



Why Prioritize Positivity?

Barbara L. Fredrickson, Ph.D.

University of North Carolina at Chapel Hill

www.PositiveEmotions.org

blf@unc.edu

Ode to the



Lahnna Catalino



Thanks also to the U.S. National Institutes of Health (NCI, NIA, NINR, NCCAM, NIMH, The Common Fund) for past & current funding

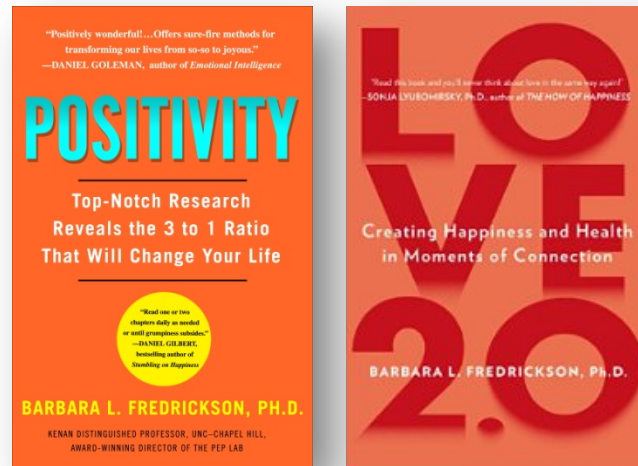
Emotions as Micro-moments



Beyond the smile



The Broaden-and-Build Theory of Positive Emotions



www.PositiveRatio.com

www.PositvityResonance.com

Fredrickson (1998). *Review of General Psychology*, 2, 300-319.

Fredrickson (2001). *American Psychologist*, 56, 218-226.

Fredrickson (2013). *Advances in Experimental Social Psychology*, 47, 1-53.

Positivity Broadens



Fredrickson & Branigan (2005). *Cognition & Emotion*, 19, 313-332.

Opens Possibilities



Fredrickson & Branigan (2005). *Cognition & Emotion*, 19, 313-332.

More Creativity



Rowe, Hirsch, & Anderson (2006). *Proceedings of the National Academy of Sciences*, 104, 383-3

More Oneness



Johnson & Fredrickson (2005). *Psychological Science*, 16, 875-881.

Opens Posture



Melissa Gross, Ph.D., U Michigan

More Trust



Dunn & Schweitzer (2005). *Journal of Personality and Social Psychology*, 88, 736-74

Not just the old story...



...seeing the BIG picture



Positivity Builds



Fredrickson et al. (2008). *Journal of Personality and Social Psychology*, 95, 1045-1062.

Resilience



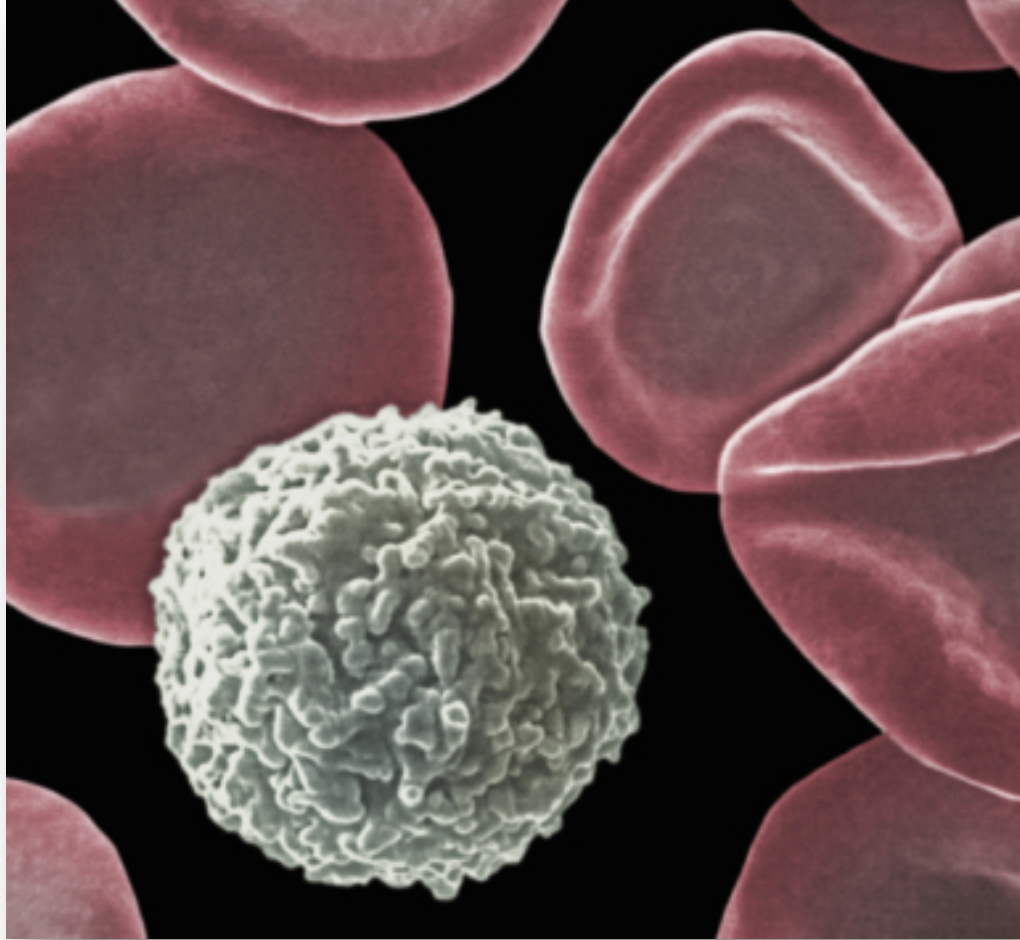
Fredrickson et al., (2000). *Motivation and Emotion*, 24, 237-258.

