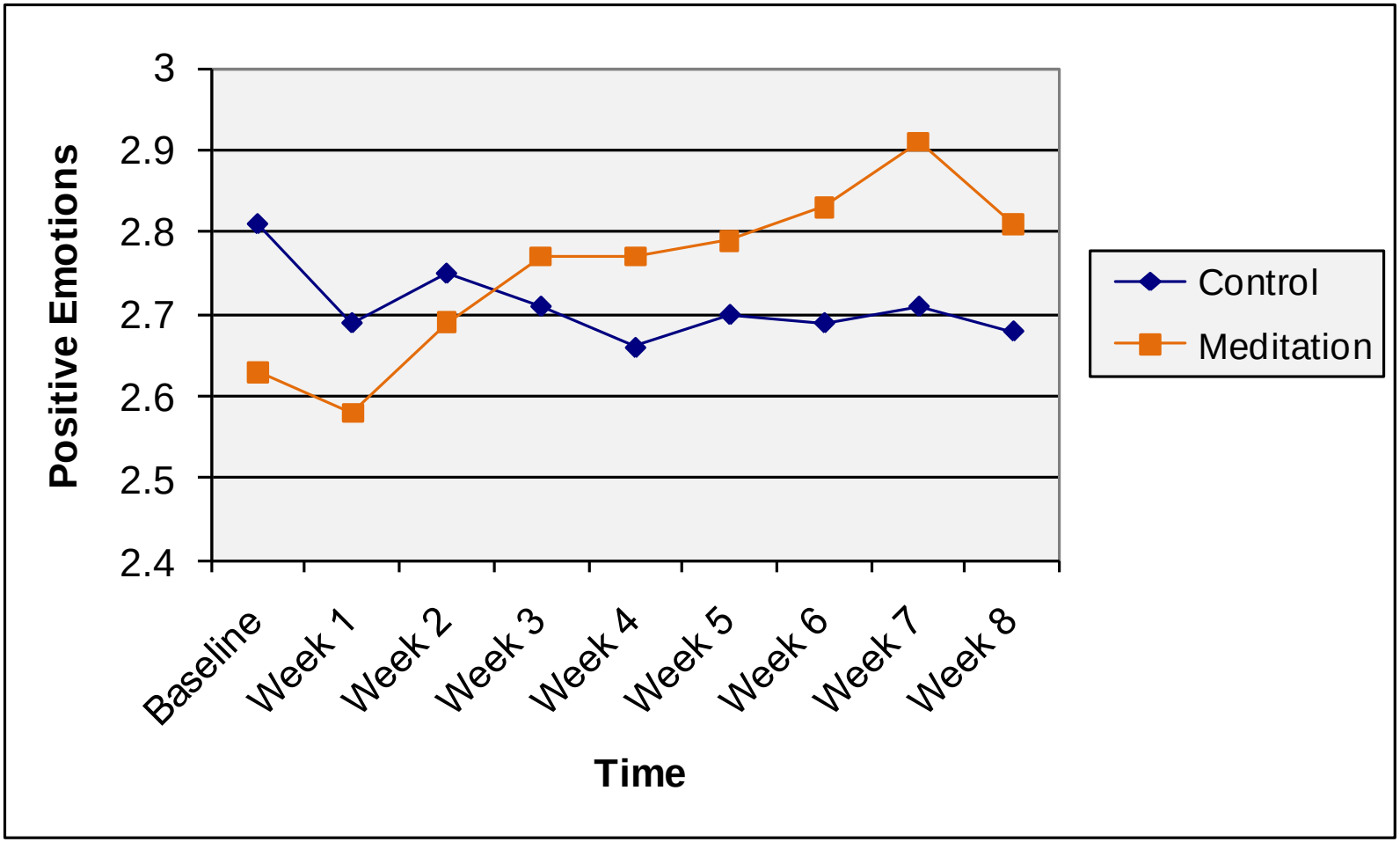
Willpower Fails

Enjoyment Motivates

4.5 times more likely to maintain a wellness behavior

Cohn & Fredrickson (2010). *Journal of Positive Psychology, 5*, 355-366.

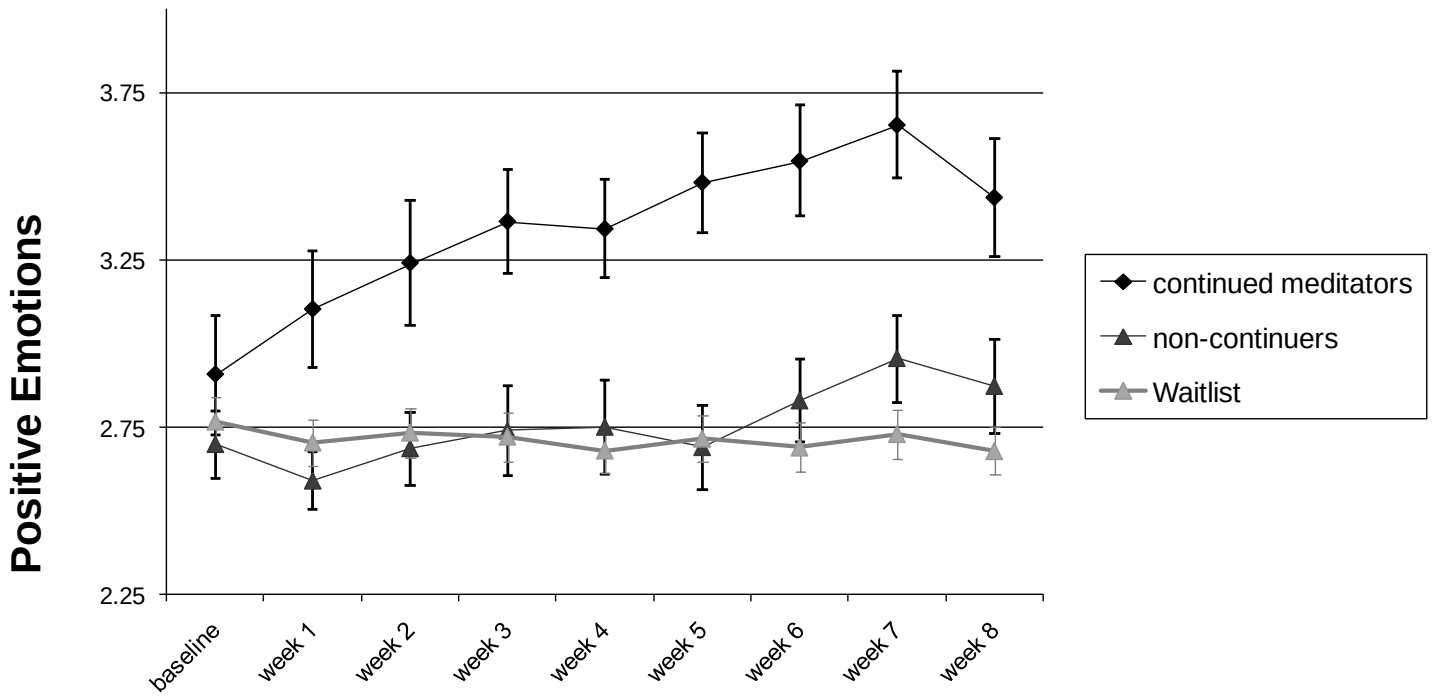
Remember This?



Fredrickson et al. (2008). *Journal of Personality and Social Psychology, 95*, 1045-1062.

Who Continues?

Early Positive Emotions Forecast
Sustained Behavior Change

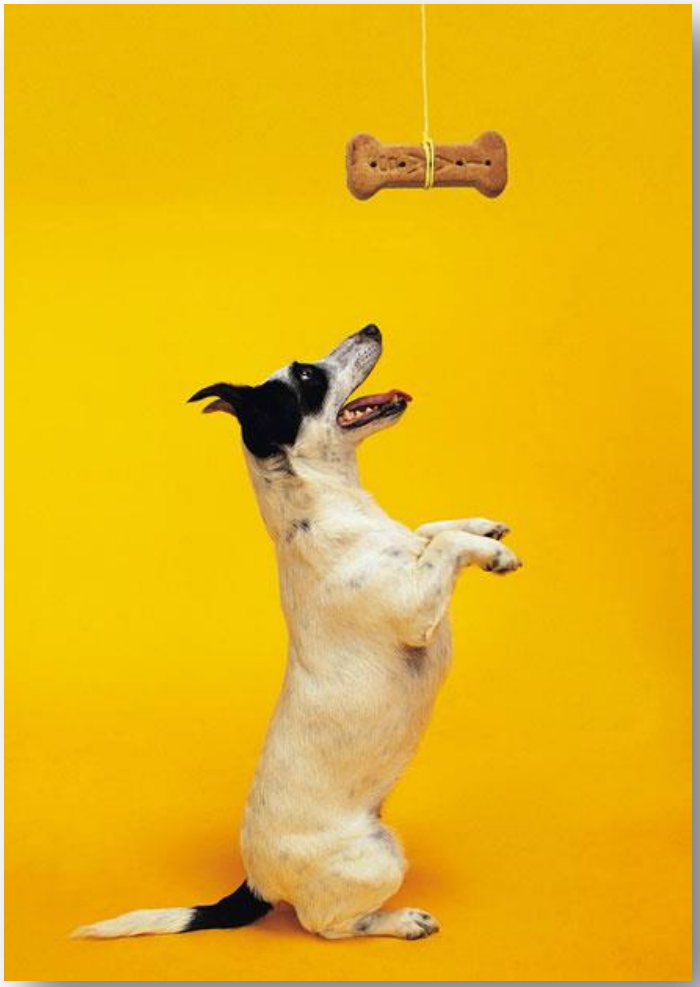


Cohn & Fredrickson (2010). *Journal of Positive Psychology, 5,* 355-366.

