

FLOURISHING: How to Grow a More PERMANent Resilient Life

Flourishing is “a state of successful growth and happiness.”

What positive qualities, relationships and activities do you want to nurture and flourish in your life – personally and professionally? Do you spend your time planting a garden of what you want, or are you too busy pulling up the weeds? Seeds of Flourishing? Weeds of Frustrations? Your mind is a garden, and you have ways to tend to it – observe it, pull weeds, plant flowers. Observing is fundamental and sometimes that is all you can do. The mind is grounded in the brain, which is a physical system that doesn’t change for the better on its own.

Your brain is designed to be changed by your experiences – the good and the bad. This is called Experience-dependent neuroplasticity. Unfortunately, we are wired to be Velcro for bad experiences and Teflon for the good ones. We must retrain our brains to focus on the positive instead of on the bad all the time because of our inherent negativity bias. To do is called Positive Neuroplasticity. Hunting the Positive. Savoring the Good.

Happiness is the natural result of building up our wellbeing and satisfaction with Life. How then can be happier? Happiness results from many things and is temporary. What we really want is Joy - a feeling of great pleasure or happiness that comes from success, good fortune, or a sense of well-being.

The Foundations of Wellbeing

Well-Being is defined as having a happy and fulfilled life. Well-being is having more positive emotions, engagement, healthy relationships, Meaning and accomplishments in your life. That is what PERMA is – the building blocks/foundation for Well-being and happiness. Everyone will gauge their happiness differently among the elements of PERMA.

P = Positive Emotions (optimism, love, joy, humor, awe, pride, etc)

E = Engagement. “Flow,” complete immersion in what you are doing.

R = Relationships. Good relationships with self and with others

M = Meaning and Purpose. Belong to and serve something bigger than you. A Calling.

*The single most predictive factor of Well-being!

A = Achievement. Personal success. Professional Success.

Savoring

Savoring is a positive intervention. It is one way to respond to the good in your life.

How often do we just brush off the good in our lives? The way in which you respond to the positive events in your life has a huge impact on our experiences and our life in general. These are the events that we need to pay attention to, to put into our reference data (block the negativity bias). “Hunt the Good!”

We can savor things from the past, in the present and of the future. It is not enough to recognize the moment but to relish the moment.

There are 4 ways to savor the good events in our lives:

1. Thanksgiving – process of savoring feelings of gratitude
2. Marveling – savoring feelings of awe (art, music, spiritual, nature, etc)
3. Basking – savoring feelings of pride / self-focused savoring – experiences that connect us with something in ourselves.
4. Luxuriating – savoring pleasures (chocolate, bubble bath, wine)

Optimism is a positive emotion and arises from our ability to see the good that is in the world. Positivity is the fuel for the engine of Optimism that drives our Resiliency.

RESILIENCY

Resiliency is a dynamic between self and the environment. Sometimes we can handle what life gives us. Sometimes we need the help and support of others to handle adversity.

“Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts and actions that can be learned and developed in anyone.” It is an active, ongoing, and intentional process. Resiliency is not about avoiding the difficulties or challenges in life. It is about facing them and learning from them.

Coping is the ability to get past a difficult situation in the moment. Coping is about “getting through.” Does not prepare you to get through the next moment or the next. Resilience is built over time and intentionally, so when a moment hits, you are prepared, energized and elevated by it.

Micro-Resilience:

Reset your Alarms

Refocus your Brain

Reframe your Attitude

Refresh your Body

Renew your Spirit

Macro-Resilience:

Traits, Skills, and Behaviors

1. Reduce negative thinking.
2. Learn good problem-solving skills.
3. Cultivate Gratitude
4. Have Strong Relationships
5. Manage energy / Self-Care.

Your Mind is a Garden. Your thoughts are the seeds. You can grow flowers or you can grow weeds.