Fredrickson et al., (2003). *Journal of Personality and Social Psychology*, 84, 365-376.

Heart Health



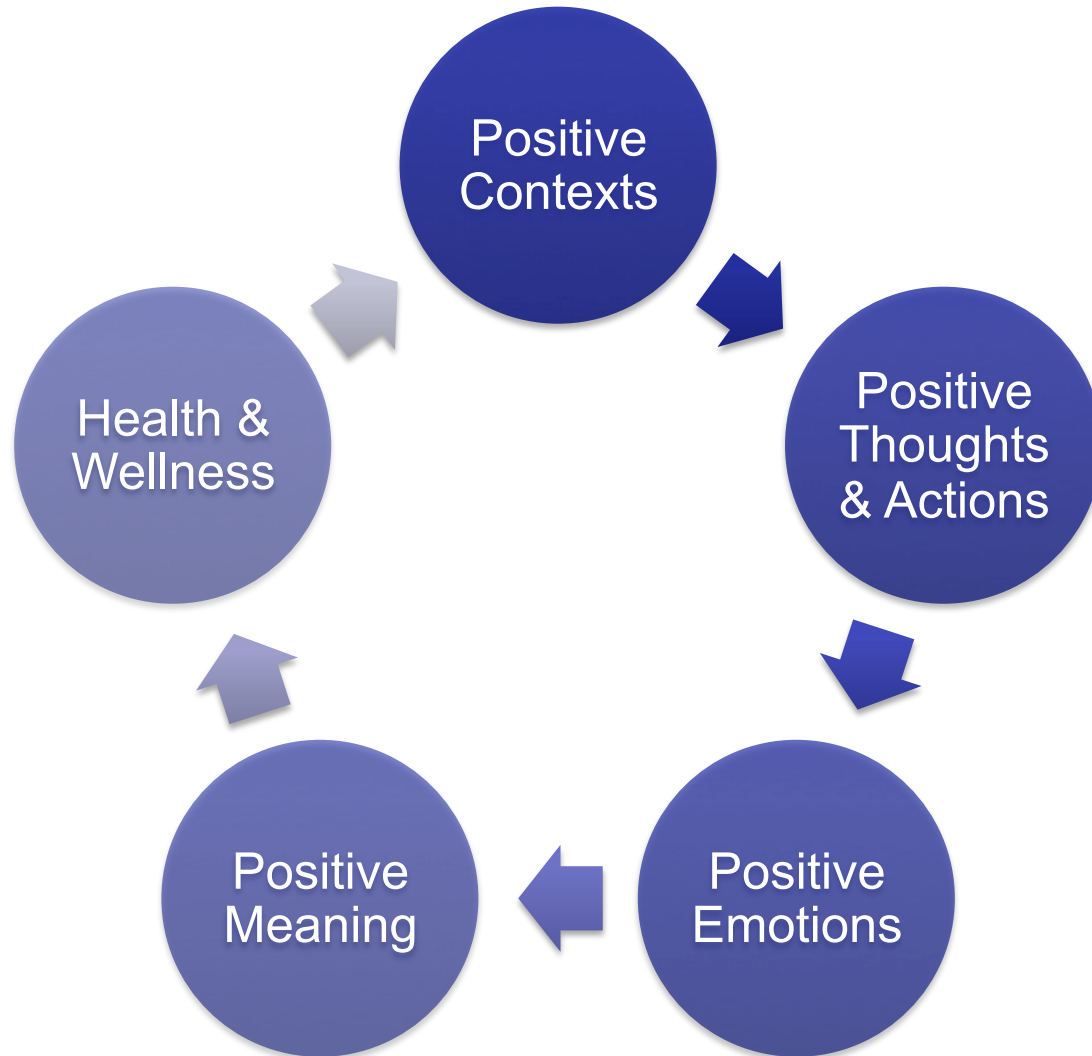
Immune Health



Fredrickson et al., (2013). *Proceedings of the National Academy of Sciences*, 110, 13684-13689.

Fredrickson et al., (2015). PLoS ONE 10(3): e0121839. doi:10.1371/journal.pone.0121839

Spiraling toward Health



What's a Smile For?



- To express positivity (Ekman, 1975);
- To evoke positivity (Bachorowski & Owren, 2003);
- To evoke inter-subjectivity (Niedenthal et al., 2010);
- To broaden collective mindsets and build collective resources (Gervais & Sloan Wilson, 2005);
- ***ALL OF THE ABOVE:*** To create the life-giving nutrient of positivity resonance (Fredrickson, 2013).

How to...?





