

Creating flourishing lives: putting positive psychology into practice

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A long & happy life: What do you need?



1. Physical and mental health
2. Social and family relationships
3. Occupational and role functioning
4. Financial security
5. Environment
6. Spirituality



Complex medical,
psychological,
social and
practical factors



Bullinger 2008
Recently research into the best management of
haemophilia has focused on bio-psychosocial
consequences of treatment from the patient's
perspective

Physical health: Diet



A healthy diet benefits your entire body, your
brain and your mental health

- A diet high in processed foods is associated with greater mental health issues
- Vital brain neurotransmitters for normal mood come from vitamins and minerals

Physical health: **Sleep**

Brains need 7-8 hours sleep

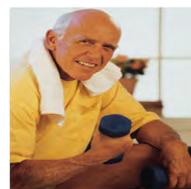
- Sleep keeps you healthy
- Sleep reduces mental illness
- Sleep allows brain repair



Physical health: **Exercise**

General health benefits:

- Reduces stress and depression
- Improves life satisfaction Vallance 2010
- Reduction in dementia risk Colcombe 2006



Mental health: Reducing stress



"Returning to standard time is always difficult. I gain an hour of worrying."

Stress is an alarm ... there is a problem that needs to be addressed

Specific potential stressors

- Anxiety
- Adjustment
- Lack of Resources
- Social isolation

Psychological aspects and coping of parents with a haemophilic child: a quantitative approach

SAVILO-NEGRIN¹, CRISTANTE¹, ZANON², CANCLINI¹, STOCCO², GIROLAMP¹

Article first published online: 25 DEC 2001

DOI: 10.1046/j.1365-2516.1999.00213.x



Issue
Haemophilia
Volume 5, Issue 1, pages 63-68, January 1999

Mental health: Specific strategies

Bottos 2007

- Information
- Care guidelines
- Psychological support



Greater use of problem-focused coping strategies and adjustment

Wiedebusch 2008

- Avoidance-focused coping strategies

Generally Avoiding stress

- Breathe – a regular steady breathing pattern will keep you calm
- Enjoy silence, meditate
- Identify what is important to you
- Use problem solving techniques
- Take breaks in the day to clear your head
- Put things in perspective
- Learn to say no



Mental health: Work-life balance

- Manage workload & pace
- Negotiate realistic work goals
- Take breaks in the day
- Plan regular holidays
- Take sick leave when sick
- Ask for help!



Mental health: attitude

What we think determines how we age

Negative attitudes are associated with greater physical ailments and greater disability

What we think determines how we feel

Beeton 2005 suggested that participants' perceptions of their Quality of life were very positive.

A caring attitude

- Accept and appreciate yourself
- Be content and thankful
- Have fun
- Forgive yourself
- Set goals and dream
- Treasure yourself

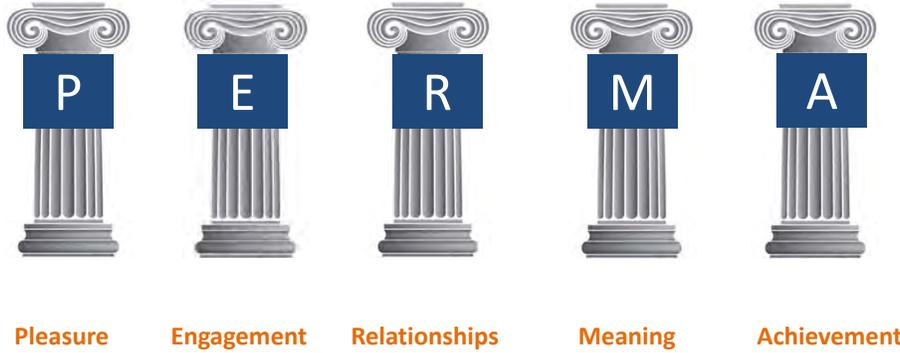


Laugh in life

- Feel happy **as often as you can**
- Laughing releases endorphins and other positive natural brain chemicals
- Reduces stress
- Increase immune functioning



Human flourishing & wellbeing



Pleasure

- Positive emotions
- Joy and play
- Enjoyment
- Happiness



Find time to play
Enjoy what you like

Engagement

- Getting lost in the moment – in 'flow'
- Time stops
- Loss of self-consciousness
- Peak experiences



Do something you love

Be engaged

The Engaged life

- Develop interests and hobbies
- Do what you enjoy
- Discover and cultivate your passions
- Use your strengths

Artistry and creativity



Relationships



Having friends and family nearby
#1 tip for a happy life

Relationships

- Improve life satisfaction and meaning
- Reduce risk of dementia
- Improve immune function
- Improve cardio-vascular function
- Stimulate your brain
- Stop isolation **and loneliness**

The
connected
life

Animal Friends

- Over 43% of Australians have a cat or dog; and
- More than 50% view their pet as part of their family
- Emotional bond between owner and pet can be as intense as that in many human relationships



Getting connected

- Identify your friend network
- Make time to contact friend/s
- Join a club or group to make new connections
- Spend time with family
- Find a suitable pet



Meaning



- Belong to & serve something bigger than yourself.
- Having a sense of purpose

Meaning, spirituality and religion



The
meaningful
life

- Meaning and purpose to our lives
- May improve physical health and psychological well-being
- A sense comfort and relief from stress and trauma

Achievement

- Accomplishment for its own sake
- Pursue goals
- Feel proud of our efforts



Achievement: Keeping an Active mind

- Start something new
- Develop a new skill or ability
- Stimulate your interest & curiosity
- Contribute to your community
- Keep learning
- Leave a legacy



Reduce the risk factors:

Cigarettes, alcohol, drugs

- Physical effects add to stress by raising blood pressure
- Interfere with natural sleep cycle
- **Unintended** health impact
- Increase risks of further stress
- Negative life outcomes



Getting help

- Tell some one you trust
- Visit your local doctor
- Contact Helpline
- Contact the Australian Psychological Society
- Contact Haemophilia Counsellor or Social Worker
- Talk to your Priest / rabbi / Iman



Thank you

QUESTIONS?