

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

- What causes people to become helpless?
- o 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?

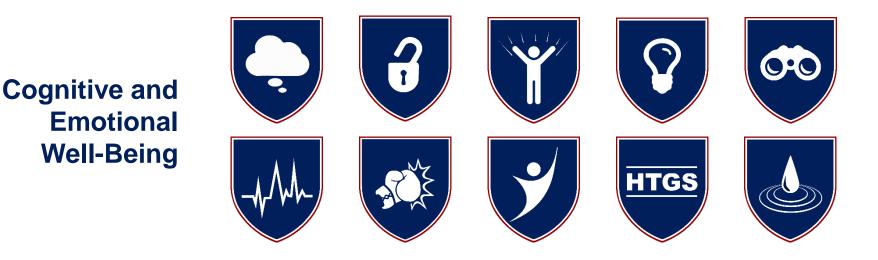


Our Model

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



Penn Resilience Program Overview



Strength of Character



Strong Relationships



Positive Psychology Center UNIVERSITY of PENNSYLVANIA

Who We Work With

- 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...

Symptoms of Depression & Anxiety Well-Being & Life Satisfaction

Mental Health & Substance Health Promotion Behaviors Abuse Diagnoses

Conduct Problems

Hopelessness

Trust & Social Support

Optimism & Hope

Problem-Focused Coping



Lessons Learned for Effective Dissemination

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



Learned Optimism



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



Optimism Matters

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



- 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



Optimists

Hunt the Good Stuff

- 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!

