Follow-Up Activities

# What is Positive Psychology, Emiliya Zhivotovskaya, July 16, 2021

These are activities that you can do on your own, with a partner or with a small group of people. You could do some of these individually, some together, and then share with your partner or group how the activities are going, and support each other in building your own skills in positive psychology

## Theory of ERs

* Emilia talked about the theory of ERs.
* What or your ERS, the things you call yourself, the things that you are passionate about? (example; painter, gardener, reader…)
* How much have you put these passions into practice lately?
* How can you create some time and space to do more of the things that you are passionate about?

## Gratitude Ping Pong

* With one other person or with a small group of people, each person says something they are grateful for. Continue until each person has shared one thing they are grateful for.
* How did that activity make you feel? You might each share one word or share one idea.

## Savoring

* “Positive events alone are not enough to bring about happiness. People need to be able to attend to and appreciate the positive feelings that emerge from positive events.” Bryant & Veroff (2007, p. 43)
* Emiliya talks about three types of savoring and four pathways for savoring.
* Which one do you think you could benefit from incorporating into your life?
* How might you put that into practice to help you to savor and prioritize happiness?
* It doesn’t have to be something large, it could be as small as stopping to smell your morning coffee, or find a picture on your cell phone and remember/savor that moment