

# **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  $\neq$  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

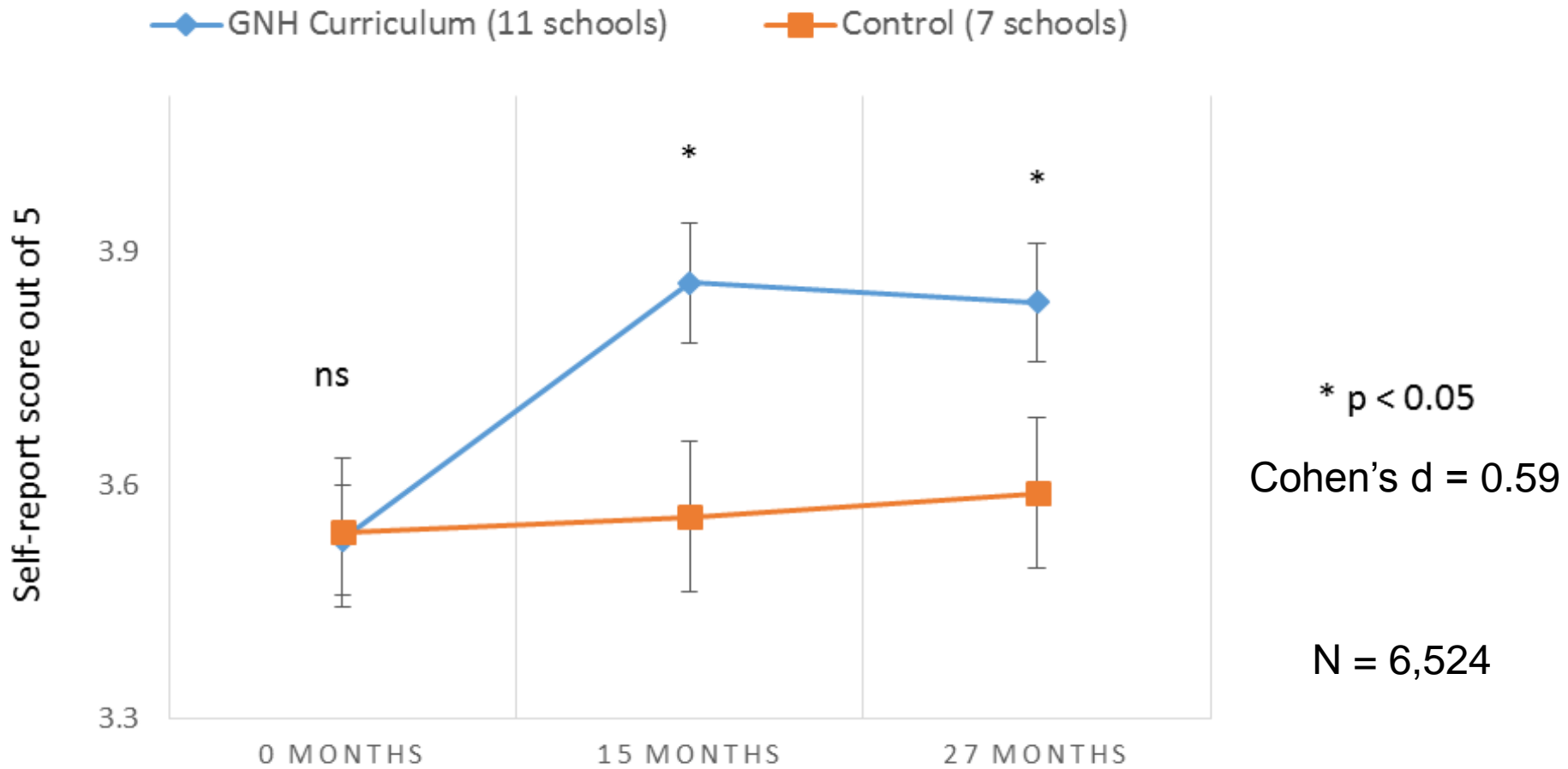
(Martin Seligman, *Flourish*, 2011)

- **P**ositive Emotions
- **E**ngagement
- **R**elationships
- **M**eaning
- **A**ccomplishment



