

Positive Psychology

Ways to Flourish During Character-Building Times!

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Stay Calm and Well

Part II

Learn strategies and
resiliency skills to reduce
anxiety and overcome
today's issues.



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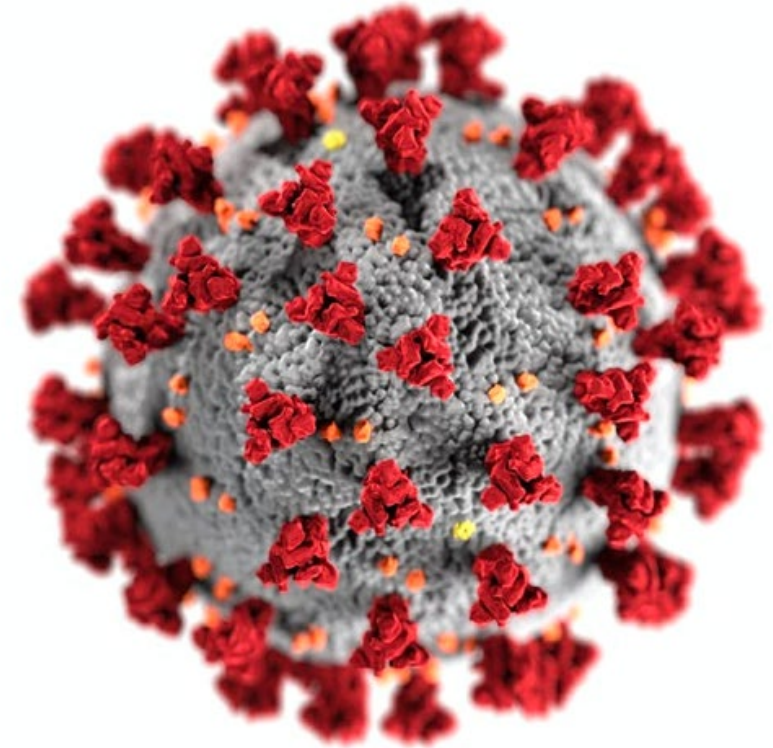


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*Partners: College of Nursing, Buckeye Wellness,
YP4H, OSU Health Plan, Office of Human
Resources, Employee Assistance Program and
Office of Student Life*

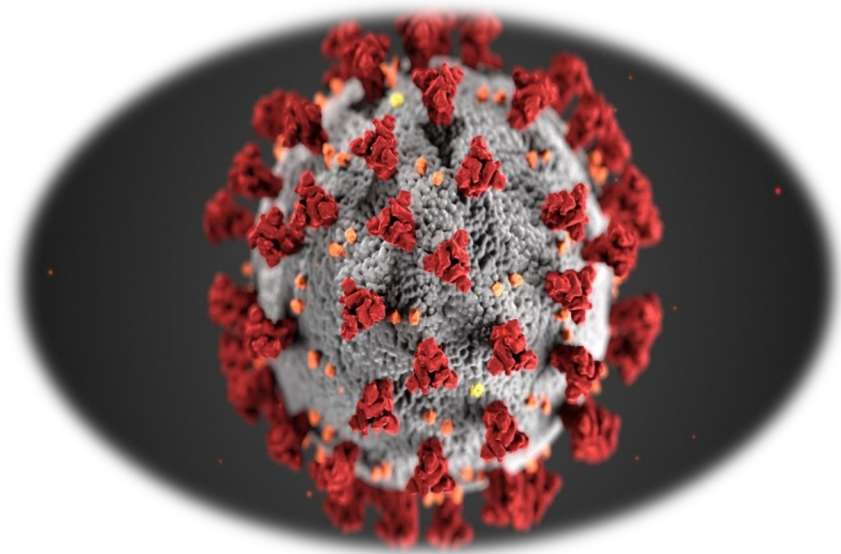
Covid-19 Mental Health Impacts

- We are now about 25 weeks into this pandemic
- As more studies continue to be published, research is validating that the impact of Covid-19 goes beyond just becoming physically ill
- The ongoing stress related to the pandemic is impacting many people's ability to cope in a healthy manner



COVID-19 is Triggering Mental Health Problems and Unhealthy Lifestyle Behaviors

You are Not Alone!