Neuroscience of Addiction

Berridge (2007). The debate over dopamine's role in reward: The case for incentive salience. *Psychopharmacology, 191*, 391-431.

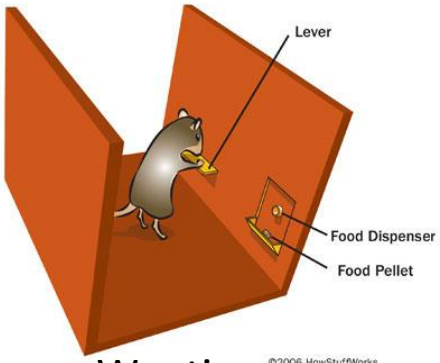
Decomposing Reward



Liking vs. Wanting

Kent Berridge

Liking

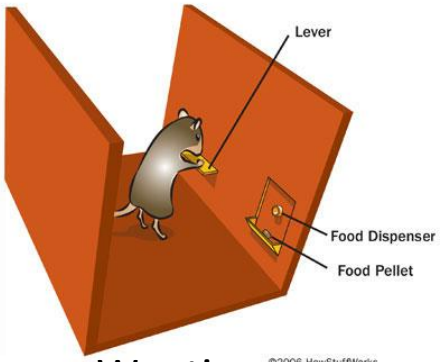


Wanting

Separate Brain Circuits

Between Liking & Wanting

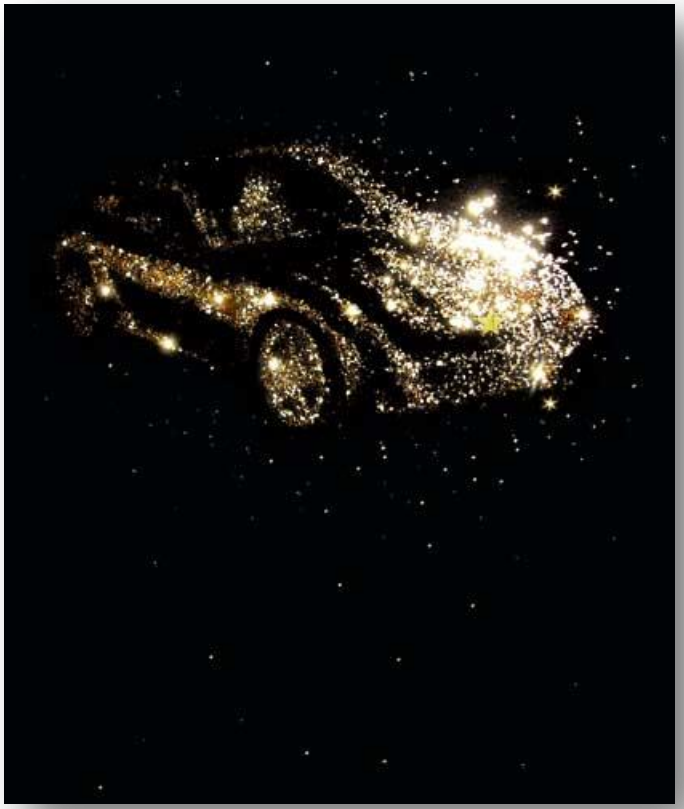
Liking



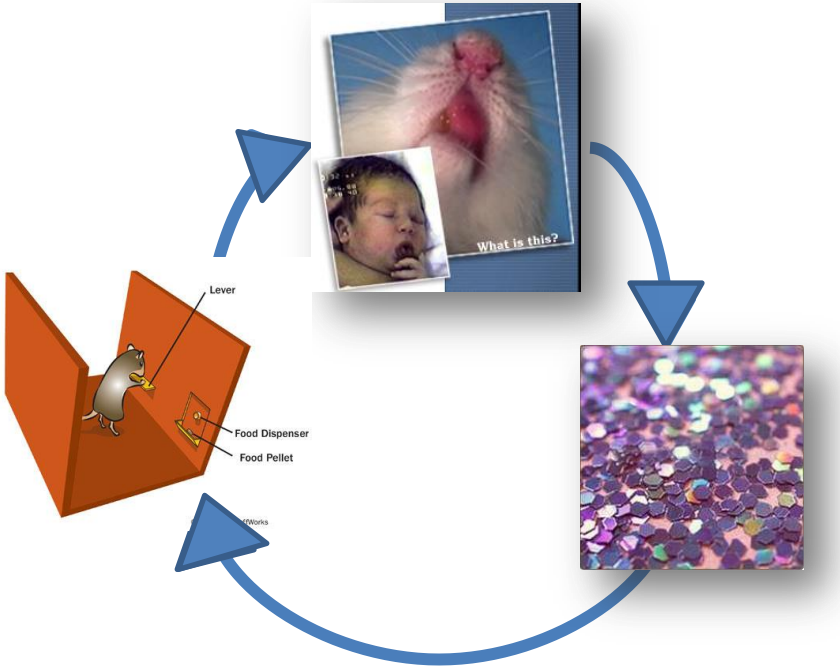
Wanting

Nonconscious Incentive Salience

A.K.A., “Glitter Dust”



Behavioral Maintenance



Neuroscience of Sickness Behavior

Eisenberger et al. (2010). Inflammation-induced anhedonia: Endotoxin reduces ventral striatum responses to reward. *Biological Psychiatry, 68,* 748-754.

Psychology of Wellness Behavior

Principle:

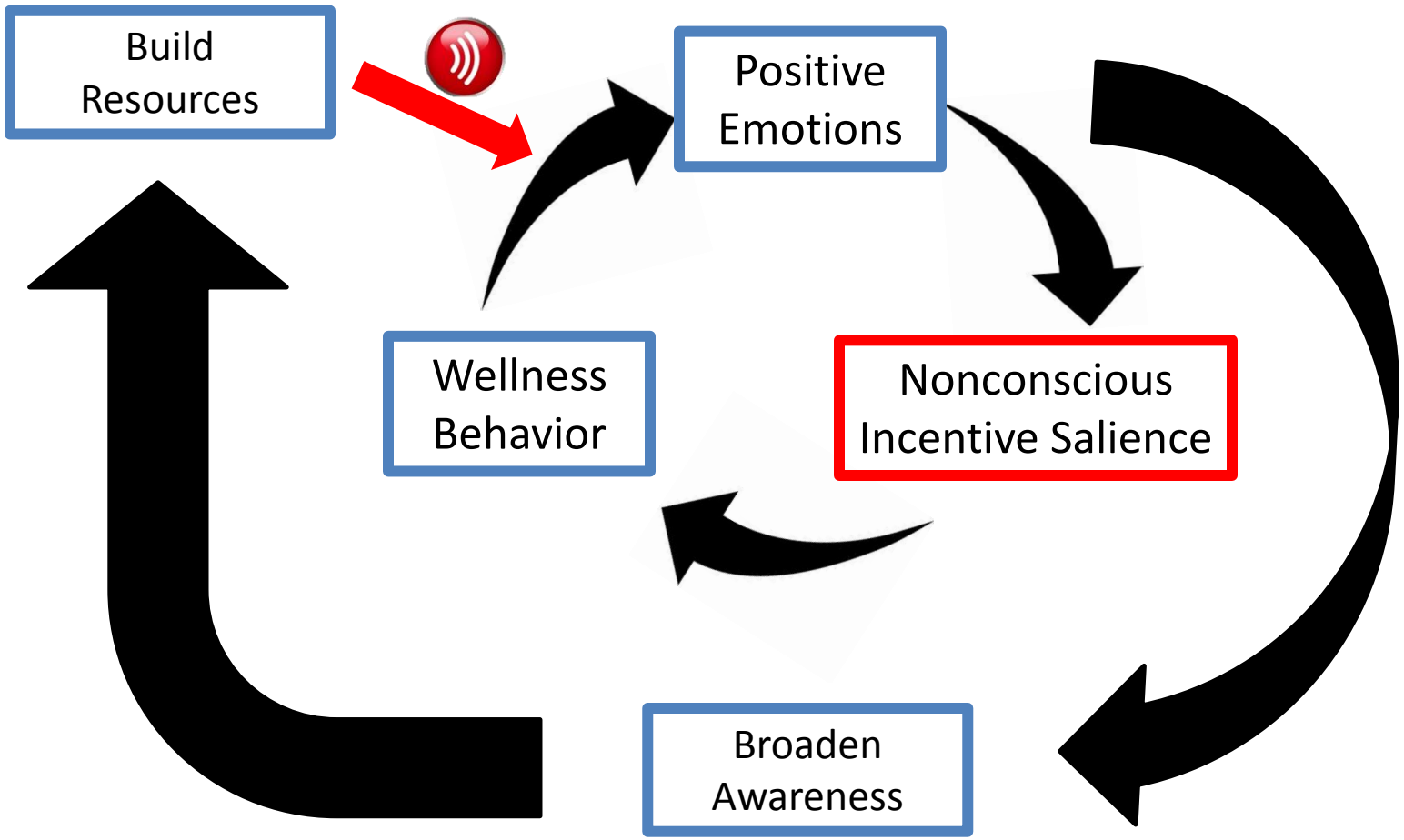
- Biological systems also ***amplify*** the positive emotion yield of wellness behaviors, making them increasingly appealing.

Wellness Behaviors:

- Being physically active
- Being social
- Learning something new
- Pursuing meaning
- Eating well
- Caring for the body

Upward Spiral

The Upward Spiral Theory of Lifestyle Change



Fredrickson (2013). *Advances in Experimental Social Psychology*, 47, 1-53.