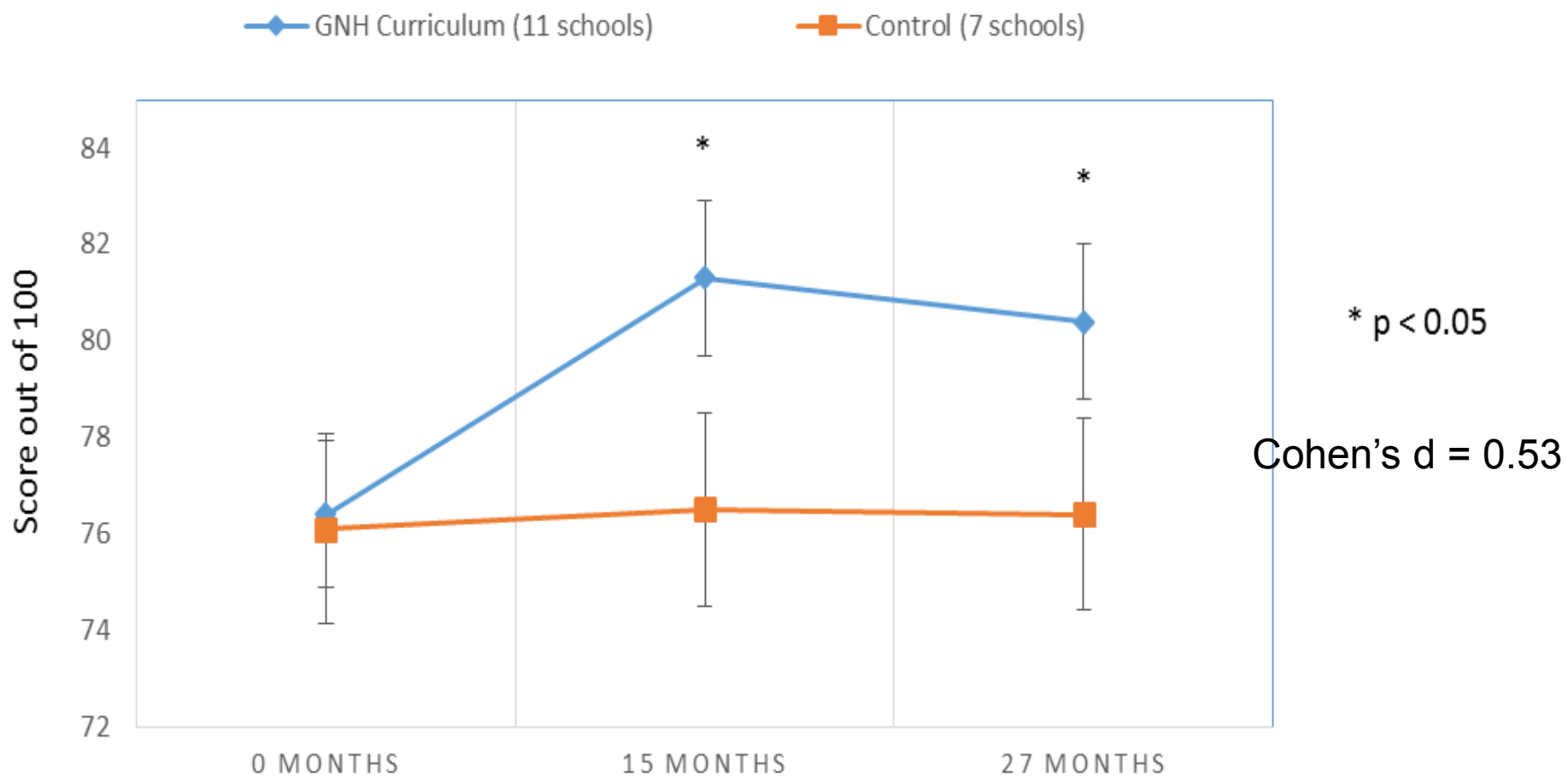
# Well-Being in Bhutanese Students (Alejandro Adler)

## Youth Well-being (EPOCH)



# Academic Achievement in Bhutanese Students (Alejandro Adler)

## STANDARDIZED TEST SCORES





# Penn Resiliency Training

- State-of-the-art, evidence-based resiliency curriculum
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- Penn has trained more than 36,000 individuals
- Customized curriculum

# Empathy



"Brilliant, powerful, and provocative, *Against Empathy*  
is sure to be one of the most controversial books of our time."  
—DANIEL GILBERT, author of *Stumbling on Happiness*



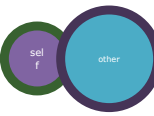

# AGAINST EMPATHY

The Case for Rational Compassion



**PAUL BLOOM**

*Author of How Pleasure Works and Just Babies*

<i>Anneke Buffone &amp; Sal Giorgi</i>	<b>Salutogenic Empathy</b>	<b>Pathogenic Empathy</b>
<b>Salience of Self : Other</b> (size)		
<b>Degree of Contagion</b> (overlap)		
<b>Intuitive vs. Deliberative</b>	Deliberative/controlled	Intuitive/automatic
<b>Emotionality</b>	Moderate, more positive emotion	High, more negative than positive emotion
<b>Arousal</b>	Moderate arousal	High arousal
<b>Kind of Response</b>	Emotional resonance	Emotional matching
<b>Personality</b>	<p><i>Helper</i> Successful giver Balanced helper <i>Enlivening</i></p>	<p><i>Martyr</i> Selfless giver Overwhelmed feeler <i>Debilitating</i></p>

**Health and Stress**  
**(controlling: age, gender, sal/path)**  
**Anneke Buffone & Sal Giorgi**

	<b>Salutogenic Empathy</b>	<b>Pathogenic Empathy</b>
Missing work health	-.05*	.14**
Drink work nights	-.10**	.10**
Stress	-.11**	.30**
General Health	.05*	-.08**





