

New Year. New Path

Finding balance and well-being for 2023

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Welcome



I think it's stress!



WHAT IS POSITIVE PSYCHOLOGY AND WELL- BEING?



How to Apply the PERMA Model to Your Life

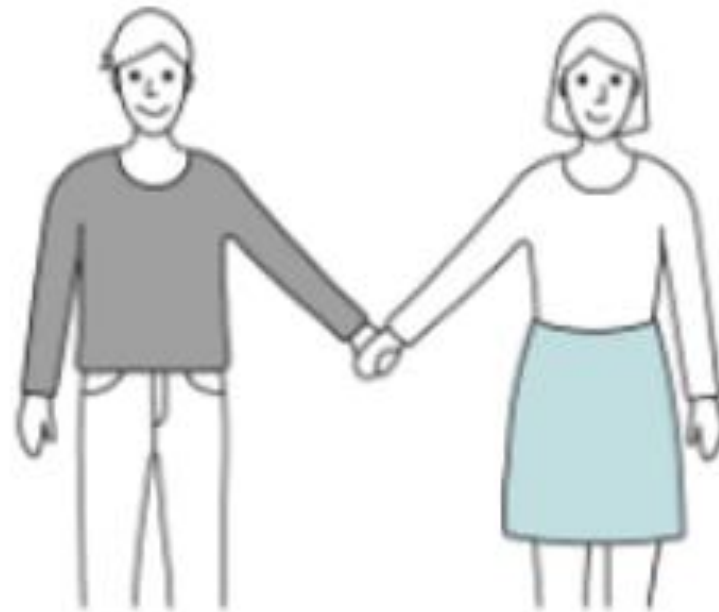
Remember to adopt a positive perspective as often as you can.



Find the things that make you happy and engaged.



Focus on your relationships with family and friends, and find ways to connect.

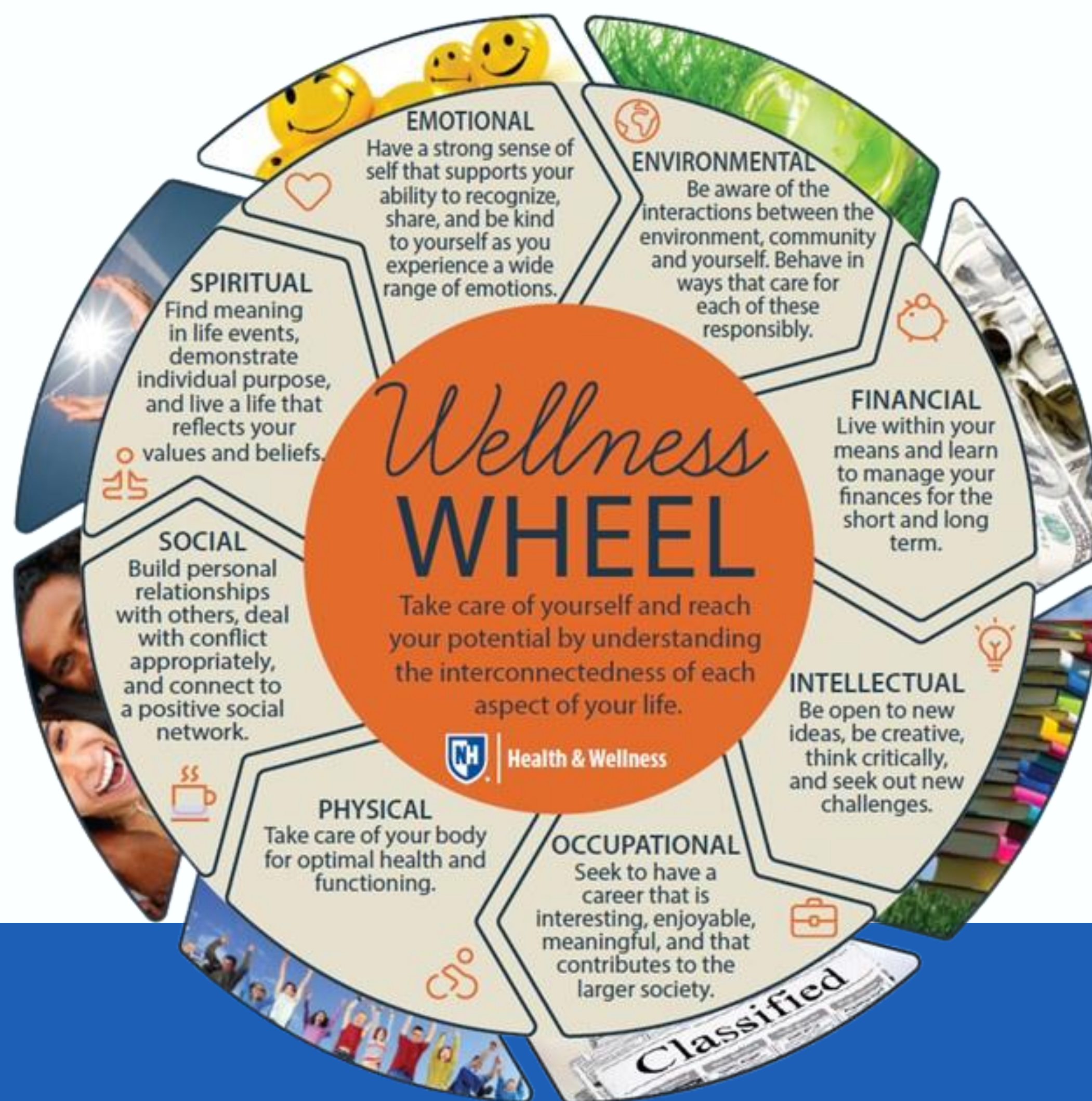


Search for meaning and lead a life of purpose.