Positive Emotions Create Nonconscious and Increasing Motives for Wellness Behaviors

Fredrickson (PI) NINR Award R01NR012899, 2010-2015.
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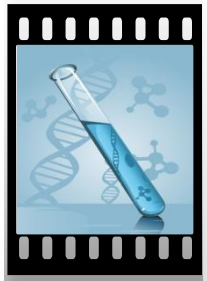
Randomized Controlled Trial
Completed May 2014



Oxytocin
RSA
BP
CRP
DNA
RNA
Wellness
Behaviors
Illness SX

90 minutes

Lab Visit

Daily Reporting:

Meditation Practice
Emotions

2 weeks

Daily Reporting

Meditation Workshop:

Loving Kindness Meditation (N = 59)
or
Mindfulness Meditation (N = 62)

7 weeks

Meditation Workshop & Daily Reporting

Daily Reporting:

Meditation Practice
Emotions

3 weeks

Daily Reporting

Oxytocin
RSA
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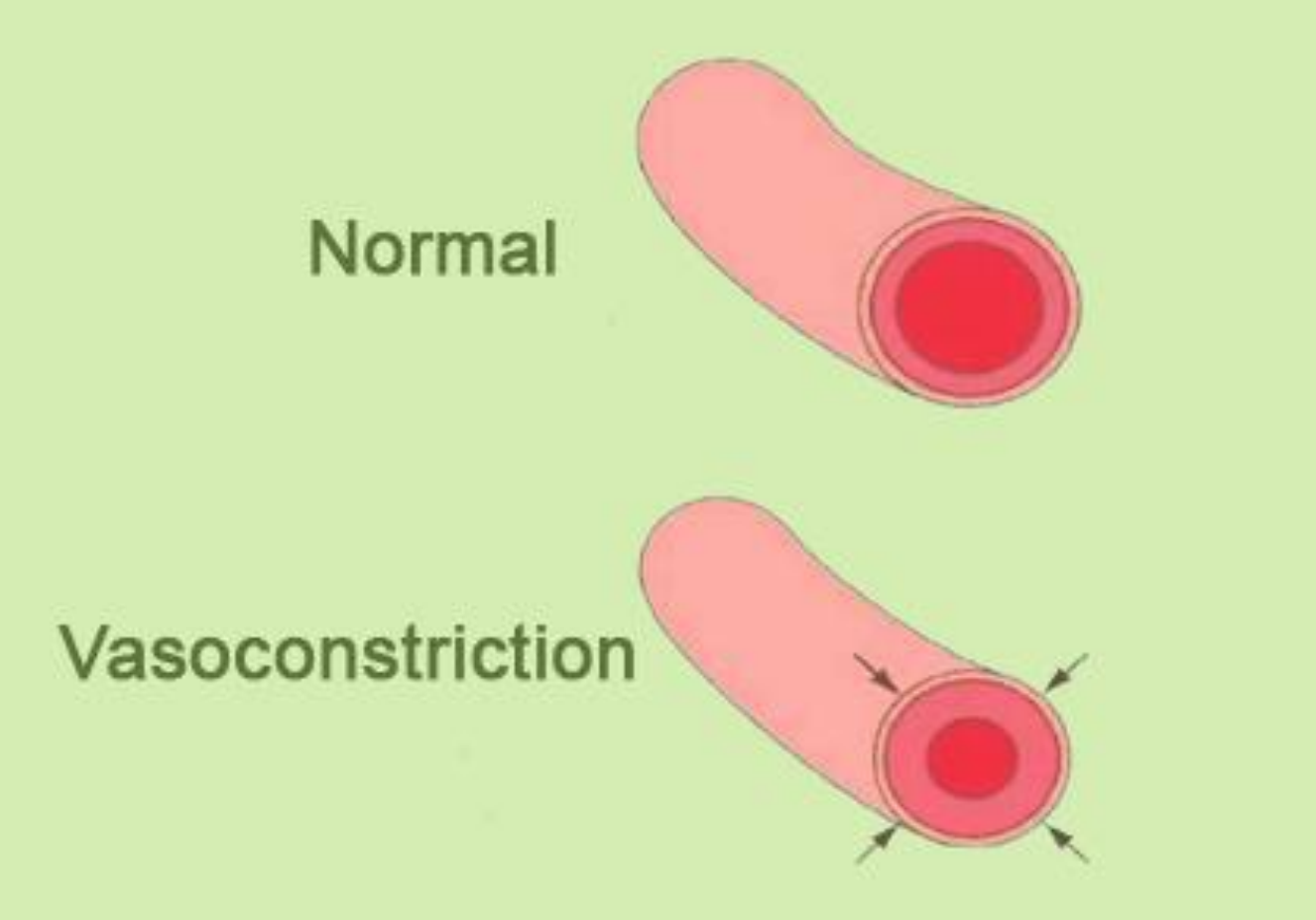
Wellness
Behaviors
Illness SX

90 minutes

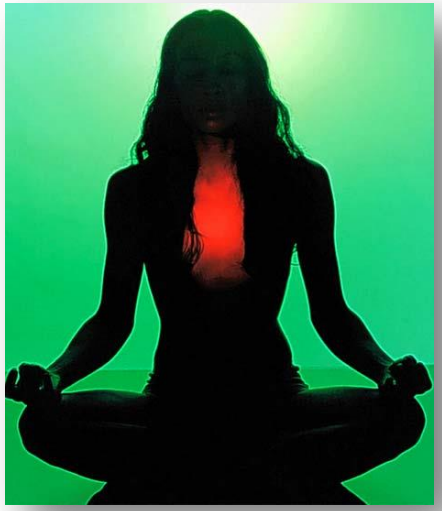
Lab Visit

Cardiac Sympathetic Activation



Reciprocal “Upward Spiral” Relations

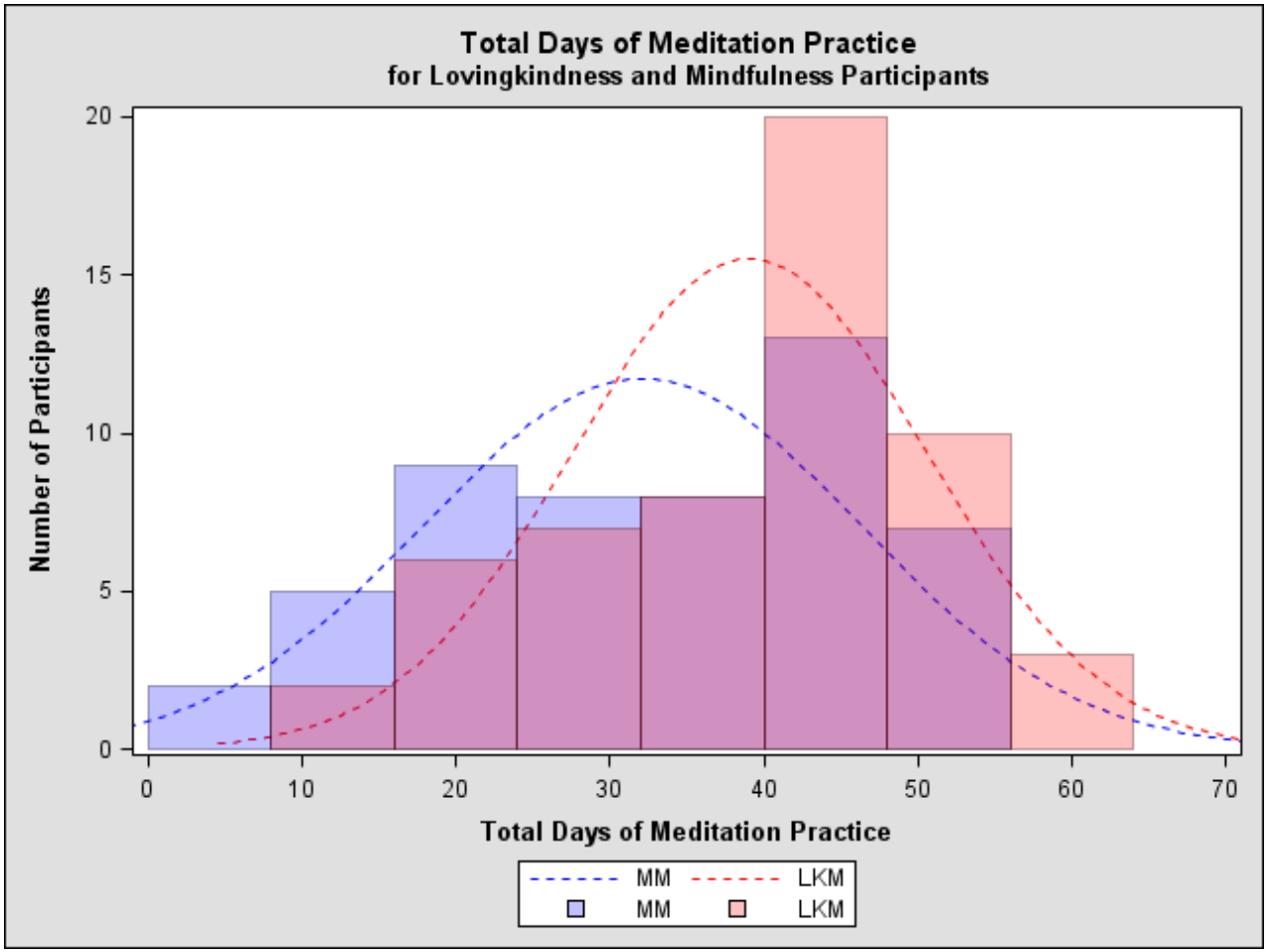
Vasodilation



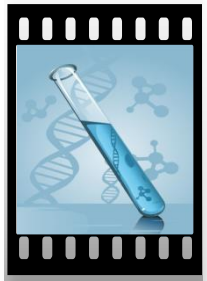
LKM

(in preparation)