# Mapping the Positive/Negative Conceptual Space



# Eudaimonic Profile

(Pawelski, 2016)

Positive	Negative
<p data-bbox="272 434 722 491"><b>Directly Positive</b></p> <p data-bbox="50 554 343 605"><b>Promotion</b> Increasing the preferred</p>  <p data-bbox="50 751 392 802"><b>Preservation</b> Maintaining the preferred</p>	<p data-bbox="1190 434 1673 491"><b>Directly Negative</b></p> <p data-bbox="983 554 1315 605"><b>Aggravation</b> Increasing the dispreferred</p> <p data-bbox="983 751 1383 802"><b>Entrenchment</b> Maintaining the dispreferred</p>
<p data-bbox="253 926 745 983"><b>Indirectly Positive</b></p> <p data-bbox="50 1046 340 1098"><b>Mitigation</b> Decreasing the dispreferred</p>  <p data-bbox="50 1243 345 1295"><b>Prevention</b> Avoiding the dispreferred</p>	<p data-bbox="1170 926 1696 983"><b>Indirectly Negative</b></p> <p data-bbox="983 1046 1309 1098"><b>Destruction</b> Decreasing the preferred</p> <p data-bbox="983 1243 1315 1295"><b>Obstruction</b> Avoiding the preferred</p>

















# 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

# Human Flourishing Outcomes

**Extensional Definition**  
Objects  
“What”

**Functional Analysis**  
Subjects  
“How”

**Mechanisms**

**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**

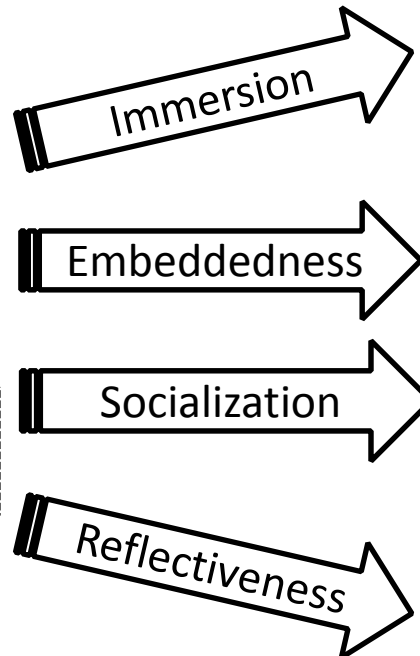
- Subjective Well-Being
- Psychological Well-Being
- Emotional Bread/Depth

**Positive Normative Outcomes**

- Character/Virtues
- Ethical Choices
- Moral Compass
- Civic Engagement

- Majors
- Disciplines
- Occupations
- Topics
- Courses

- Modes of Engagement
- Activities of Involvement











# Master of Applied Positive Psychology (MAPP)





Martin Seligman



Angela Duckworth

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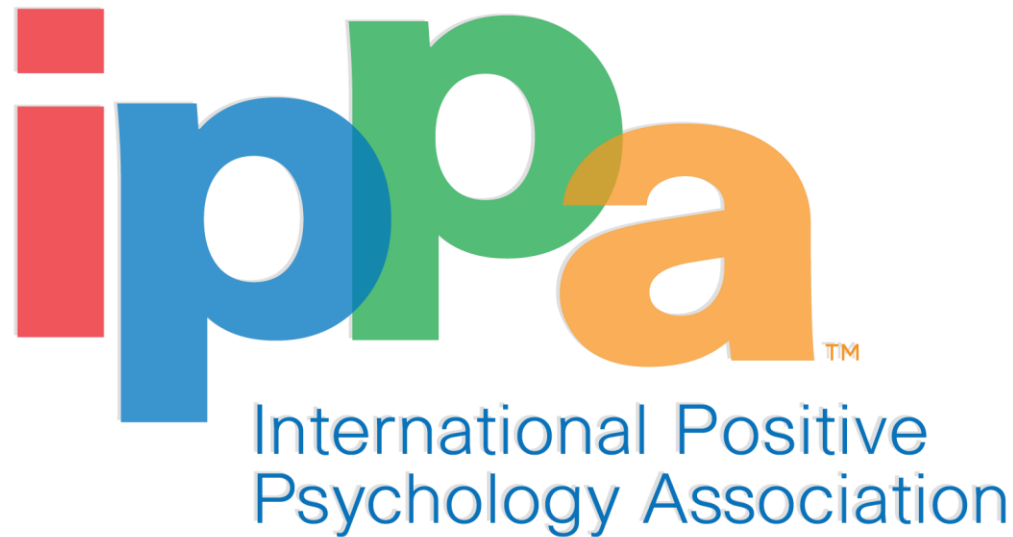
Karen Reivich



James Pawelski



**POSITIVE PSYCHOLOGY CENTER**  
[www.positivepsychology.org](http://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](http://www.ippanetwork.org)

# Save the Date!



**Fifth World Congress  
on Positive Psychology**

**July 13-16, 2017**

***Montréal, Canada!***

[www.ippanetwork.org](http://www.ippanetwork.org)

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# 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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