Using the Science of Well-Being to Help Physicians Flourish

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(Disclosure: No Conflicts of Interest to Report)
Which Would You Choose?

Red Pills
Fight the Bad

Green Pills
Grow the Good
The Fundamental Principle of Positive Psychology

You can’t flourish without green pills.

Well-Being ≠ Absence of Ill-Being

- Physical Health
- Mental Health
Can you flourish without red pills?
Results of Our Thought Experiment
The **PERMA** Model of Human Flourishing
(Martin Seligman, *Flourish*, 2011)

- **Positive Emotions**
- **Engagement**
- **Relationships**
- **Meaning**
- **Accomplishment**
Well-Being in Bhutanese Students (Alejandro Adler)

Cohen's d = 0.59  
N = 6,524

Youth Well-being (EPOCH)

- GNH Curriculum (11 schools)
- Control (7 schools)

* p < 0.05
Cohen's d = 0.59
N = 6,524
Academic Achievement in Bhutanese Students (Alejandro Adler)

STANDARDIZED TEST SCORES

- GNH Curriculum (11 schools)
- Control (7 schools)

Score out of 100:
- 0 months: 76 for GNH, 74 for Control
- 15 months: 82 for GNH, 77 for Control
- 27 months: 81 for GNH, 76 for Control

Cohen’s d = 0.53

*p < 0.05
Penn Resiliency Training

- State-of-the-art, evidence-based resiliency curriculum
- Based on more than 25 years of research, development, and large-scale implementation
- Penn has trained more than 36,000 individuals
- Customized curriculum
Empathy
AGAINST EMPATHY
The Case for Rational Compassion

PAUL BLOOM
Author of How Pleasure Works and Just Babies
<table>
<thead>
<tr>
<th>Anneke Buffone &amp; Sal Giorgi</th>
<th>Salutogenic Empathy</th>
<th>Pathogenic Empathy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Salience of Self : Other</strong></td>
<td><img src="image" alt="Salience of Self : Other" /></td>
<td><img src="image" alt="Salience of Self : Other" /></td>
</tr>
<tr>
<td>(size)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| **Degree of Contagion**     | ![Degree of Contagion](image) | ![Degree of Contagion](image) |
| (overlap)                   |                     |                   |

<table>
<thead>
<tr>
<th><strong>Intuitive vs. Deliberative</strong></th>
<th>Deliberative/controlled</th>
<th>Intuitive/automatic</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Emotionality</strong></th>
<th>Moderate, more positive emotion</th>
<th>High, more negative than positive emotion</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Arousal</strong></th>
<th>Moderate arousal</th>
<th>High arousal</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Kind of Response</strong></th>
<th>Emotional resonance</th>
<th>Emotional matching</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Personality</strong></th>
<th><strong>Helper</strong></th>
<th><strong>Martyr</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Successful giver</td>
<td>Selfless giver</td>
</tr>
<tr>
<td></td>
<td>Balanced helper</td>
<td>Overwhelmed feeler</td>
</tr>
<tr>
<td></td>
<td><strong>Enlivening</strong></td>
<td><strong>Debilitating</strong></td>
</tr>
</tbody>
</table>
## Health and Stress
(controlling: age, gender, sal/path)
Anneke Buffone & Sal Giorgi

<table>
<thead>
<tr>
<th></th>
<th>Salutogenic Empathy</th>
<th>Pathogenic Empathy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Missing work health</td>
<td>-.05*</td>
<td>.14**</td>
</tr>
<tr>
<td>Drink work nights</td>
<td>-.10**</td>
<td>.10**</td>
</tr>
<tr>
<td>Stress</td>
<td>-.11**</td>
<td>.30**</td>
</tr>
<tr>
<td>General Health</td>
<td>.05*</td>
<td>-.08**</td>
</tr>
</tbody>
</table>
Mapping the Positive/Negative Conceptual Space
## Eudaimonic Profile
*(Pawelski, 2016)*

<table>
<thead>
<tr>
<th>Positive</th>
<th>Negative</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Directly Positive</strong></td>
<td><strong>Directly Negative</strong></td>
</tr>
<tr>
<td>Promotion</td>
<td>Aggravation</td>
</tr>
<tr>
<td>Increasing the preferred</td>
<td>Increasing the dispreferred</td>
</tr>
<tr>
<td>Preservation</td>
<td>Entrenchment</td>
</tr>
<tr>
<td>Maintaining the preferred</td>
<td>Maintaining the dispreferred</td>
</tr>
<tr>
<td><strong>Indirectly Positive</strong></td>
<td><strong>Indirectly Negative</strong></td>
</tr>
<tr>
<td>Mitigation</td>
<td>Destruction</td>
</tr>
<tr>
<td>Decreasing the dispreferred</td>
<td>Decreasing the preferred</td>
</tr>
<tr>
<td>Prevention</td>
<td>Obstruction</td>
</tr>
<tr>
<td>Avoiding the dispreferred</td>
<td>Avoiding the preferred</td>
</tr>
</tbody>
</table>
ON HUMAN FLOURISHING

A Poetry Anthology

Edited by
D. J. Moores, James O. Pawelski,
Adam Potkay, Emma Mason,
Susan J. Wolfson and
James Engell
Arts and Humanities

Extensional Definition
- Objects
- "What"

Functional Analysis
- Subjects
- "How"

Modes of Engagement

Mechanisms
- Immersion
- Embeddedness
- Socialization
- Reflectiveness

Human Flourishing Outcomes

Neurological/Physiological/Psychological Reactions
- Activation of Brain Areas
- Cardiovascular, Endocrine, Immune Function
- Affect Valence

Psychological Competencies
- Self-Efficacy
- Integrative Complexity
- Creativity

General Well-Being Effects
- Subjective Well-Being
- Psychological Well-Being
- Emotional Bread/Depth

Positive Normative Outcomes
- Character/Virtues
- Ethical Choices
- Moral Compass
- Civic Engagement

L. Tay, J. O. Pawelski, & M. Keith (in press)
Master of Applied Positive Psychology (MAPP)
Launching January 2017:

Coursera MOOC Specialization
(Massive Open On-line Course)
in
Positive Psychology

4 Courses + Capstone

www.pos.psych.upenn.edu

Martin Seligman
Angela Duckworth
Karen Reivich
James Pawelski

Positive Psychology Center
www.positivepsychology.org
• Mission: To promote the science of positive psychology and its research-based applications.

• Health Division

• Fifth World Congress on Positive Psychology (2017)

• www.ippanetwork.org
Save the Date!

Fifth World Congress on Positive Psychology

July 13-16, 2017

Montréal, Canada!

www.ippanetwork.org
Positive Prescription

Three Good Things Exercise
(Seligman)

• Every night this week before you go to bed

• Write down three good things that happened to you that day

• Write down why they happened
Remember to Take Your Green Pills!

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