



**Dr Nigel  
Thompson**  
Wakatipu Medical  
Centre  
Queenstown



**Prof Bruce  
Arroll**  
University of  
Auckland  
Auckland

## Positive Psychology..for Doctors - Pre-conference workshop

Thursday, 20 June 2013

Start 11:00am

Duration: 120mins

Da Vinci



 **Rotorua GP CME 2013**  
NZMA  
New Zealand Medical Association

General Practice Conference & Medical Exhibition

**20-23 June 2013 | Energy Events Centre | Rotorua**



# **Finding your Mojo: in the Moment and in your Mission**

**Dr Nigel Thompson, Queenstown**

# Queenstown Gardens

## Mission and Moments



# People with high well-being:

- Are more successful
- Achieve more
- Earn more
- Live longer
- Have better mental health



# Well-being is built through:

**Positive Emotion:**

joy, curiosity, contentment...

**Engagement**

**Positive  
Relationships**

**Meaning or Purpose**

**Accomplishment**



# The Bottom Line of Well-Being

**Take Notice** – savour the good bits

**Keep Learning** – try something new.

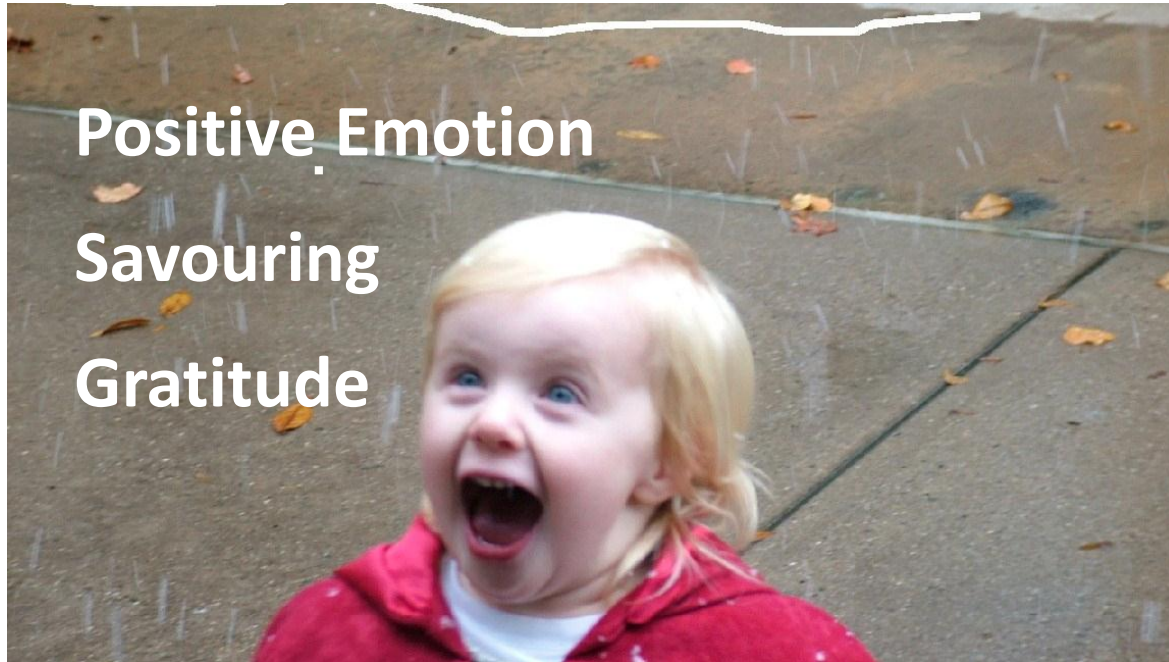
**Be Active** – whatever way you enjoy.

**Connect** - the cornerstone of well-being

**Give** - do something for someone else.



# Moments and Mission



**Positive Emotion**

**Savouring**

**Gratitude**



**Relationships**

**Living Your Values**

**Helping**

# Positive Emotion. What's it all about?

- Love
- Joy
- Gratitude
- Serenity/  
contentment
- Interest/curiosity
- Hope
- Pride
- Amusement
- Inspiration
- Awe



# Positive Emotions 'Broaden & Build'

- Not just the opposite of negative emotions

A different function

- Not flight or fight but...
- **Approach and learn**



# **Broaden** your attention and thinking.

We take in more information  
and make better use of it:

- Improved problem solving
- IQ test performance
- Increased perception



# Build Enduring Personal Resources



Prof. Barbara L. Fredrickson

- **Physical:** reduces stress
- **Social:** builds social support
- **Mental (cognitive):**  
increased learning,  
mindfulness
- **Psychological:** self-efficacy,  
self-acceptance, optimism.

