

Toolkit 1 - Learning Unit 11 Pre intervention

Activity 5a - How to increase positive psychology approach to promote more ecological thinking?



Basic Info

What is positive psychology?

Positive psychology is a relatively new branch of psychology that shifts the focus from what is clinically wrong, to the promotion of wellbeing and the creation of a satisfying life filled with meaning, pleasure, engagement, positive relationships and accomplishment.

Positive psychology is not about putting on a happy face all the time. Life can be hard and disappointments and challenges are inevitable. However, scientific research has shown that there are some strategies and skills that allow people to navigate the challenges of life more effectively and enjoy life despite the upsets.

What are useful techniques that might be used in a situation of crisis?