Meditation Practice by Experimental Condition



Randomized Controlled Trial
Completed May 2014



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7 weeks

Meditation Workshop & Daily Reporting

Daily Reporting:

Meditation Practice
Emotions

3 weeks

Daily Reporting

Oxytocin
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Wellness
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90 minutes

Lab Visit

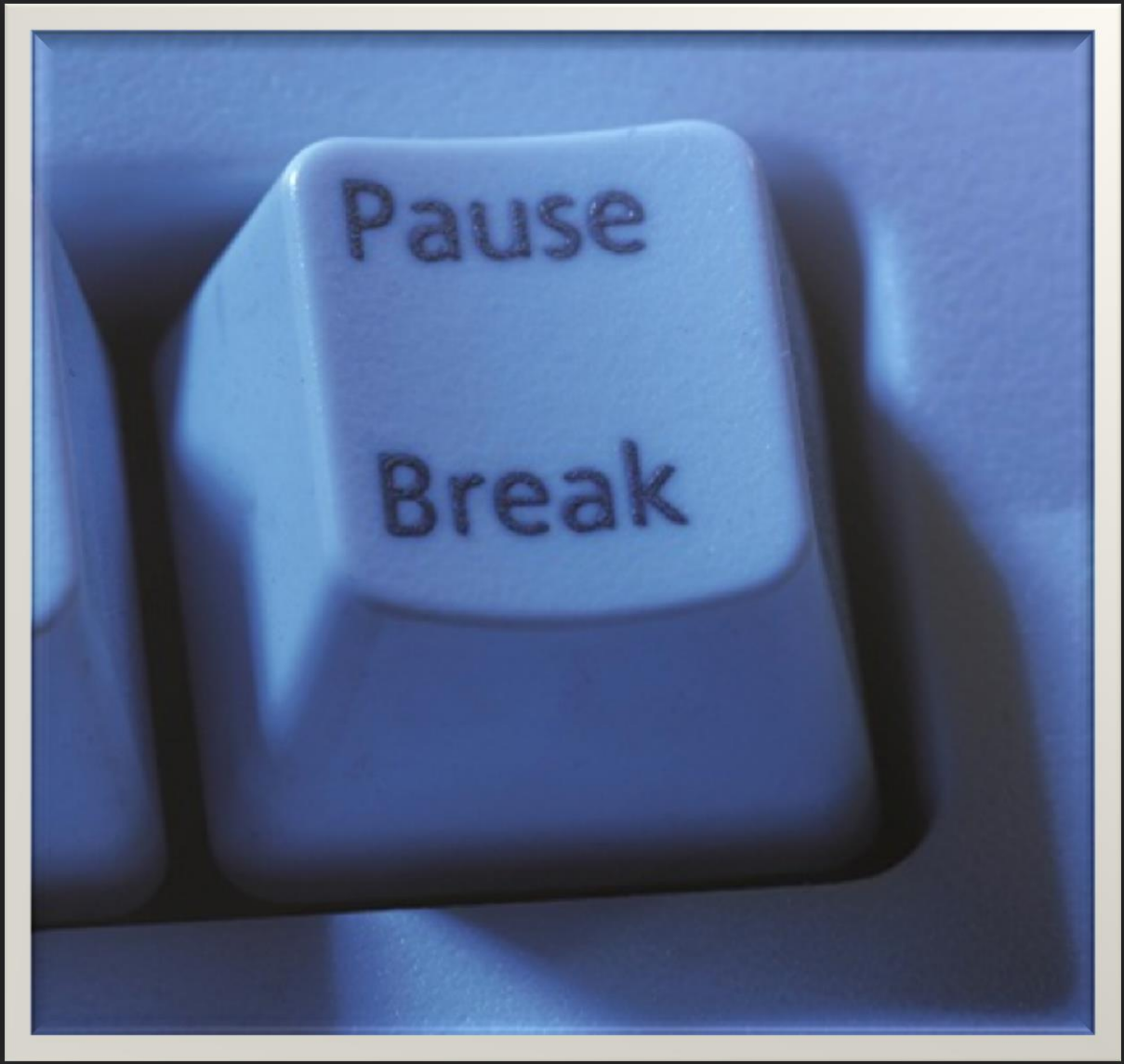
Positivity as Wellness

Willpower or Positivity?

Positivity Lights the Path to Sustained Behavior Change

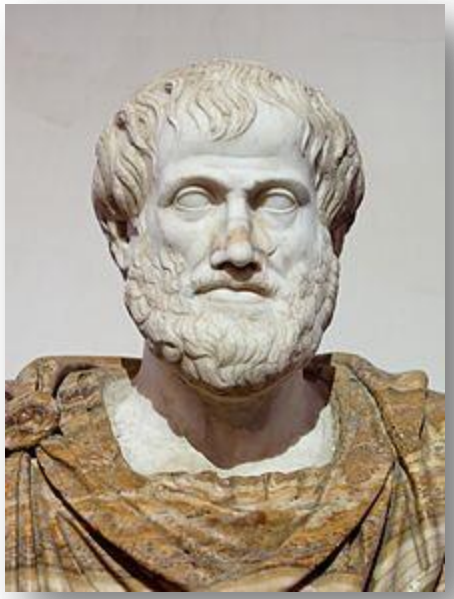
Q: How might you infuse a wellness behavior with positivity?

ANY
QUESTIONS
?


Pause
Break

Languish or Flourish?

Two Aspects of Well-being



Aristotle (c. 350 BC)

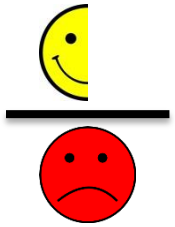
feel good + do good

Flourishing

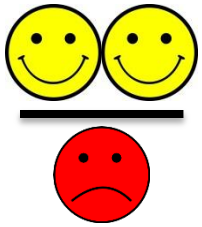
Positivity Lights Our Path…

Positivity Ratios (P/N)

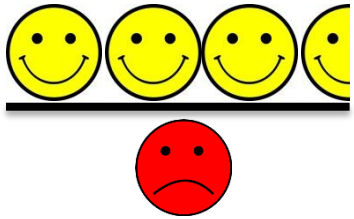
- Pathology: P/N < 1-to-1



- Languishing: P/N ~ 2-to-1



- Flourishing: P/N > 3-to-1



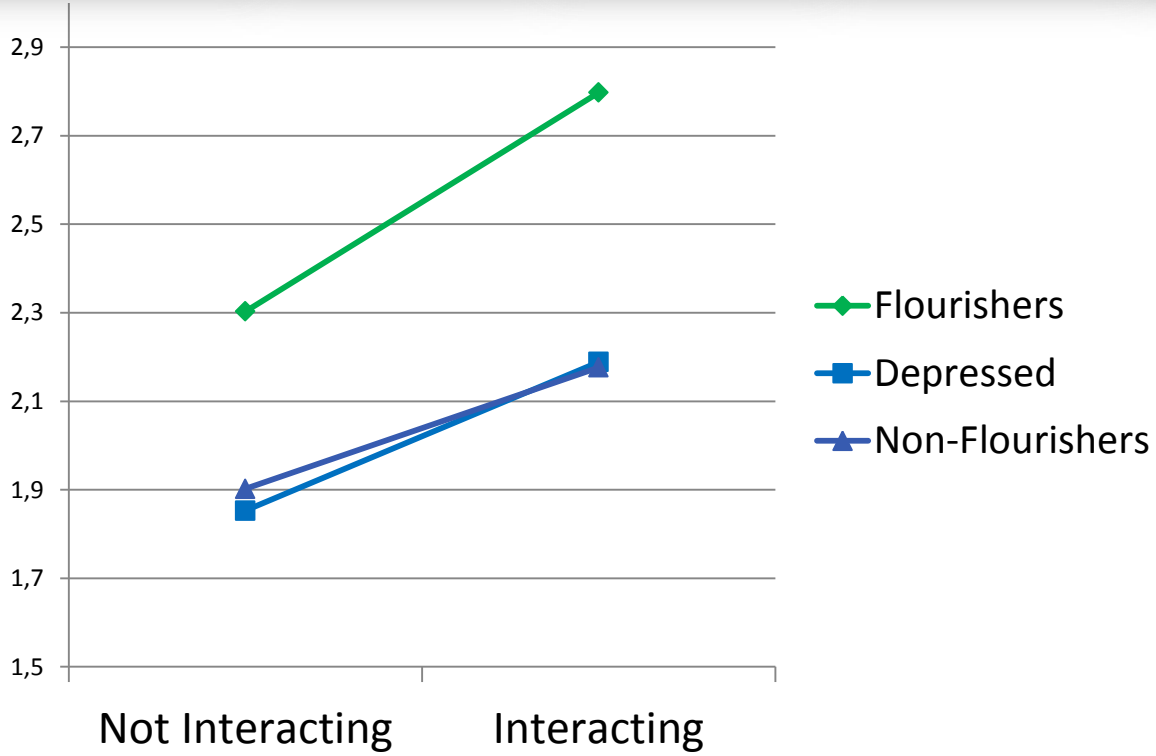
Fredrickson (2013). *American Psychologist, 68*, 814-822.

Tuesdays with Flourishers

Catalino & Fredrickson (2011). *Emotion, 11*, 938-950.