# Positive Emotions Help Us Build...

“Upward  
Spirals”

How can we create  
upward spirals in  
our lives?



# Savouring – a way to increase the positive

## Anticipating

looking forward



## Savouring the moment

enjoying the now



## Reminiscing

looking back on good times



# Savouring: noticing what's good

What's the  
speed of  
savouring?

Where is your  
attention?



# Exercise on Savouring

“Really, really, taste!”



"In our daily lives, we must see  
that it is not happiness  
that makes us grateful,  
but the gratefulness that makes  
us happy."

- Albert Clarke



# Gratitude Down the Years

Thinking back to your own youth,  
to whom do you feel most grateful?

In what way did that person help you?

What did they give you?

How do you feel when you  
remember them?



# Gratitude helps you to:

- Do the right thing!
- Feel closer to people
- Stop keeping up with the Jones'
- Counter 'entitlement'
- Keep enjoying 'new toys'
- Cope with the tough stuff
- Feel better about you



# Some people are born grateful. The rest of us should practice!

- Ask 'who do you feel grateful towards?'
- 'What's the best thing about...?'
- Daily list of 'three good things'
- Count your blessings



# Non-Exercise Activity Thermogenesis

*(That's NEAT!)*



Dr James Levine

Any movement is good. More is better.



# So, who are the happiest people?



# ‘Love, Help, Be True to Yourself’

Close, enduring relationships

Relationships >>> money, status, jobs

Live out your values

Helpers are happier

# How much positive emotion do we need?



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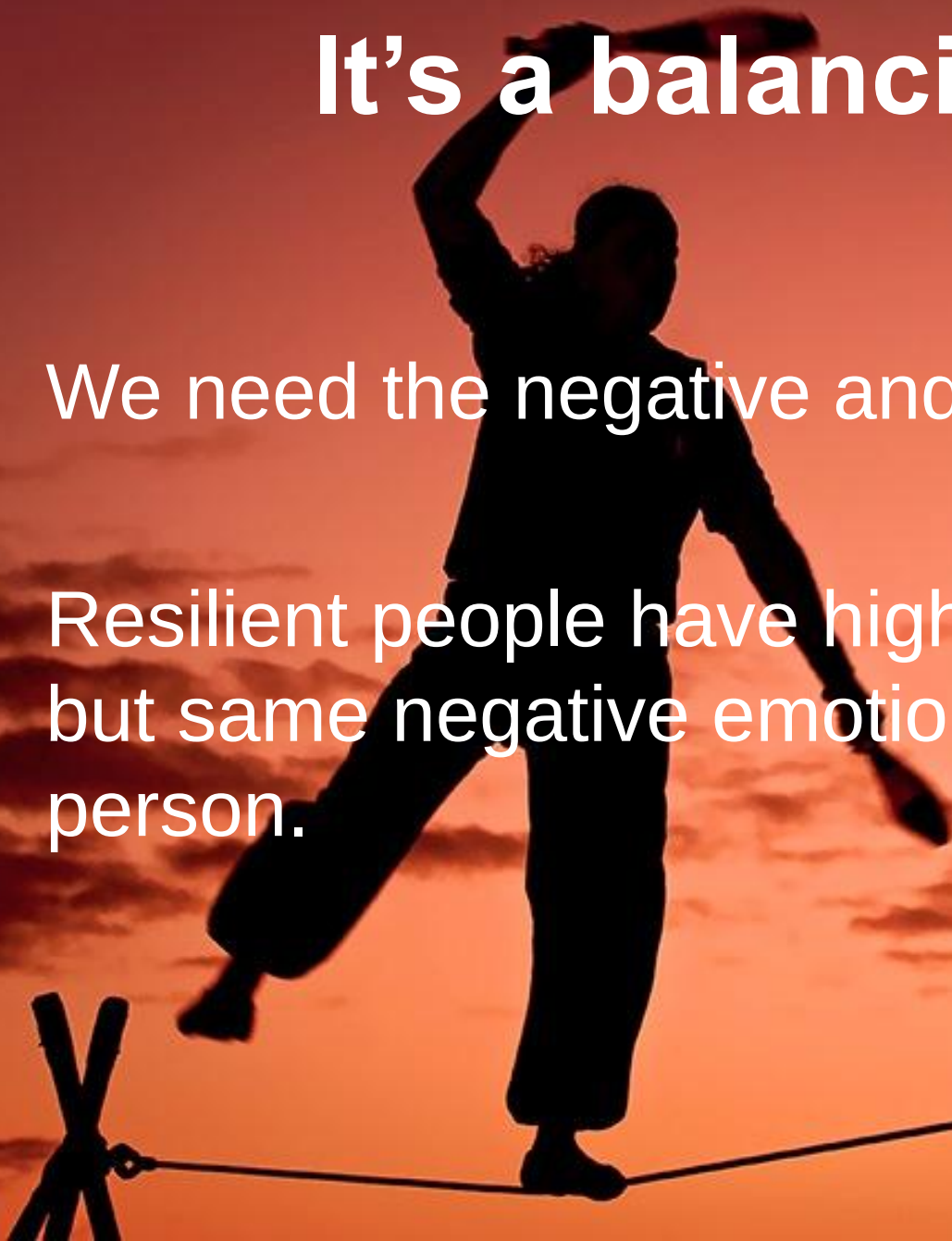