Oettingen, Mayer, & Portnow (2016). *Psychological Science*, OnlineFirst



Gruber (2011). *Current Directions in Psychological Science*, 20, 217-221.



Mauss, Tamir, Anderson, & Savino (2011). *Emotion*, 11, 807-815



Ford, Mauss, Gruber (2015) *Emotion*, 15, 211-222.

Ford et al. (2014). *Journal of Social and Clinical Psychology*, 33, 890-905.

Don't "Be Positive"



“There wouldn’t be such a thing as counterfeit gold if there were no real gold somewhere.”

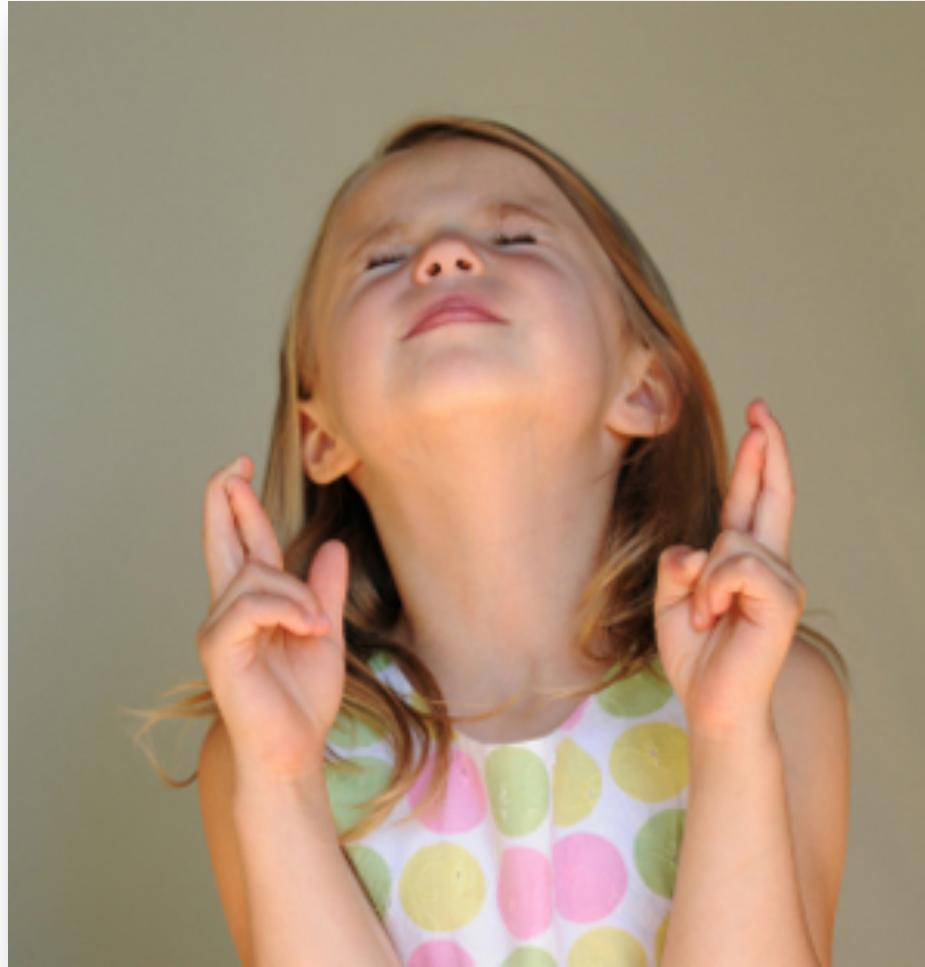


-- Sufi proverb

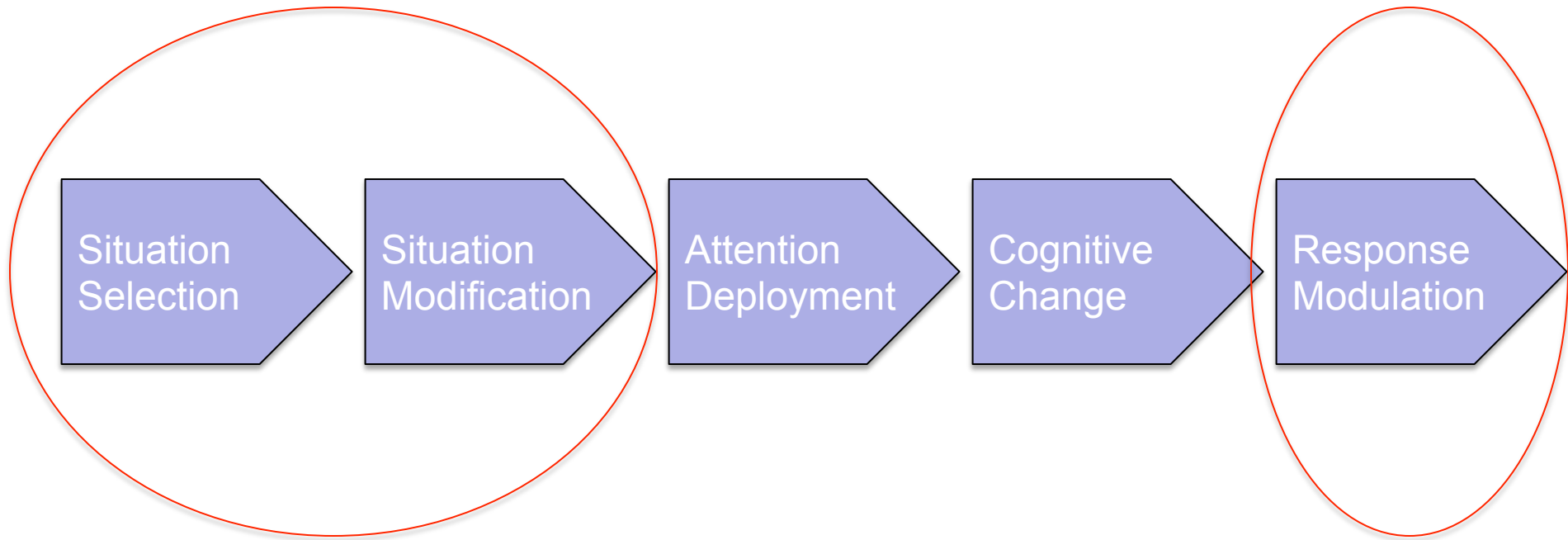
A Delicate Art



Wishful Thinking



Emotion Regulation Strategies

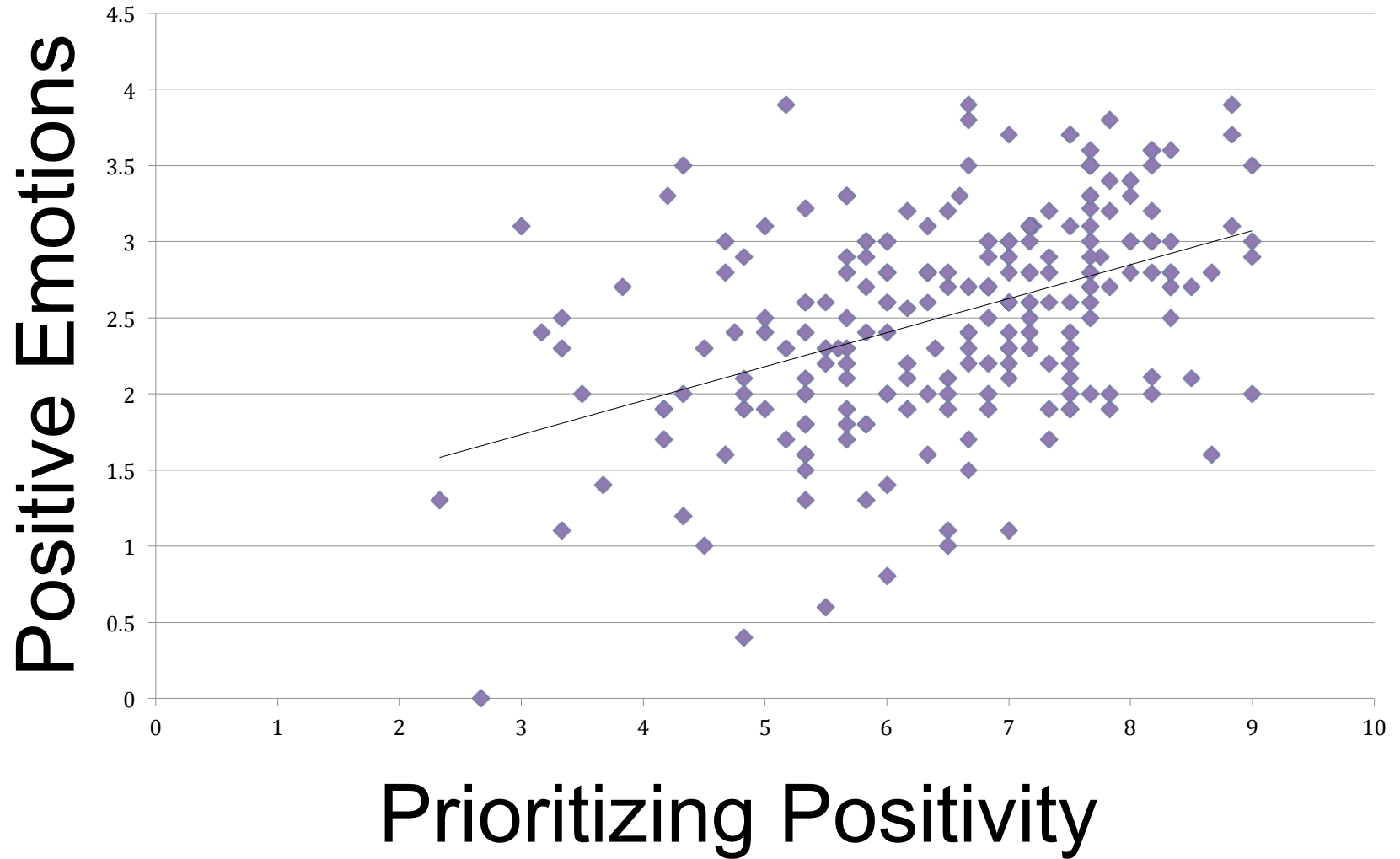


Gross, J. J. (2001). *Current Directions in Psychological Science*, 10, 214-219.

