

Happiness Toolkit & Positive Psychology Interventions

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NACADA
THE GLOBAL COMMUNITY
FOR ACADEMIC ADVISING

CORE VALUES



RESPECT

Academic advisors honor the inherent value of all students. Advisors build positive relationships by understanding and appreciating students' views and cultures, maintaining a student-centered approach and mindset, and treating students with sensitivity and fairness.



PROFESSIONALISM

Academic advisors act in accordance with the values of the profession of advising for the greater good of students, colleagues, institutions, and higher education in general.



INCLUSIVITY

Academic advisors respect, engage, and value a supportive culture for diverse populations. Advisors strive to create and support environments that consider the needs and perspectives of students, institutions, and colleagues through openness, acceptance, and equity.



INTEGRITY

Academic advisors act intentionally in accordance with ethical and professional behavior developed through reflective practice. Advisors value honesty, transparency, and accountability to the student, institution, and the advising profession.



EMPOWERMENT

Academic advisors motivate, encourage, and support students and the greater educational community to recognize their potential, meet challenges, and respect and express individuality.



COMMITMENT

Academic advisors value and are dedicated to excellence in all dimensions of student success. Advisors are committed to students, colleagues, institutions, and the profession through assessment, scholarly inquiry, life-long learning, and professional development.



CARING

Academic advisors respond to and are accessible to others in ways that challenge, support, nurture, and teach. Advisors build relationships through empathetic listening and compassion for students, colleagues, and others.

ggia.berkeley.edu

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LOGIN REGISTER

Greater Good in Action
Science-based Practices for a Meaningful Life

THE PRACTICES ABOUT US

Feeling deflated?
Pump up the positivity.

REMEMBER THREE GOOD THINGS

Share: 1.3K 43

HOW TO BUILD...

All Practices Featured Practices Awe Compassion Connection Empathy Forgiveness
Gratitude Happiness Kindness Mindfulness Optimism Resilience to Stress Self-Compassion

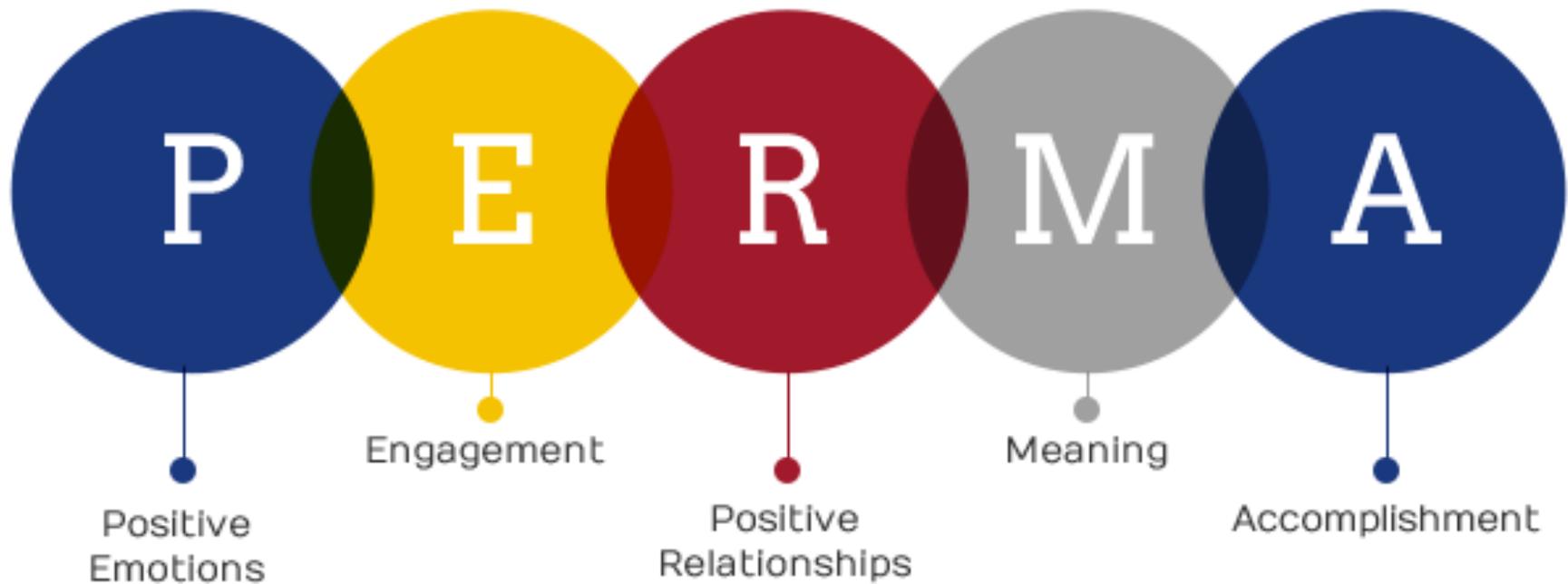
Privacy - Terms

NOTE: The Greater Good in Action website is supported by the Greater Good Science Center at the University of California, Berkeley. Completing the practices on this website gives you easy and free access to validated psychological exercises.



