



# Applying the Science of Well-Being to Develop Resilience

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## Disclosure

The above speaker does not have any conflicts of interest to report.

# Questions the PPC Has Asked

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- What causes people to become helpless?
- How can we prevent depression and anxiety?
- What enables people to be resilient?
- How can we enhance people's abilities to thrive in high pressure environments?

# Our Model

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- Prevention
- Universal
- Whole person
- Whole organization
- End user and train the trainer
- Empirically validated

# Penn Resilience Program Overview

## Cognitive and Emotional Well-Being



## Strength of Character



## Strong Relationships



# Who We Work With

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- Primary, Secondary, and Higher Education
- United States Army
- Department of Defense
- Public Safety and First Responders
- Oklahoma City Thunder
- Kimberly-Clark

# Results from Our Research Show...

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**Symptoms of Depression  
& Anxiety**

**Mental Health & Substance  
Abuse Diagnoses**

**Conduct Problems**

**Hopelessness**



**Well-Being &  
Life Satisfaction**

**Health Promotion Behaviors**

**Trust & Social Support**

**Optimism & Hope**

**Problem-Focused Coping**

# Lessons Learned for Effective Dissemination

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- Leadership support
- Internal champions
- Formal training
- Effective dosage
- Informal reinforcement
- Integrated throughout organization

# Learned Optimism

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Accurately identify where you have control and focus energy on what you can change.



# Optimism Matters

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## Optimists compared to Pessimists:

- More resilient
- Less depressed and anxious, happier
- Healthier
- Live longer
- Better leaders
- Stronger relationships
- More successful (school, work, sports)

# Optimists Operate Differently than Pessimists

Optimists

- **See problems accurately**
- **Focus on solutions**
- **Identify what they can control**
- **Take purposeful action**
- **Take better care of themselves**
- **Learn from setbacks**
- **Search for benefits in adversity**

More resilient  
Happier  
Healthier  
Live longer  
Better leaders  
Stronger relationships  
More successful

# Hunt the Good Stuff

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- Write down 3 positive experiences or benefits from a negative experience.
- Reflect on those experiences by considering the following:
  - What it means to you
  - How others contributed
  - What you learned from it
- Let's try it!