Prioritizing Positivity



Catalino, Algoe & Fredrickson (2014). *Emotion*, 14, 1155-1161.



$N = 233$

$\text{Beta} = +.44^{***}$

Catalino, Algoré & Fredrickson (2014). *Emotion*, 14, 1155-1161.



CRAIG SWANSON © WWW.PERSPICUITY.COM

$N = 103$

$Beta = +.22^*$

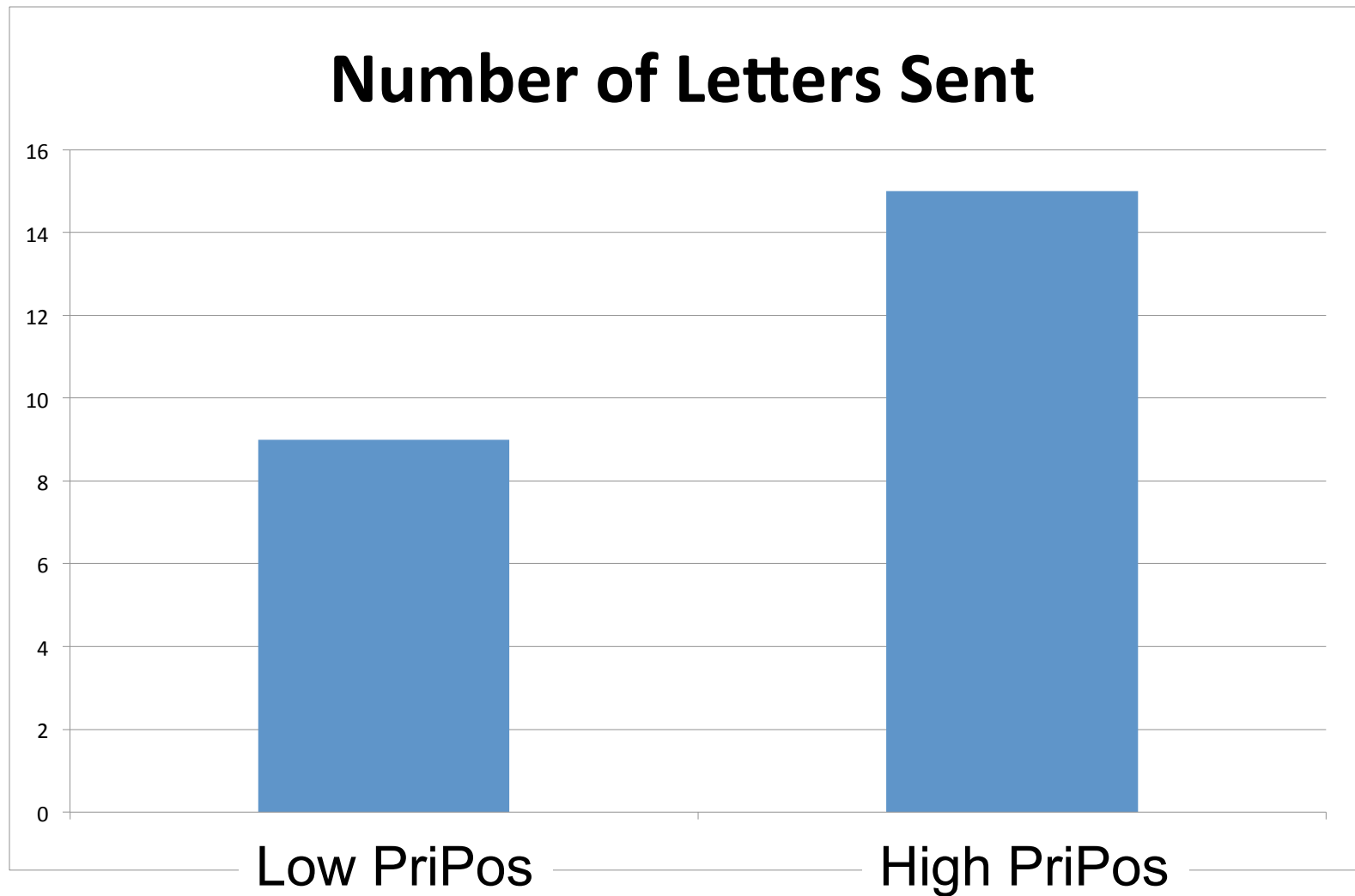
Catalino, Waugh, Moskowitz, & Fredrickson (2016). In preparation.



$N = 60$

$Beta = +.30^*$

Catalino, Waugh, Moskowitz, & Fredrickson (2016). In preparation.



*logit b = +.67**

N = 60

Catalino, Waugh, Moskowitz, & Fredrickson (2016). In preparation.