NOTE: The Authentic Happiness website is supported by the Positive Psychology Center at the University of Pennsylvania under the leadership of Dr. Martin E. P. Seligman. Dr. Seligman is often cited as the father of Positive Psychology. Completing the surveys on this website gives you easy and free access to validated psychological measurements.

Introducing a New Theory of Well-Being



(Seligman, 2012)

Positive Emotions

1. Gratitude Letter: Write a gratitude letter to somebody you would like to thank, and when you go home call them up and read the letter to them (or read it face to face). Reflect upon what happens when you read them the letter.

2. Three Good Things: For one week write down three good things that happened to you each day. Generate explanations about how you achieved or contributed to that good thing. Share with others or reflect upon how it made you feel.

3. Optimism - "Finding Silver Linings": List five things you find enjoyable in life (positive state of mind). Describe a situation when things didn't go your way. List three things that can help you see the brighter side of a situation.

Engagement

transcendence

The 24 Character Strengths

wisdom

From *Character Strengths and Virtues: A Handbook and Classification*
by Prof Chris Peterson and Prof Martin Seligman

**These are
strengths we all
possess. Which of
them are strongest
in you?**

APPRECIATION OF BEAUTY & EXCELLENCE
Appreciating beauty, excellence, and/or skilled performance in various domains of life

temperance

SPIRITUALITY
Having coherent beliefs about the higher purpose, the meaning of life and the meaning of the universe

FORGIVENESS & MERCY
Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful

GRATITUDE
Being aware of and thankful of the good things that happen; taking time to express thanks

HUMILITY & MODESTY
Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is

HOPE
Expecting the best in the future and working to achieve it

PRUDENCE
Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted

HUMOUR
Liking to laugh and tease; bringing smiles to other people; seeing the light side

SELF-REGULATION
Regulating what one feels and does; being disciplined; controlling one's appetites and emotions

justice

CITIZENSHIP
Working well as a member of a group or team; being loyal to the group

FAIRNESS
Treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others

LEADERSHIP
Encouraging a group of which one is a member to get things done and at the same time maintain good relations within the group

humanity

LOVE
Valuing close relations with others, in particular those in which sharing and caring are reciprocated

KINDNESS
Doing favours and good deeds for others

SOCIAL INTELLIGENCE
Being aware of the motives and feelings of other people and oneself

courage

BRAVERY
Not shrinking from threat, challenge, difficulty or pain, acting on convictions even if unpopular

PERSISTENCE
Finishing what one starts; persisting in a course of action in spite of obstacles

INTEGRITY
Presenting oneself in a genuine way; taking responsibility for one's feeling and actions

VITALITY
Approaching life with excitement and energy; feeling alive and activated

CREATIVITY
Thinking of novel and productive ways to conceptualize and to do things

CURIOSITY
Taking an interest in ongoing experiences for its own sake; exploring and discovering

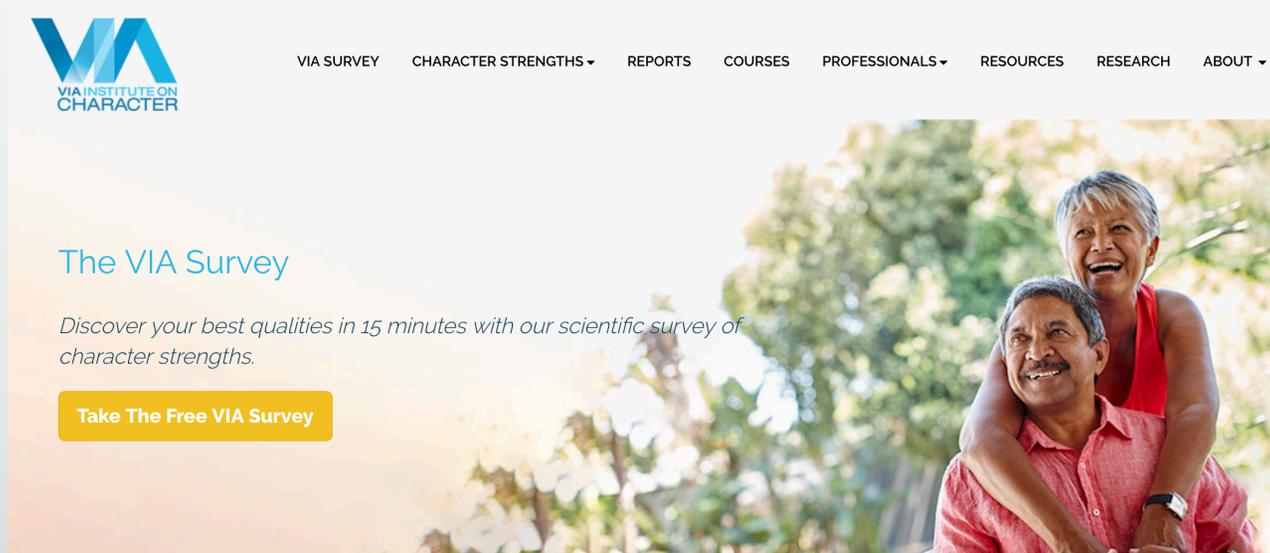
OPEN-MINDEDNESS
Thinking things through and examining them from all sides; weighing all evidence fairly

LOVE OF LEARNING
Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally

PERSPECTIVE
Being able to provide wise counsel to others; having ways of looking at the world that makes sense to oneself and to others

What is your top Character Strength?