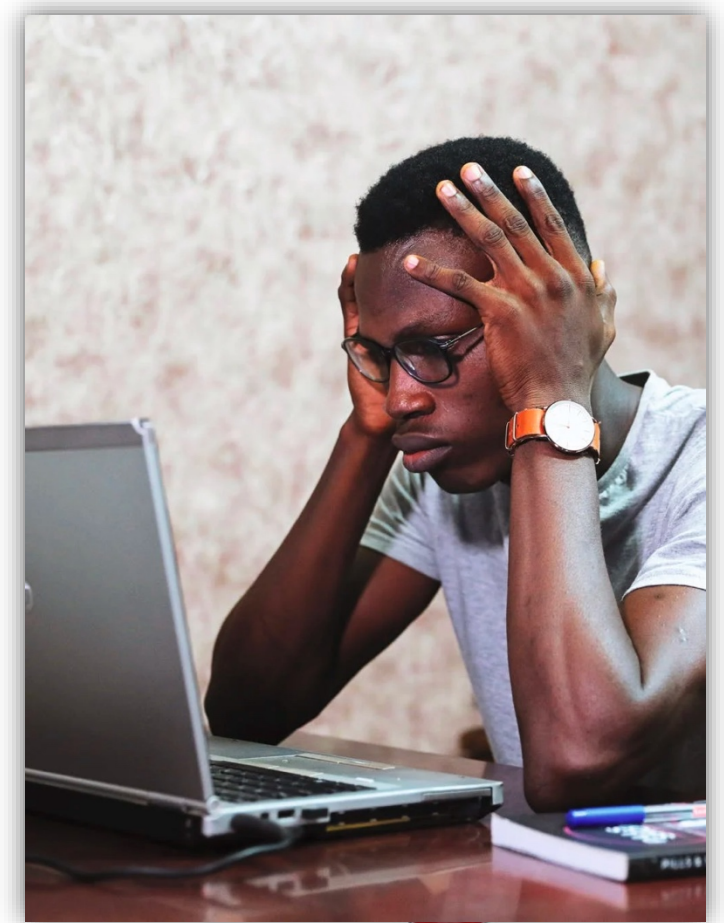


- Feelings of **despair**
- Fear for **loved ones**
- Decreases in **job security**
- Increases in **loneliness**
- Mindset switch from “**thriving**” to “**survival**”
- **Zoom fatigue and burnout**
- **Increases in alcohol use**
- **Unhealthy eating patterns**

- Feelings of **hopelessness**
- Increases in **anxiety**
- Decreases in **financial security**
- **Social withdrawal**
- **Sleep disturbances**
- Declines in **Physical Activity**

OSU Stay Calm and Well During the COVID-19 Storm Survey Findings

- **63%** reported feeling nervous, anxious or on edge several days to nearly every day during the last week
- **40%** not able to stop or control worrying
- **37%** reported feeling down or depressed several days to nearly every day during the last week



Major Worries Reported by Ohio State Faculty, Staff & Students

**Contracting
Covid-19**

**Financial
Insecurity**

The Unknown

**The “New
Normal”**

**Balancing work
and homelife**

Overindulgence

Social Isolation

**Declines in
Mental Health**

Civil Unrest*

*most recent emerging theme



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Be Aware of Your Own Level of Burnout

Based on your definition of burnout, how would you rate your level of burnout?"

- 1 = *"I enjoy my work. I have no symptoms of burnout;"*
- 2 = *"Occasionally I am under stress, and I don't always have as much energy as I once did, but I don't feel burned out;"*
- 3 = *"I am definitely burning out and have one or more symptoms of burnout, such as physical and emotional exhaustion;"*
- 4 = *"The symptoms of burnout that I'm experiencing won't go away. I think about frustration at work a lot;"*
- 5 = *"I feel completely burned out and often wonder if I can go on. I am at the point where I may need some changes or may need to seek some sort of help."*



A Mental Health Pandemic within the COVID-19 Pandemic

A third of Americans now show signs of clinical anxiety or depression, Census Bureau finds amid coronavirus pandemic

-The Washington Post

Don't Wait!

