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and immune function in a positive way.53 In this study, 15 healthy employees at a work site received an 8-week intensive clinical training in mindfulness meditation. A weekly training class met for about 3 hours, and a silent 7-hour retreat was held during week 6 of the training. In addition, participants were instructed to perform meditation practices for 1 hour each day, 6 days a week with the guidance of audiotapes. Brain electrical activity was measured at the baseline, the end of training, and 4 months after training. Also at 16 weeks of training, participants were vaccinated with influenza vaccine. Results from the meditation group were compared to those of the waitlist control group. Among the meditation group, brain activity in the left-sided anterior, associated with positive affect, was significantly increased. They also found significant increases in antibody concentrations to influenza vaccine in the meditation group. Interestingly, the size of increase in left-sided activation predicted the size of antibody concentration rise to the vaccine. In sum, the effects of positive psychology interventions on health outcomes are inconclusive. As stated before, positive psychology interventions seem to be more effective on reducing health risks among healthy individuals in the short term. However, its long-term health effects, especially, on a population with different health problems, is not clear. Positive psychology is a perspective that urges scientific attention to strengths and assets that contribute to health and a flourishing life. We have described what positive psychologists have learned about the relationships between positive psychological assets and physical health in the past decade. To date, the application of positive psychology to health is promising, although much work remains to be done. On the positive side, research shows that what we call positive psychological health assets (eg, positive emotions, life satisfaction, optimism, positive relationships, life purpose) are prospectively associated with good health measured in a variety of ways. Also on the positive side, interventions have been developed that increase these assets; lasting effects require a lifestyle change. Not yet known is whether positive psychology interventions improve physical health, reduce morbidity and mortality, speeding recovery from illness, and so on. Investigators are beginning to study the health effects of such interventions. Studies to date suggest that positive psychology interventions reduce some of the biological and behavioral processes that affect health, but the next step is to study good health per se. We urge an open mind about the eventual success of such interventions. It is important not to get too far ahead of the data. Perhaps these interventions will work as intended, perhaps not. For example, the lesson from studies of psychological interventions targeting negative states and traits such as anger and depression in the hope of reducing cardiovascular disease, with which they are associated, is instructive. The success of these interventions is checked at best 46 Whether the deliberate cultivation of positive health assets such as positive emotions or life purpose will be more successful in promoting good health than the reduction of psychological risk factors is not known, but is a question worth addressing. In conclusion, growing evidence suggests that positive psychological assets are linked to health and longevity. However, more studies are necessary to learn more about when, why, how, and for whom positive psychological assets plays a role in good health and whether interventions that enhance these assets will yield health benefits. We urge a skeptical yet fair-minded attitude on the part of researchers and practitioners and that they pay particular attention to underlying mechanisms. Meanwhile, freedom from disease and longevity are not the only goals of life. Quality of life matters in addition to quantity of life. It is clear from research that experiencing frequent positive emotions, having sense of life purpose, paying attention to what is positive in life, and living a more socially integrated life is linked to one's quality of life across the lifespan. Thus, helping people cultivate positive psychological and social assets in life has potential for leading to happier, more meaningful, and healthier lives. Christopher Peterson unexpectedly died on October 9, 2012, during the revision of this article. We are deeply indebted to his scholarly contributions and mentorship not only to this work but also to the foundation of positive psychology and its applications to various fields. His intellectual and personal contributions will continue to inspire and guide the positive psychology and positive health community. Support for the preparation of this article was provided by the Robert Wood Johnson Foundation's Pioneer Portfolio, which supports innovative ideas that may lead to breakthroughs in the future of health and health care. The Pioneer Portfolio funding was administered through a Positive Health grant to the Positive Psychology Center at the University of Pennsylvania. Martin Seligman, Director. 1. World Health Organization. Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference, New York, 19-22 June, 1946 Official Records of the World Health Organization, Geneva, Switzerland: World Health Organization, 1946. [Google Scholar] 2. Peterson C, A Primer in Positive Psychology, New York, NY: Oxford University Press; 2006. [Google Scholar] 3. Seligman MEP, Csikszentmihalyi M. 