- Log in to [Via Character Website](#)
- Complete VIA Survey Character Strengths in English or Arabic



(VIA Institute on Character, 2018)



Tweets **44** Following **161** Followers **12** Likes **26**

#iBringGCC

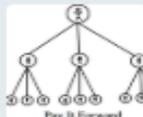
@lbringGCC

Welcome to the #iBringGCC campaign! A movement for Middle East/North African youth to discover who they are and what they can bring to the workplace!

viacharacter.org/survey/pro/RSH...

Joined March 2019

14 Photos and videos

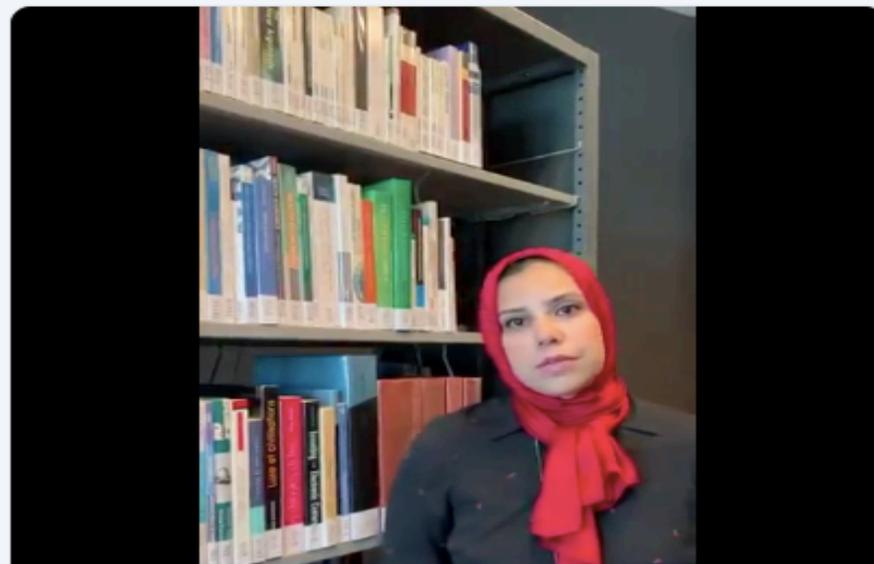


Tweets Tweets & replies Media



#iBringGCC @lbringGCC · Jun 1

We love this! Omneya Omar shares her top character strength. And yours? Find out here: viacharacter.org/survey/pro/rsh... @PositiveEduc @TheCharacterLab @KHDA #charactermatters



Relationships



TOPICS

QUIZZES

VIDEOS

PODCAST

KEYS TO WELL-BEING



QUIZZES

Test Your Emotional Intelligence

How well do you read other people?

Take The Quiz



Facial expressions are a universal language of emotion. How well do you read other people?

Set up a free account to save your quiz scores and track your progress over time.

[Log In](#)

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- 1. How would you treat a friend?:** How would you typically respond to a friend who is dealing with a difficult situation? What did you say? What was your tone? Think about a time you dealt with a difficult situation? What did you say to yourself and what was your tone? Did you notice a difference? What factors of fear were at play? Think about a response for yourself that would be similar as to how you would treat a friend.
- 2. Self-Compassion Break/Letter :** Think of a situation that is difficult and causing you stress. Be present and mindful and acknowledge it: "This is a moment of suffering." Recognize common experiences in humanity : "I'm am not alone. We all have struggles in our lives." Then express self-kindness. Put your hand over your heart: "May I be kind to myself. May I accept myself the way that I am. May I forgive myself. May I be patient. May I be strong." Use whatever words are comfortable for you.

Active Constructive Communication:



Meaning

Ikigai: Your Purpose and Reason for Living



Accomplishment

Take the Grit Survey @ Authentic Happiness

Engagement Questionnaires	My Score	Result Range	Last Taken	Options & Details
Grit Survey Measures the Character Strength of Perseverance	N/A	N/A	N/A	Take Test

NOTE: Voluntary participation in research like this is why we have the scientific insights we have today and how we can continue to contribute to this area of study. While the data is used anonymously, you can also consider using a fake name and/or email to participate. More information about what information is collected, how it is used, and how it is shared can be found on the [Authentic Happiness Website's Privacy Policy](#).

Happiness and Physical Health

Walking Meetings

- Leads to creative thinking
- Can be more productive
- Promotes more honest exchanges
- Supports cognitive engagement and focus
- Relaxes our brains and release neurochemicals which aid executive functions
- Helps to break down barriers and make interactions more peer-to-peer versus hierarchical
- Plan ahead, stick to small groups and have fun.

(Clayton, Thomas, & Smothers, 2015)

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