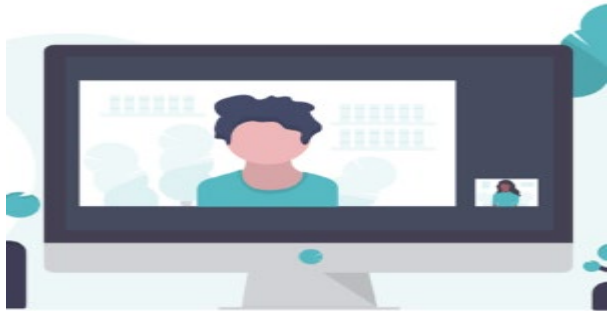
Get help if you are experiencing signs of stress, anxiety and depression that are interfering with your concentration or performance



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Engage in our Many Resources to Help!

Health Coaches at Our Health Plan



Employee Assistance Program
Provides **up to five**
complimentary counseling
sessions

Connect by using **Tess**, a mental health chatbot. Start chatting with Tess by texting "Hi" to +1 (415) 360-0023 Start code: buckeyes

Office of the CWO/Buckeye Wellness

Virtual Health Athlete
Energy Management Program
Virtual Fitness and Learning Classes
Virtual Radical Compassion Program

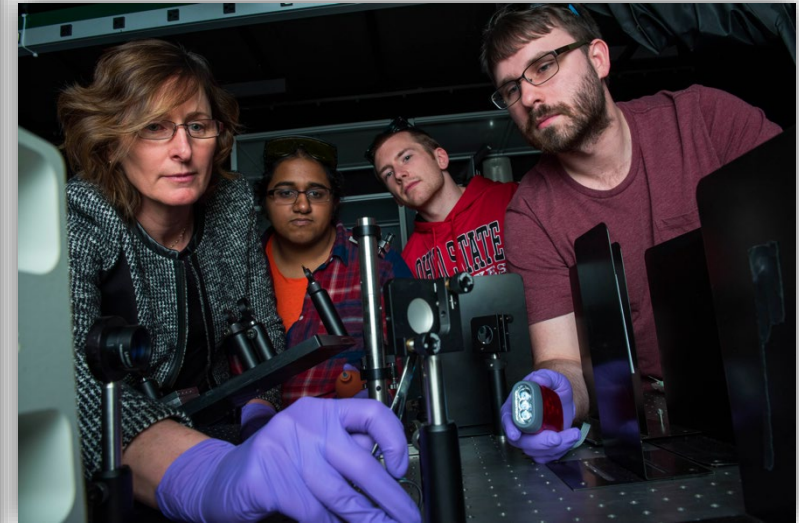
College of Nursing
Virtual Evidence-based
MINDSTRONG CBT Program
Contact
MINDSTRONG@osu.edu



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Goal Established by the Safe Campus and Scientific Advisory Subgroup

- To support, enhance and sustain optimal mental health and well-being of students, faculty and staff during the transition back to campus