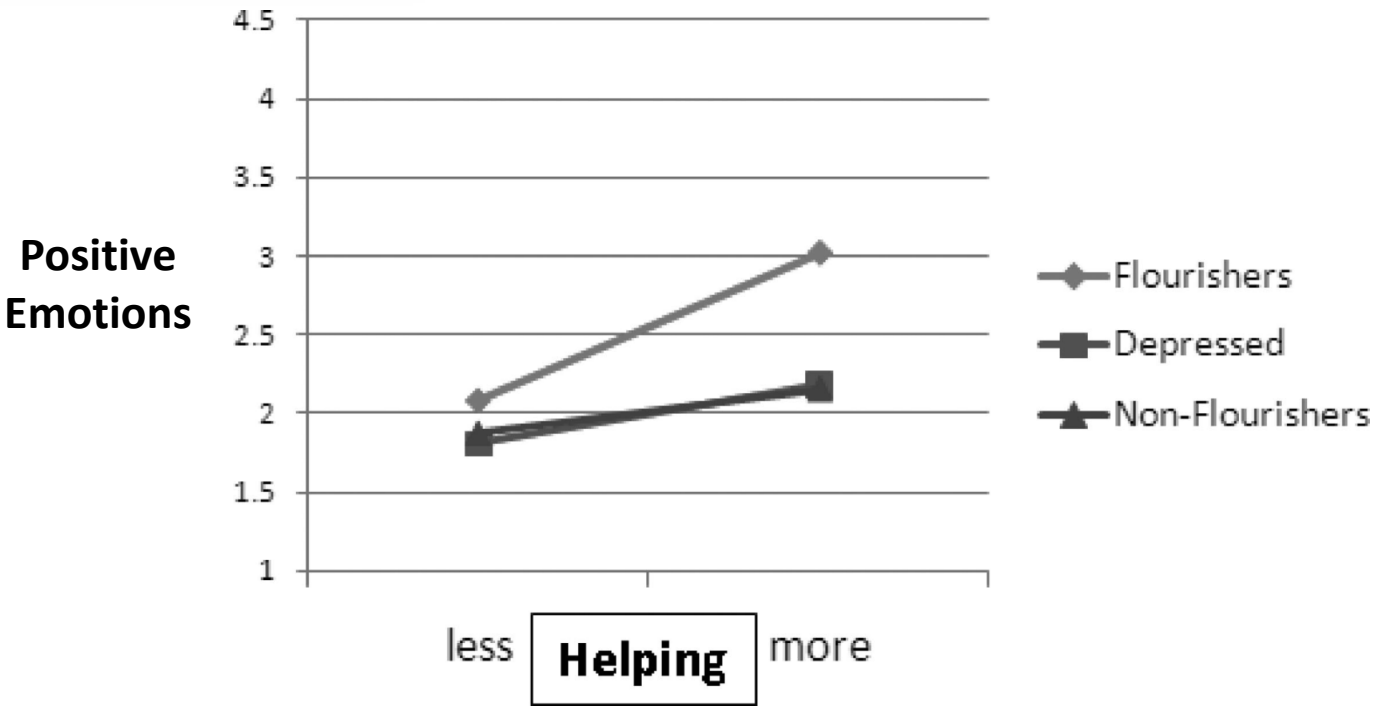
Interacting

Positive Emotions



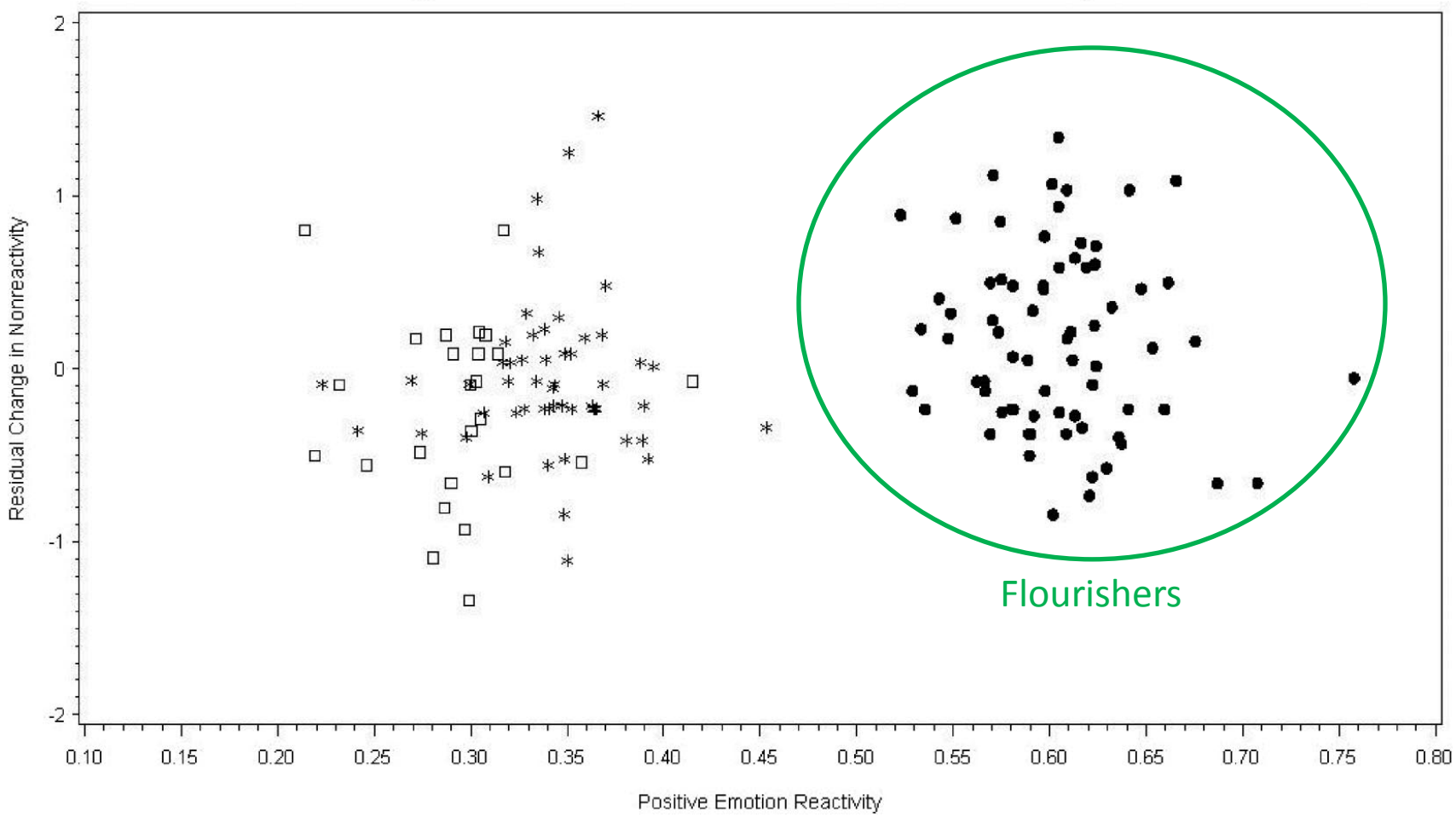
Catalino & Fredrickson (2011). *Emotion, 11*, 938-950.

Helping



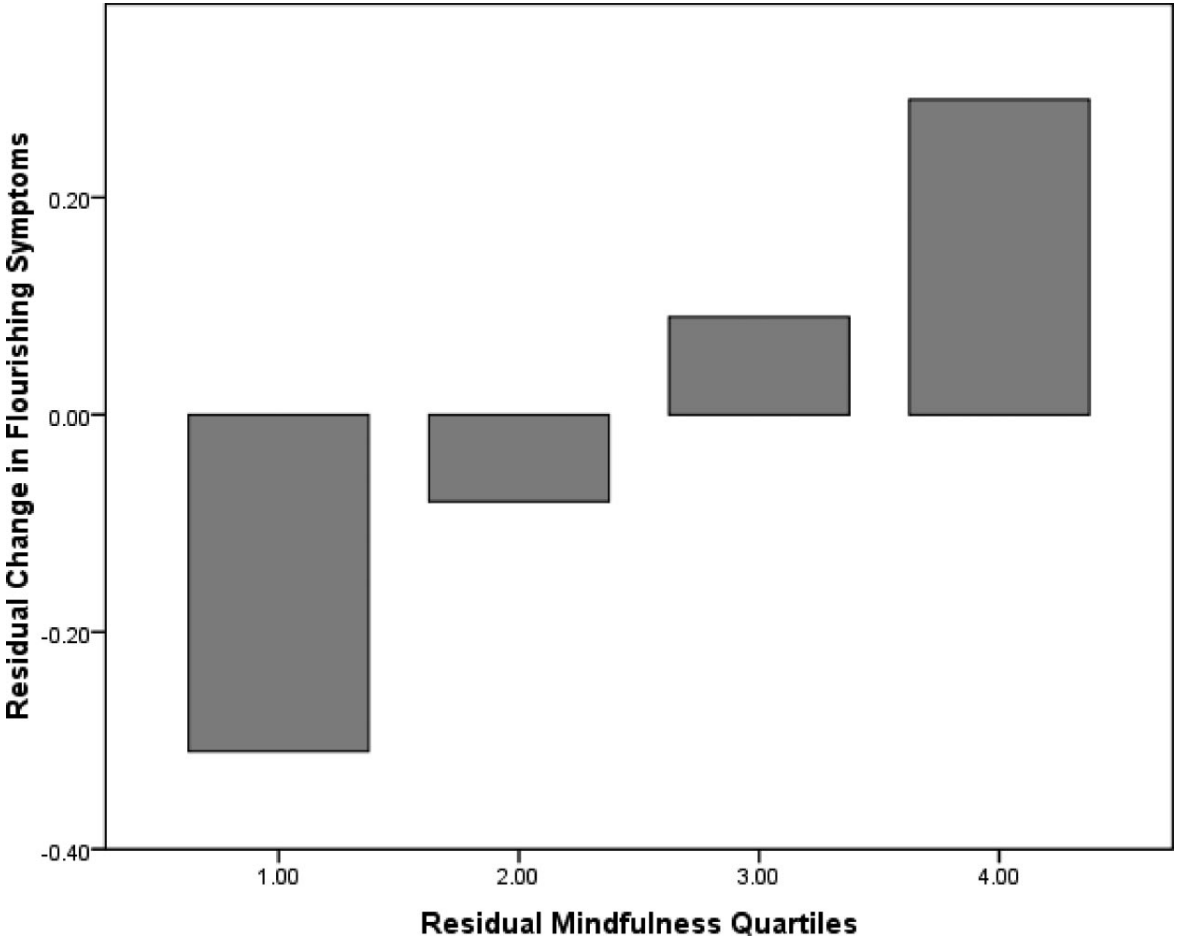
Catalino & Fredrickson (2011). *Emotion, 11*, 938-950.