Loving-kindness Meditation (LKM)

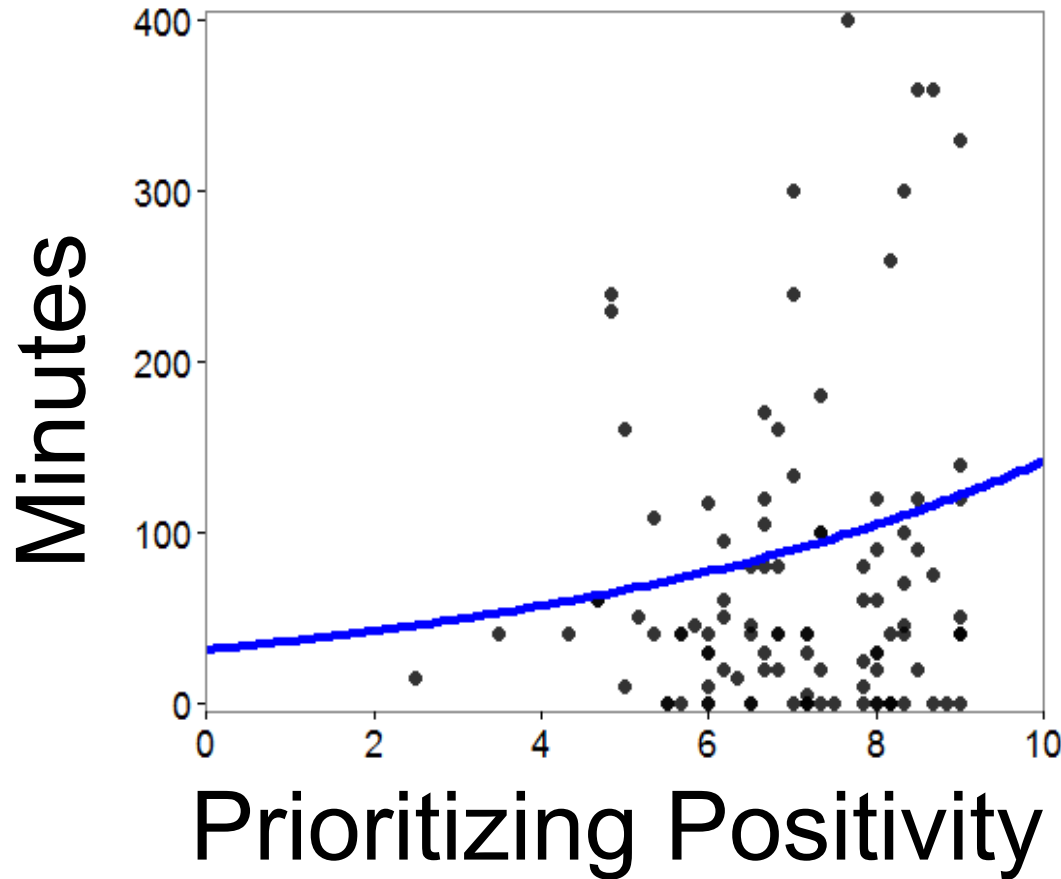


$N = 104$

Odds Ratio = 1.16*

Van Cappellen, Catalino, Boulton, & Fredrickson (2016). In preparation.