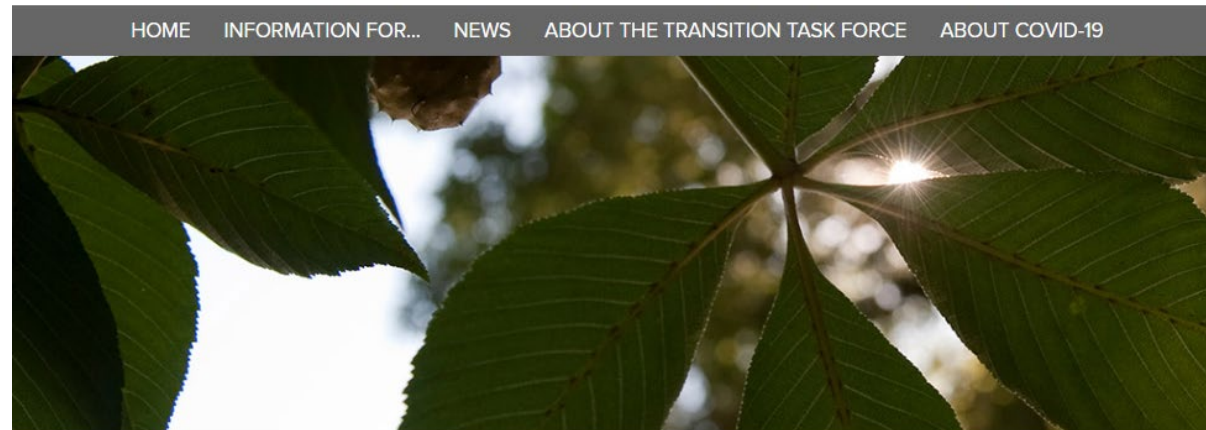
Safe and Healthy Buckeyes Website

<https://safeandhealthy.osu.edu/>



Safe and Healthy Buckeyes

Navigating COVID-19 Together



Home | Information for... | Faculty and staff

Faculty and staff

Home | Information for... | Faculty and staff | News | About the Transition Task Force | About COVID-19



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COPE with COVID

Control the things that you can, not the things you can't
Open up and share your feelings
Practice daily stress reduction tactics, including physical activity
Engage in mindfulness; be here now; *worry will not help!*

Count your blessings daily
Overturn negative thoughts to positive
Volunteer to help others
Identify helpful supports and resources
Do your part to prevent spread of the virus

- Bern Melnyk

go.osu.edu/copingwithcovid19 for the Stay Calm and
Well through COVID-19 Series Presentations



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Positive Psychology

“Positive psychology is the scientific study of what makes life most worth living” (Peterson, 2008).

The focus is on:

- Strengths instead of weaknesses
- Building the good in life instead of repairing the bad
- Going from good to great and flourishing
- Maximizing your potential for happiness
- Small simple actions (e.g., practicing gratitude; calls to friends) that contribute to happiness



Focusing on the Positive During COVID-19

Mental Health Perspectives From Positive Psychology

Yamaguchi et al., 2020

- COVID can help us reassess what is most important to us
- Focus on your strengths
- COVID is not going anywhere anytime soon, so enduring negative emotions and excluding the positive will cause you to run out of patience and tolerance as well as create stress and anxiety



We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty. — Maya Angelou



PERMA

A Widely Used Model in Positive Psychology

-Martin Seligman

- **Positive Emotions** = experiencing positive emotions; enjoying the present moment
- **Engagement** = being completely absorbed in the present moment; creates “flow”
- **Relationships** = creating strong, meaningful and positive relationships with others
- **Meaning** = Identifying the purpose for your choices and actions; finding meaning in life
- **Achievement/accomplishment** = Creating and attaining goals; we thrive when we succeed



PERMA Profiler

- An in-depth approach to determining which components of PERMA in your life require more attention
- Requires an account to be created, but is free to use
- Access [here](https://positivepsychology.com/happiness-wellbeing-coaching-perma/), scroll down to “Questionnaires” and select “PERMA”



Map Your Happy

- Once you have identified which PERMA components need your focus, you can use the “Map Your Happy” tool to plot out your sources of PERMA
- By knowing your PERMA sources, you can begin to apply it in all aspects of your life
- [Accessible here](https://positivepsychology.com/happiness-wellbeing-coaching-perma/)



<https://positivepsychology.com/happiness-wellbeing-coaching-perma/>



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Let's Practice PERMA Together!

What brings you positive emotions?

What activities do you get absorbed in?

What relationships bring you joy and support? What do you do to nurture them?

What larger purpose or cause do you feel drawn and connected to?

What would you like to accomplish in the next week, month, year?

Build Positive Emotions

- Identify things and people for who you are grateful
- Reflect on what is going well and how YOU contributed to it
- Spend time with those you care about
- Play with your children, pets, or friends
- Exercise
- Participate in activities/hobbies that you enjoy

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The Wellbeing and Resilience Center](#)



Create Engagement

- Identify and learn about your character strengths (*Strengths Finder 2.0* by Tom Rath is a good resource book)
- Engage in activities that inspire you, where you lose track of time
- Learn mindfulness techniques (meditation, yoga, or Tai Chi)
- Take time to savor a moment through out the day
- Be “here now”
- Be aware of how you use your time
- Spend time in nature – watching, listening, and observing what happens around you

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Develop Relationships

- Make new friends by joining a class or group
- Find someone at work with whom you can be friends
- Connect with people you have not spoken to for a while
- Learn more about new and old friends by asking about them, their family, or their interests

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Find Meaning

- Review your strengths – ask yourself “What am I really good at?” or “What am I passionate about?” “What will I do if I know I could not fail?”
- Follow your “north star”
- Think about how you can apply your strengths to your life, no matter how simple they may seem
- Get involved with a cause or organization that matters to you
- Be authentic and embrace the real you!