Positive Emotional Reactivity predicts Increased Resources…



Catalino & Fredrickson (2011). *Emotion, 11*, 938-950.

…Increased Resources Predict Increased Flourishing



Catalino & Fredrickson (2011). *Emotion, 11*, 938-950.

Upward Spirals

Flourishing

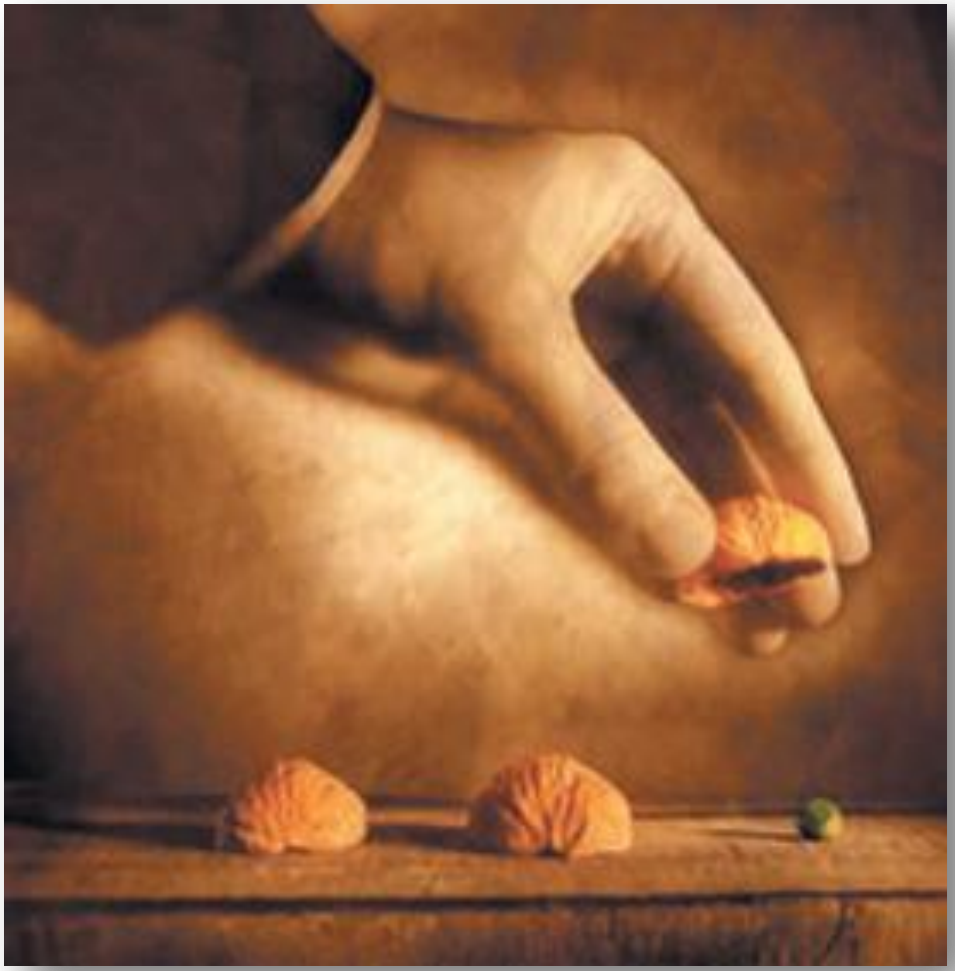
Positive Emotions

Catalino & Fredrickson (2011). *Emotion, 11*, 938-950.

Positive Potentiation

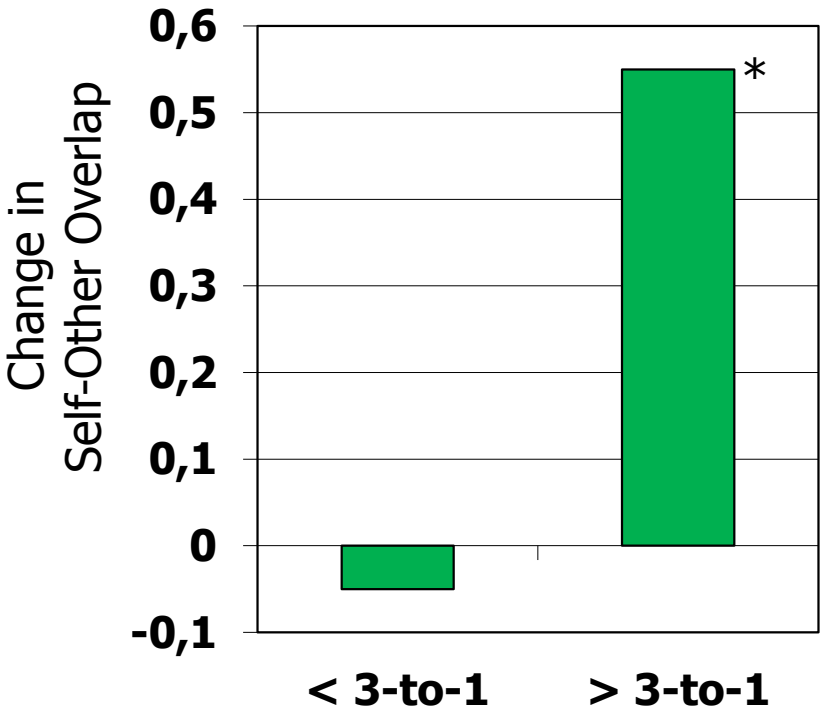
Catalino & Fredrickson (2011). *Emotion, 11*, 938-950.

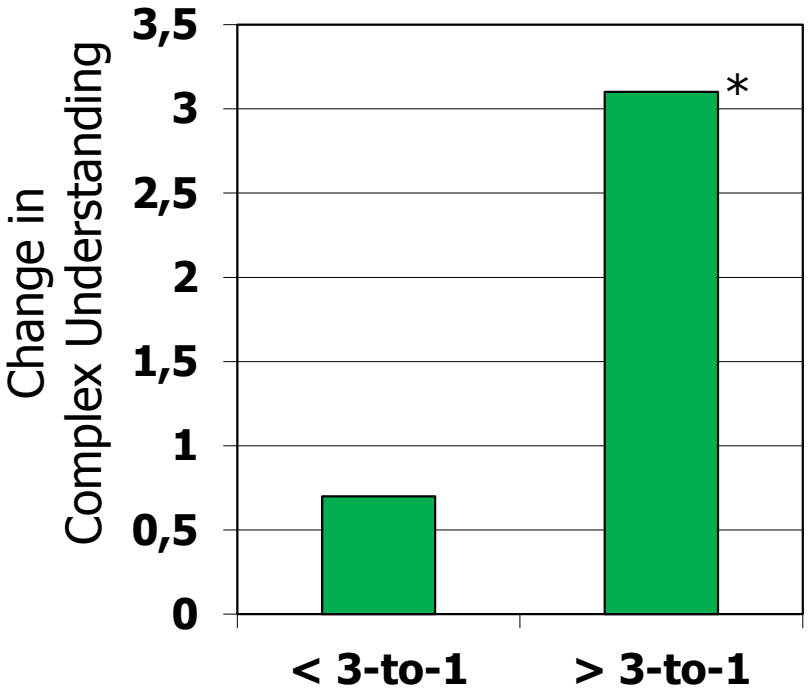
Now-you-see-it-now-you-don’t



Fredrickson (2013). *American Psychologist, 68*, 814-822.