Savor your accomplishments and strive for further achievement.

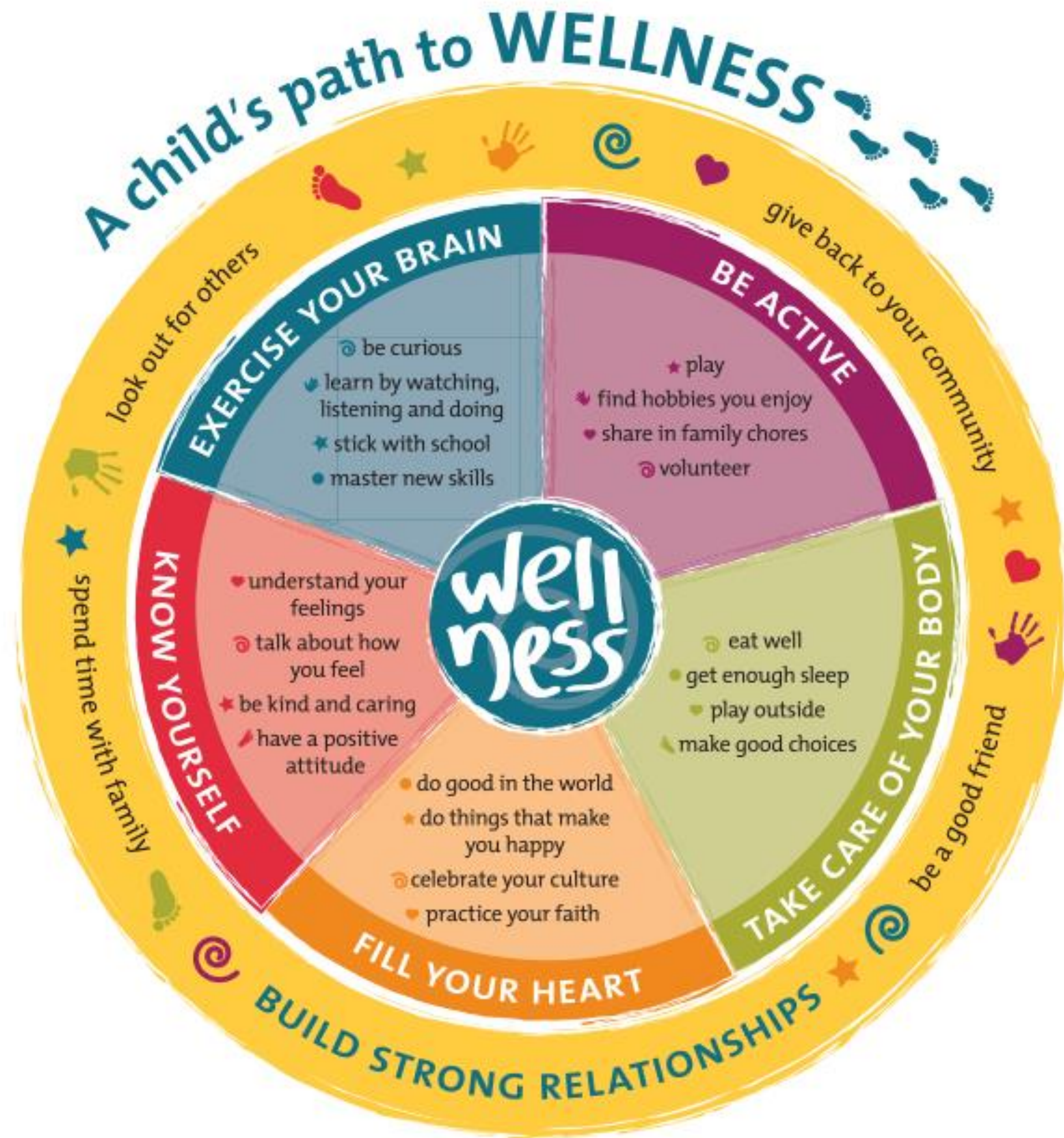




From University of New Hampshire



Discussion



Optimism





THE BEST POSSIBLE SELVES INTERVENTION



*Write down what you imagine about
your best possible self in the future*



Turn and Talk



What was it like to savor a past positive experience?

How was it helpful to imagine a future best self?



Discussion



It's the repetition of affirmations
that leads to belief. And once that
belief becomes a deep conviction,
things begin to happen.

Muhammad Ali

Affirmations



Affirmation Activity

Practice creating positive affirmations for yourself.



Complete the sentences below and write your own in the empty spaces.

- I can...
- I love....
- I believe...
- I am good at....
- I am....

AFFIRMATION TIPS

Speak in the present
Avoid absolutes (always, never)
KISS Keep it simple. Use short sentences.
Visualize your statement.

Your Very Own Mantra



Choose one of your affirmations to be **your** MANTRA- a statement you repeat frequently.

Family Fun!





Join the **Uplift Wellness Collective Facebook Group** today to engage with us and others about nurturing well-being. We would love to see you there!



SCAN ME

THE PARENT WELL-BEING SOLUTION





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