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Define Achievement



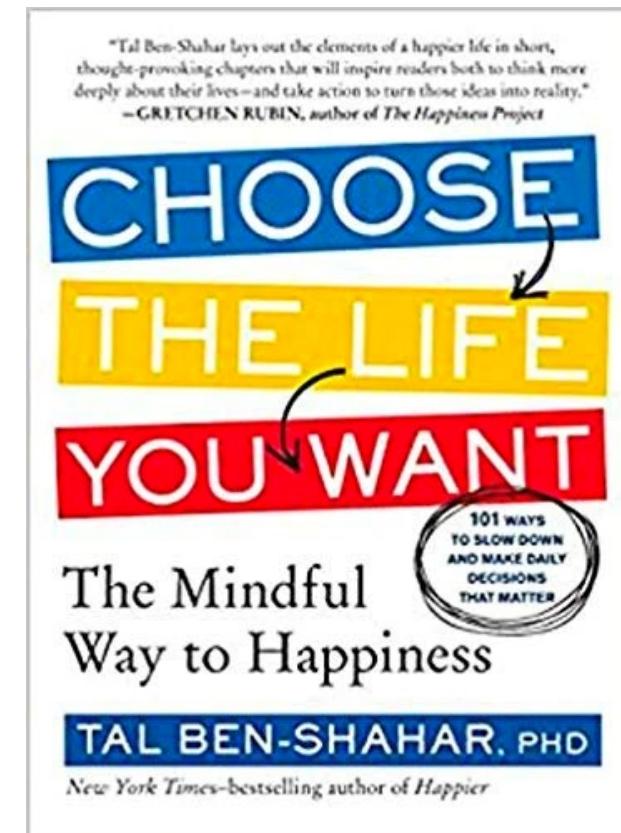
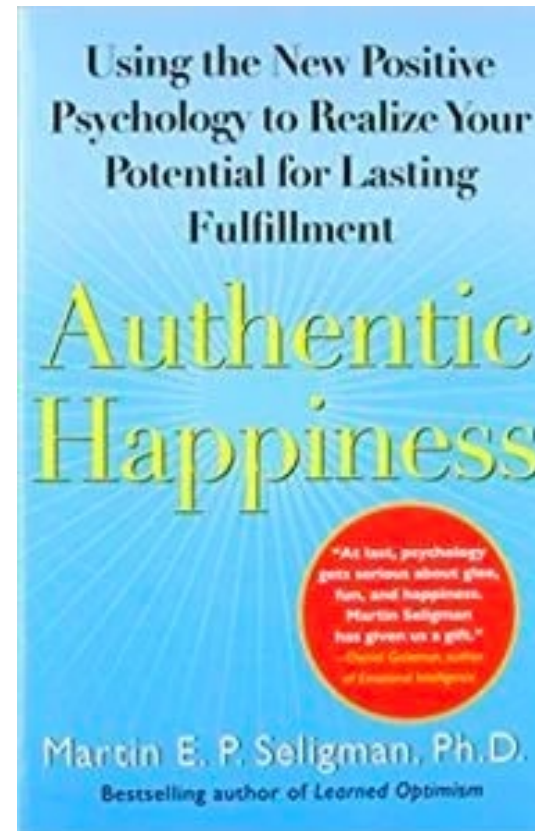
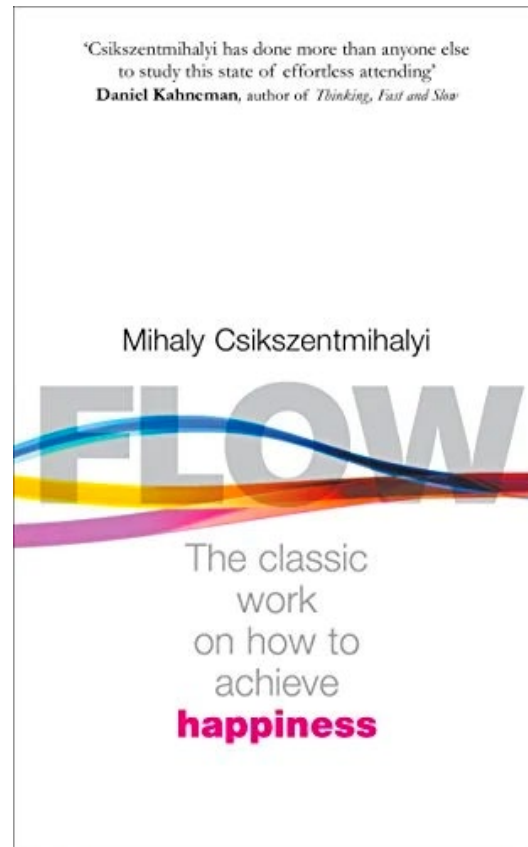
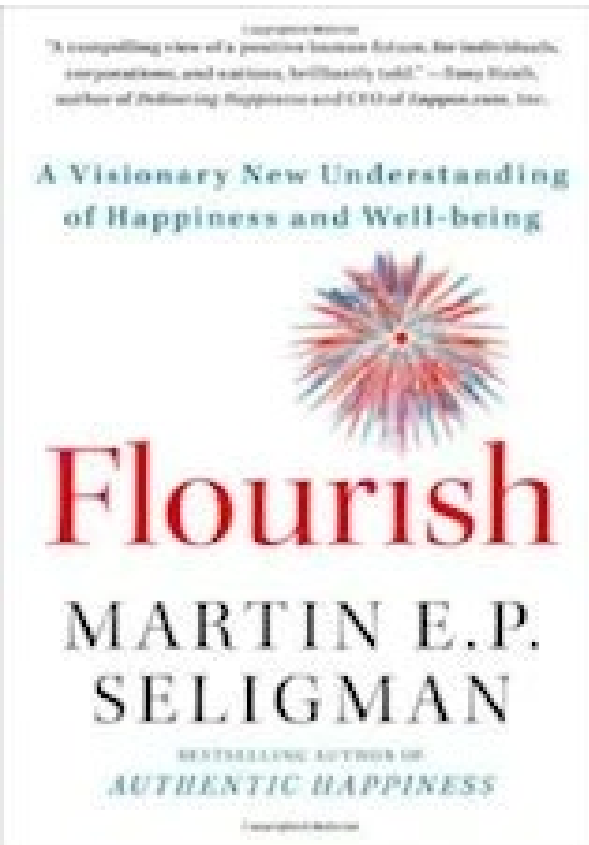
- Set SMARTER goals (Specific, Meaningful/Measurable, Achievable, Relevant, Time-bound, Evaluate, Readjust)
- Break big goals into smaller easy to complete goals
- Remember that goals can be simple (e.g. learning a new board game)
- Assess your strengths and how they can be applied to any current hardships
- Don't fear failure, you can always try again!