Positivity Ratios > 3-to-1 Broaden Mindsets

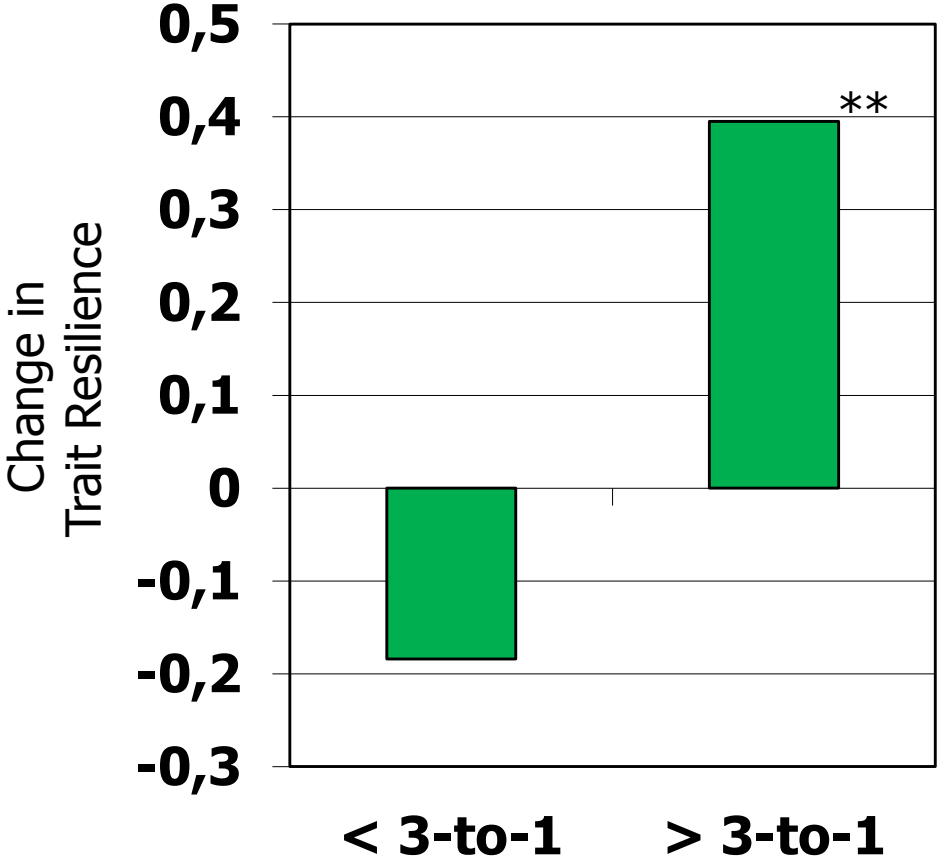




* p < .05

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

Positivity Ratios > 3-to-1 Build Resources



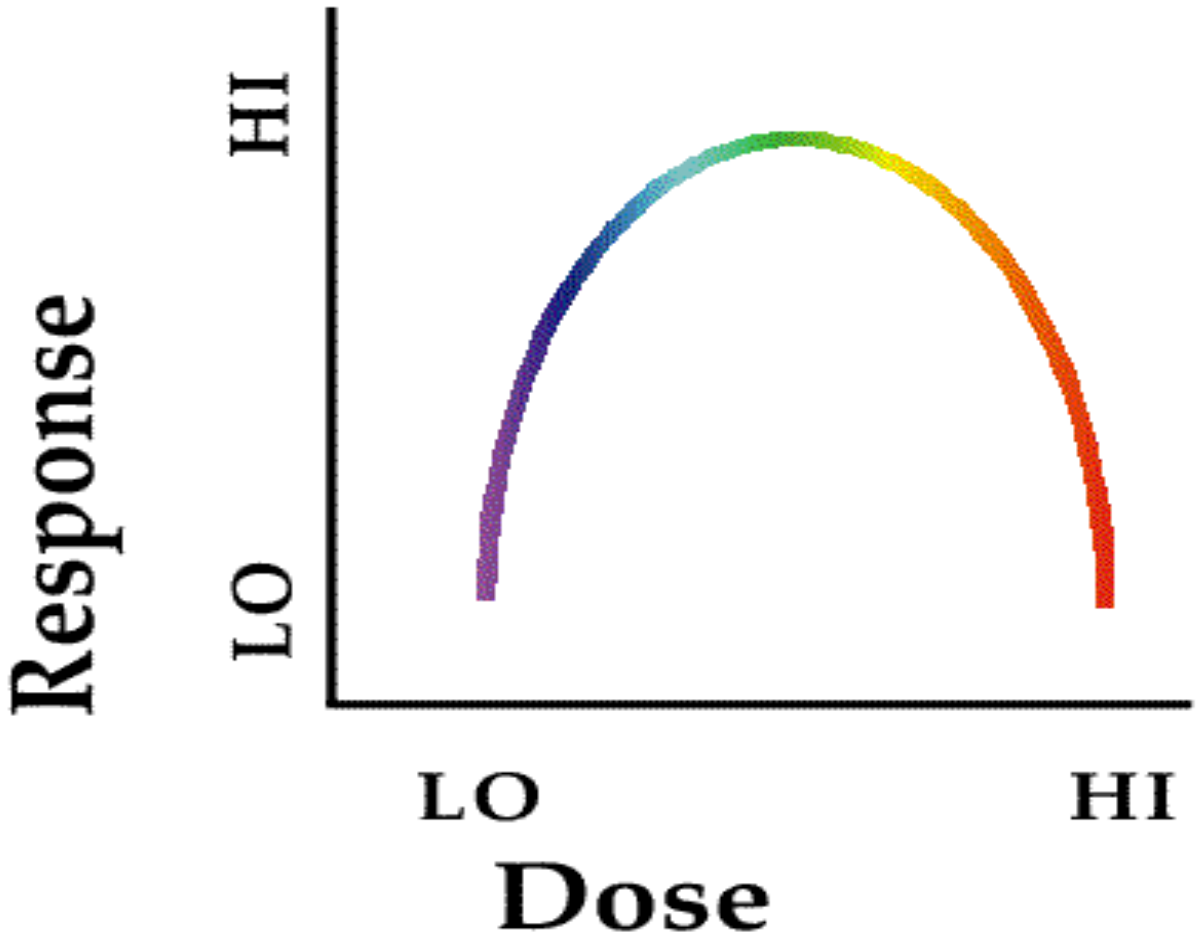
* p < .01

Cohn, Fredrickson et al., unpublished data

Now-you-see-it-now-you-don’t

Fredrickson (2013). *American Psychologist, 68*, 814-822.

Too Much Positivity?



Bipolar Disorder

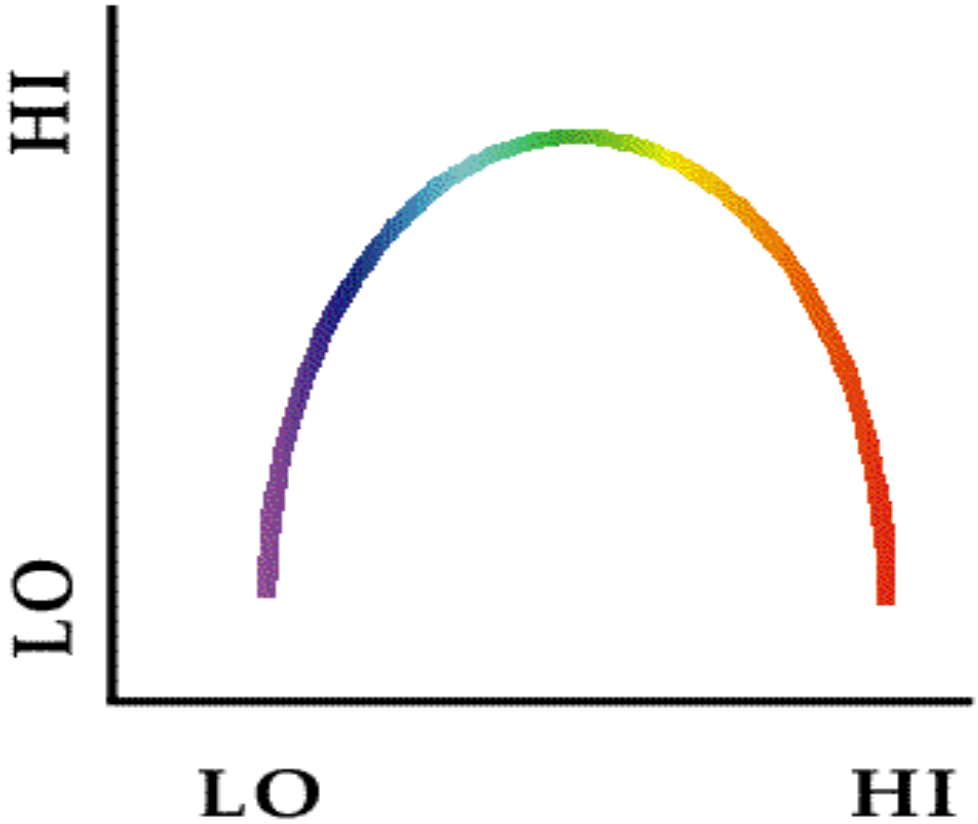
…heightened, persistent, contextually-inappropriate self-focused positive emotions (Gruber, 2011).

Too Much Positivity?

Optimal Functioning

or

Employee Creativity



Positivity Ratio

Fredrickson (2013). *American Psychologist, 68*, 814-822.