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Increasing physical activity in patients with asthma through positive affect and self-affirmation: a randomized trial. *Arch Intern Med.* 2012;172:337-343. [DOI] [PMC free article] [PubMed] [Google Scholar] 57. Opedegbe GO, Boutin-Foster C, Wells MT, et al. A randomized controlled trial of positive-affect intervention and medication adherence in hypertensive African Americans. *Arch Intern Med.* 2012;172:322-326. [DOI] [PMC free article] [PubMed] [Google Scholar] Articles from American Journal of Lifestyle Medicine are provided here courtesy of SAGE Publications The Power of Positive Psychology: Enhancing Well-being and Resilience www.academicassignments.co.uk02 Introduction We frequently grow weary of being constrained by a pessimistic outlook. We look for methods to improve your resilience and general well-being. You can cultivate a more joyful, more satisfying life by adopting a growth perspective and using positive psychology to concentrate on the positive aspects of your life. This PPT will discuss the advantages of psychological wellness and offer suggestions for incorporating it into your everyday life.Overview of the importance of positive psychology in human beings Positive psychology is an effective tool for encouraging people to focus on their strengths and abilities. By cultivating positive emotions and building positive relations individuals can handle to handle stress. positive psychology is also useful in promoting mental and physical health. What is positive psychology? A focus on strengths is placed on the study of individual ideas, emotions, and behaviour in the field of positive psychology. It is common for psychologists to think about how to improve personality traits, confidence, fulfillment in life, and happiness, among other things.THE PERMA MODELWhat is the PERMA model? The PERMA model is the five pillars for flourishing and thriving at work and beyond. Positive: we need positive emotions in our lives. Any positive emotions such as positive gratitude. Engagement: Even if one's job doesn't have anything to do with one's happiness, one can find happiness through engaging in activities one enjoys. Relationships: Humans require love, they form relationships with friends, relatives, fellow workers, and peers because it is from these groups that we can receive psychological support. Meaning: People are motivated to live on by the purpose they discover in their lives. Accomplishments: Everyone has something they're proud of. Our confidence and sense of self-worth are strengthened by these accomplishmentsThe application of PERMA can assist us in leading a meaningful life. A sincere and enduring state of contentment can be achieved through the five PERMA elements. HOW PERMA MODEL CAN BE APPLIED TO ENHANCE WELL-BEING AND RESILIENCE? We execute better and have greater self-control when we experience positive emotions. By strengthening our resilience, we can react to stress positively and nimbly.Positive Psychology Intervention (PPI) Positive psychology Intervention is an evidence-based technique designed to increase happiness. Mindfulness Practice: Involves present-moment awareness such as meditations. Gratitude Journaling: Regularly write down things that you're grateful for. i ' ' Positive self-talk: This involves focusing on self-affirmations. Random act of kindness: perform a small act of kindness like sharing food with the needy. This develops social connections. Restructuring self-identifying challenges and replacing them, the positive and adoptive ones. This improves, mood and stress among individuals. Protective factors for promoting well-being and resilience Protective factors are characteristics of the self and the environment that promote healthy growth and development throughout a lifetime. Self-regulation Regulatory abilities aid in controlling irrational emotions and impulses. Interpersonal prowess fostering strong interpersonal connections, Making sense Understanding and being able to speak about traumatic or difficult experiences helps one's mental health.Conclusion In conclusion, positive psychology interventions are successful strategies for boosting resilience and well-being. These strategies can assist people in building more psychological and social assets to better deal with stress, adversity, and mental health challenges by emphasizing positive feelings, and accomplishments. PPIs in daily life, such as meditation, gratitude journaling, and constructive criticism lead people to want to have better mental and emotional health. We can assist you if you are struggling with a psychology assignment and need some expert guidance reach out for psychology assignment help by Academic Assignments. You can achieve higher grades and gain a better understanding of psychology with the help of experienced psychology assignment writers. You deserve the best chance at success - don't let stress and anxiety hold you back. Get the assistance you need to succeed in your studies when you contact us! www.academicassignments.co.uk findout@academicassignments.com +44 7379 126036THANK YOU www.academicassignments.co.uk 100%(1)100% found this document useful (1 vote)281 viewsPositive psychology focuses on nurturing human strengths and potential. Originally, psychology aimed to cure mental illness, find and nurture talent, and make normal life more fulfilling. Ho...AI-enhanced title and descriptionSaveSave Introduction to Positive Psychology For Later100%100% found this document useful, undefined 100%(2)100% found this document useful (2 votes)1K viewsPositive psychology is the scientific study of human flourishing and optimal human functioning. It focuses on strengths rather than weaknesses. 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