Engagement in LKM



Odds Ratio = 1.16*

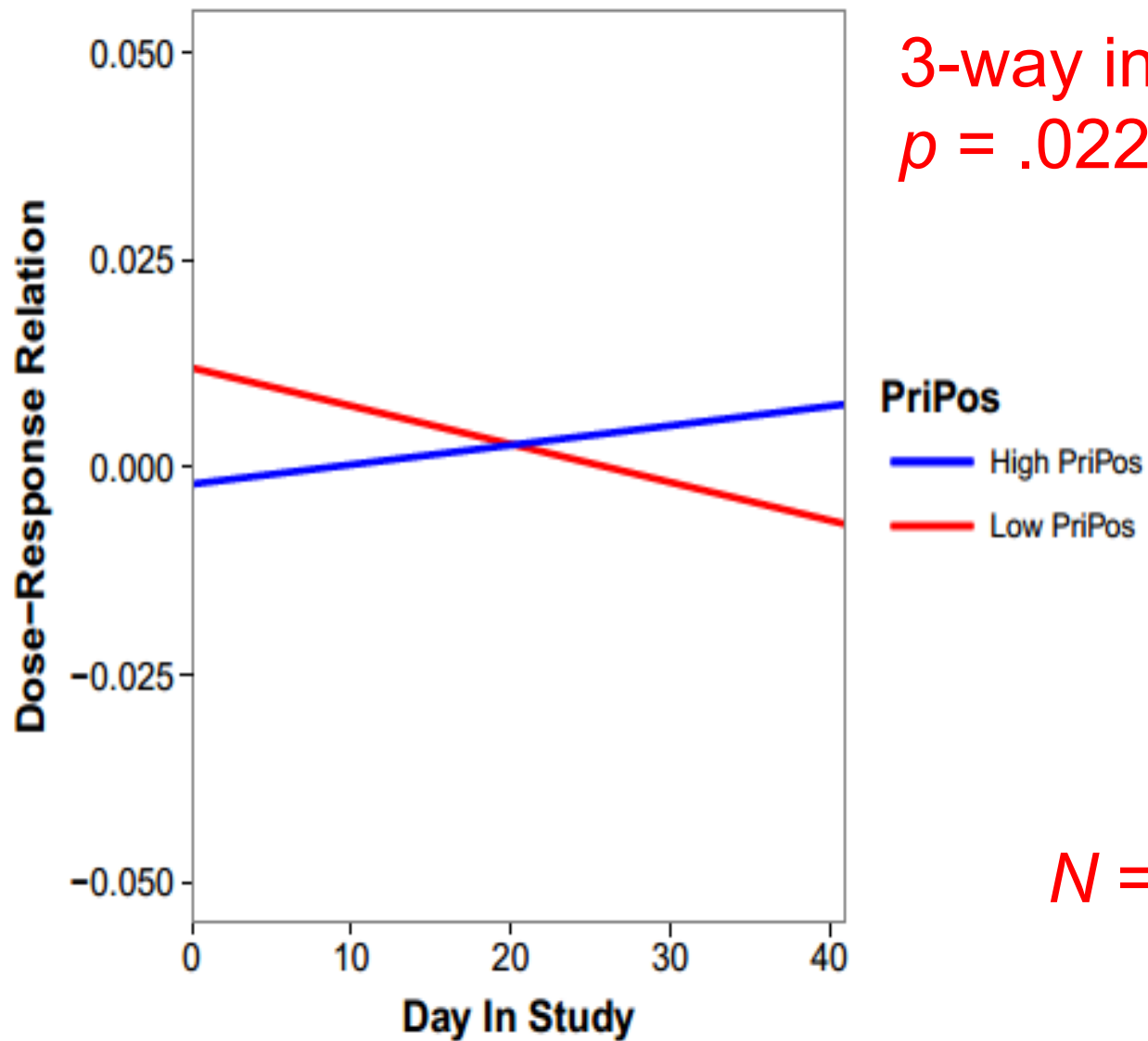
$N = 104$

Van Cappellen, Catalino, Boulton, & Fredrickson (2016). In preparation.

Dose-Response Relations



Fredrickson, Catalino & Boulton (2016). In preparation.