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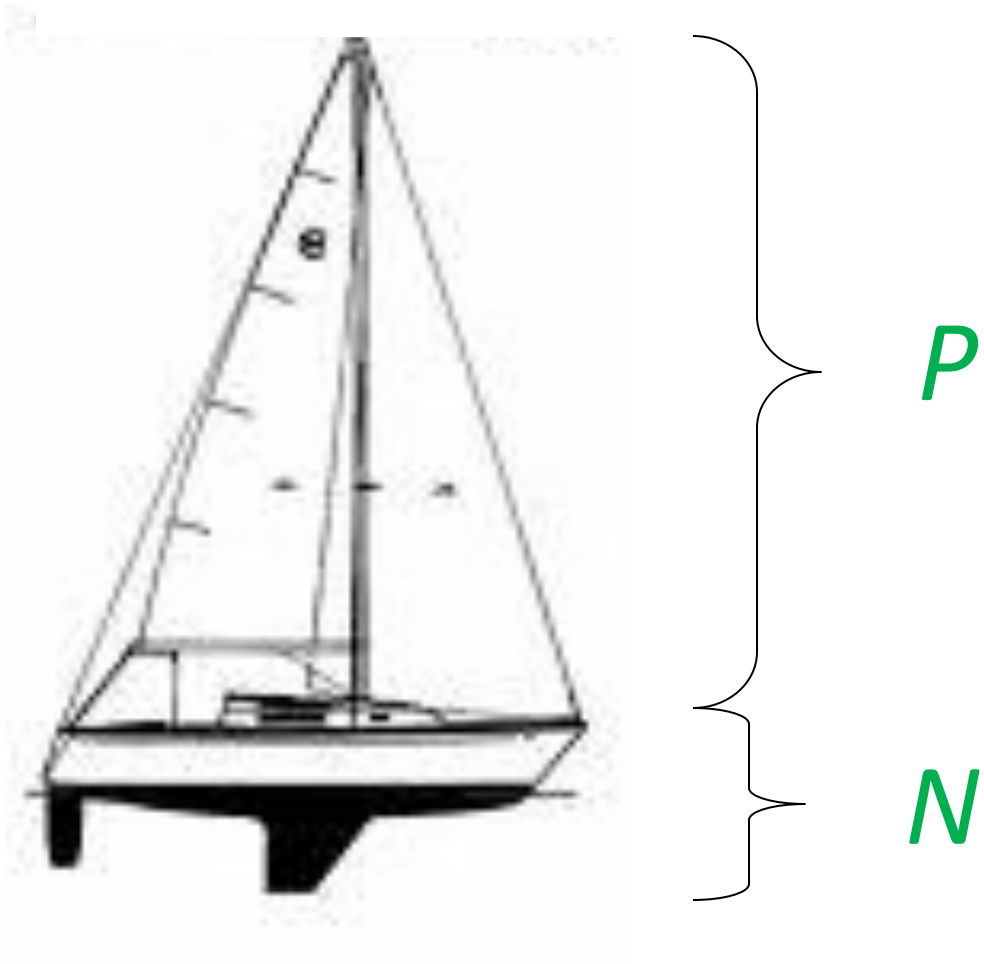
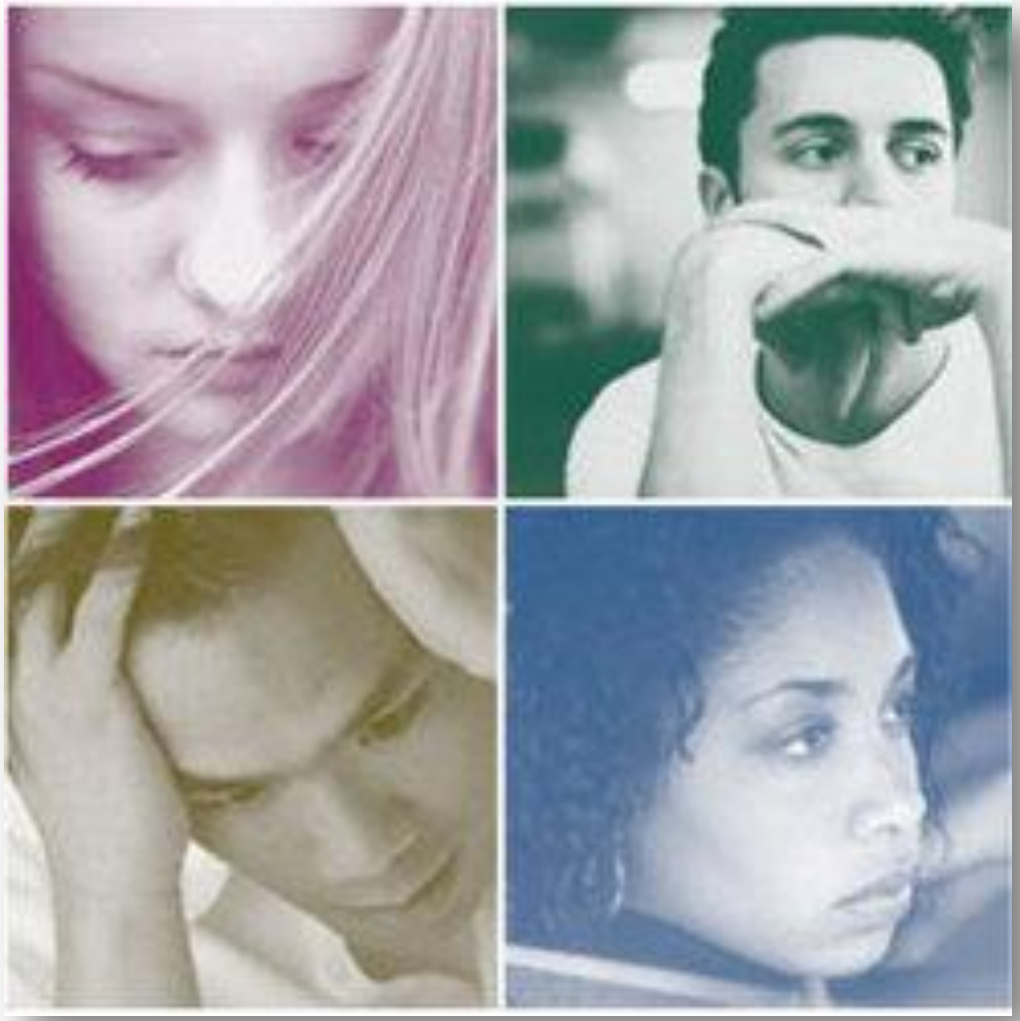
Technologies, Inc. 800-368-57

Negativity is Necessary



Appropriate vs. Gratuitous Negativity



Advice re: Positivity Ratios

The higher the better, within bounds.

Fredrickson (2013). *American Psychologist, 68*, 814-822.

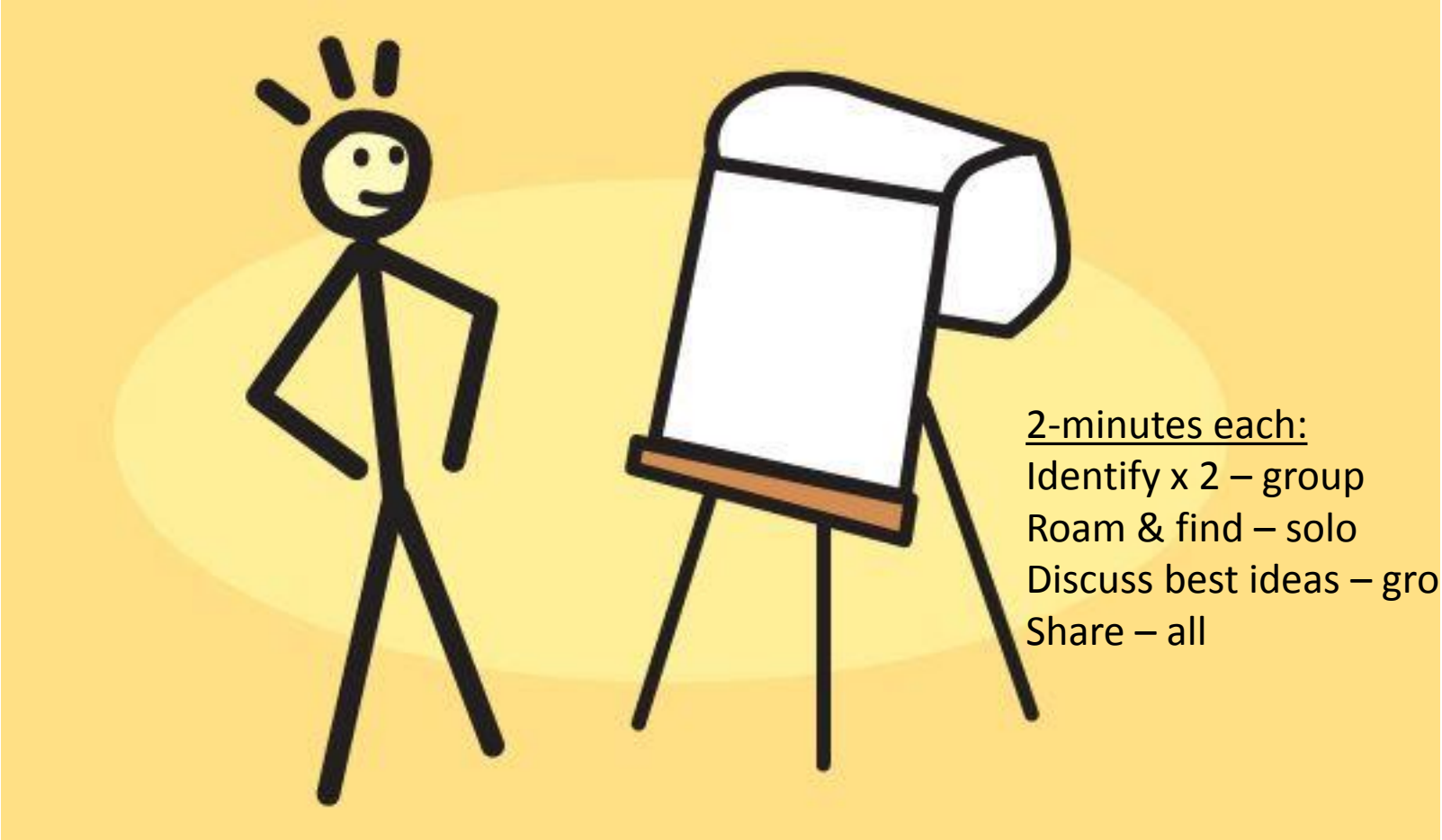
ANY
QUESTIONS
?

Positivity Ratio
8-Minute Challenge

Divide into small groups of 2 or 3.

Grab a large sheet of paper from a flipchart and find your own wall space.

Identify 5 practices to reduce negativity.
Identify 5 practices to augment positivity.



<u>2-minutes each:</u>
Identify x 2 – group
Roam & find – solo
Discuss best ideas – group
Share – all

Share Your Reflections…

… on the Positivity Ratio Challenge