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Relevant Books



PERMA Skills Building - Week #1

Write down the answers to these questions and place them where you can see them on a daily basis

- Every day, name 2 people or things for which you are grateful (**P**ositive emotion)
- I am (name your two biggest strengths)
- I will use these strengths daily by _____ (**E**ngagement)
- Connect to one friend or relative with whom you haven't spoken to for a while (**R**elationships)
- What will you do in the next 5 years if you know you can not fail? (**M**eaning)
- Set a SMARTER goal for the first year that will assist you in reaching your 5 year goal (**A**chievement)



Save the Date and Join our Awesome BWI Team

New Buckeye Wellness Virtual Innovator Orientation

Sept 21, 2020



Contact buckeyewellness@osu.edu for more information



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Thank You

Office of the Chief Wellness Officer and
Buckeye Wellness

Follow me on twitter @bernmelnyk



We appreciate your feedback!

Please complete a brief survey following this
presentation

This survey will be sent via email to all registrants.
This and all future series recordings can be found at:

<https://u.osu.edu/keepcalmcovid192/recorded-webinars/>



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Next Week

August 19, 2020 12:30 - 1:00 pm

Coping Effectively with Change in the Workplace

Helka Casey, MSed, LPCC-S

Psychiatric Counselor, Ohio State Employee Assistance Program

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resiliency skills to reduce
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