3:1 “The Golden Ratio”

# It's a balancing act !

We need the negative and the positive

Resilient people have high positive emotion but same negative emotion as the average person.



# High performing work teams

- Positive : negative ratios 5.6 : 1
- Inquiry : advocacy 1 : 1
- Internal : external 1 : 1



Marcial Losada



# The happiest relationships

These couples wear rose-tinted glasses

And have a positive : negative ratio of 5 : 1



# Think of a Friend

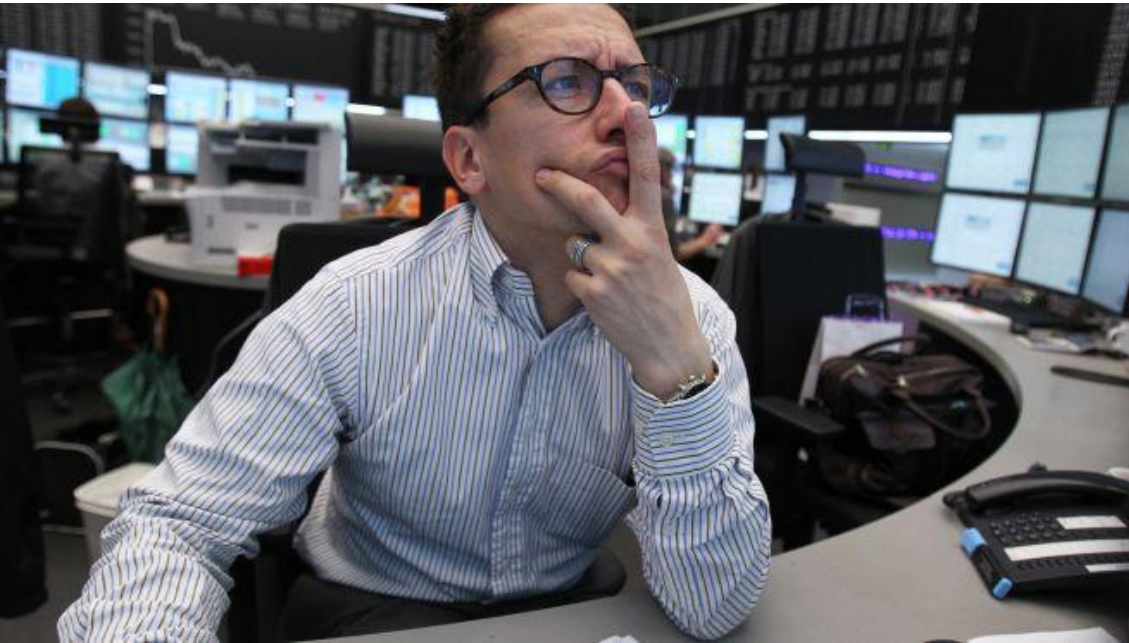
1. What's one thing that irritates you about this person? Reinterpret it as positively as possible.

1. What do you appreciate most about this person?



# Living Out Your Values

“Would someone following you for one week be able to tell what is most important to you in life?”



# If it matters to you, do it!

Doing what's important to you helps:

Depression, Chronic pain,  
Anxiety and Well-being.



# The helper's high



# What is the helper's high?

- **Euphoria** - endorphin release

Followed by:

- **Calm**
- Improved **emotional well-being**
- Increased sense of **self-worth**
- Reduced **stress**
- Improved **health**



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**Give** - do something for someone else

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**Be Active** – whatever way you enjoy.