3-way interaction:
 $p = .022^*$

$N = 122$

Prioritizing Positivity Induced

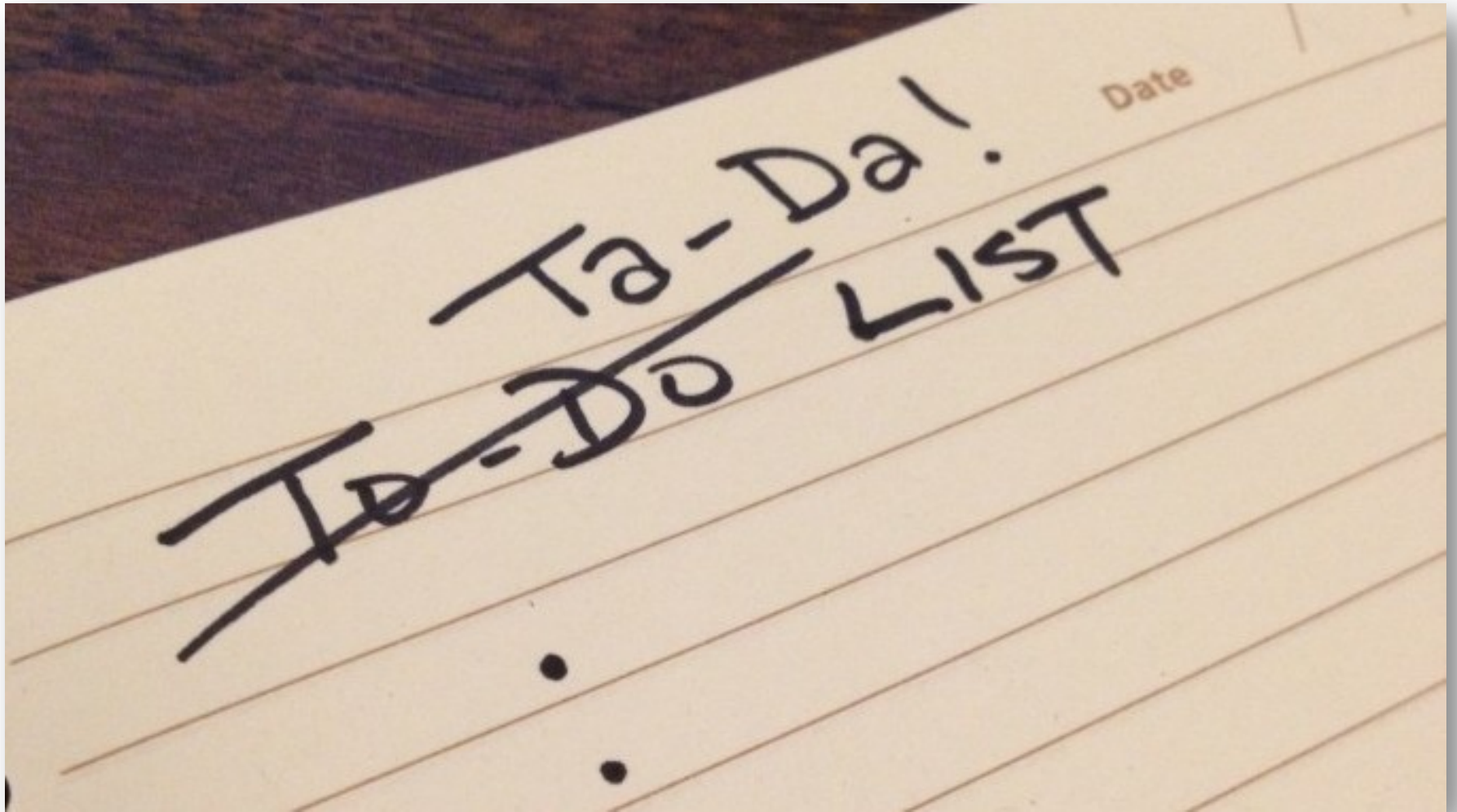


*What is the best way to organize your day? Scientific evidence suggests that when **making decisions** about how to spend your time, you should take into account your potential to **experience positive emotions**. Growing evidence suggests that **good feelings lead to good health**. Yet research also shows that if you simply “will” or “wish” yourself to feel positive emotions, it **can backfire**, making you feel worse. By contrast, a recent study by Andrea McDevitt of the University of Arizona finds that people who devote time each day to activities that generate positive emotions fare the best. They experience **more vitality, less stress**, and have lower levels of inflammation in the body, a biological indicator of physical health. Setting aside time each day for feel-good activities, then, may be **as vital to your health as eating your vegetables and staying active**.*



$N = 148$
 $d = +.28^*$

Catalino et al. Fredrickson (in preparation).



Catalino et al. Fredrickson (in preparation).

$N = 148$
 $d = +.42^*$

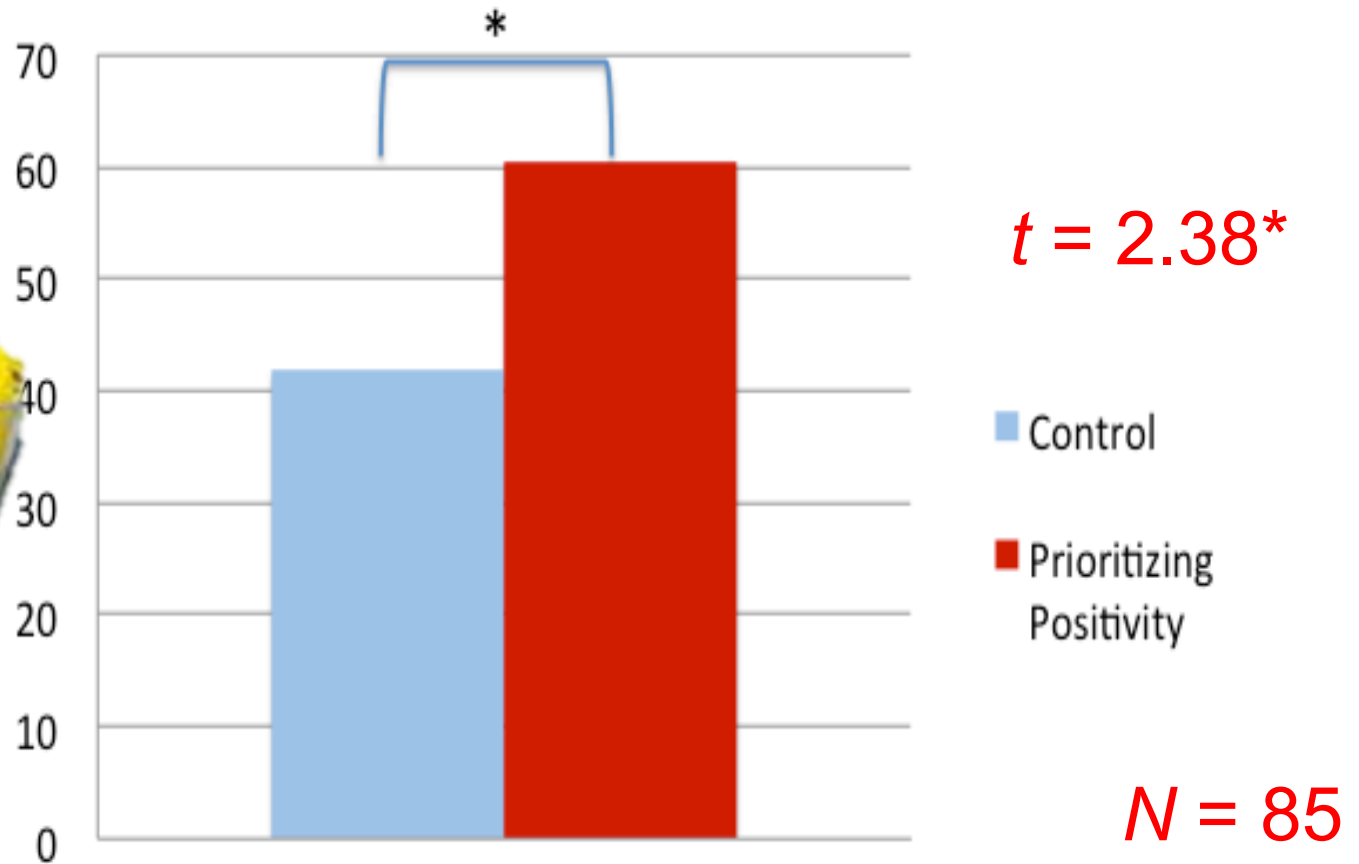
Loving-kindness Meditation (LKM)



$N = 239; F = 4.11^*$

Van Cappellen, Catalino, Boulton, & Fredrickson (2016). In preparation.

Engagement in Loving-Kindness Meditation

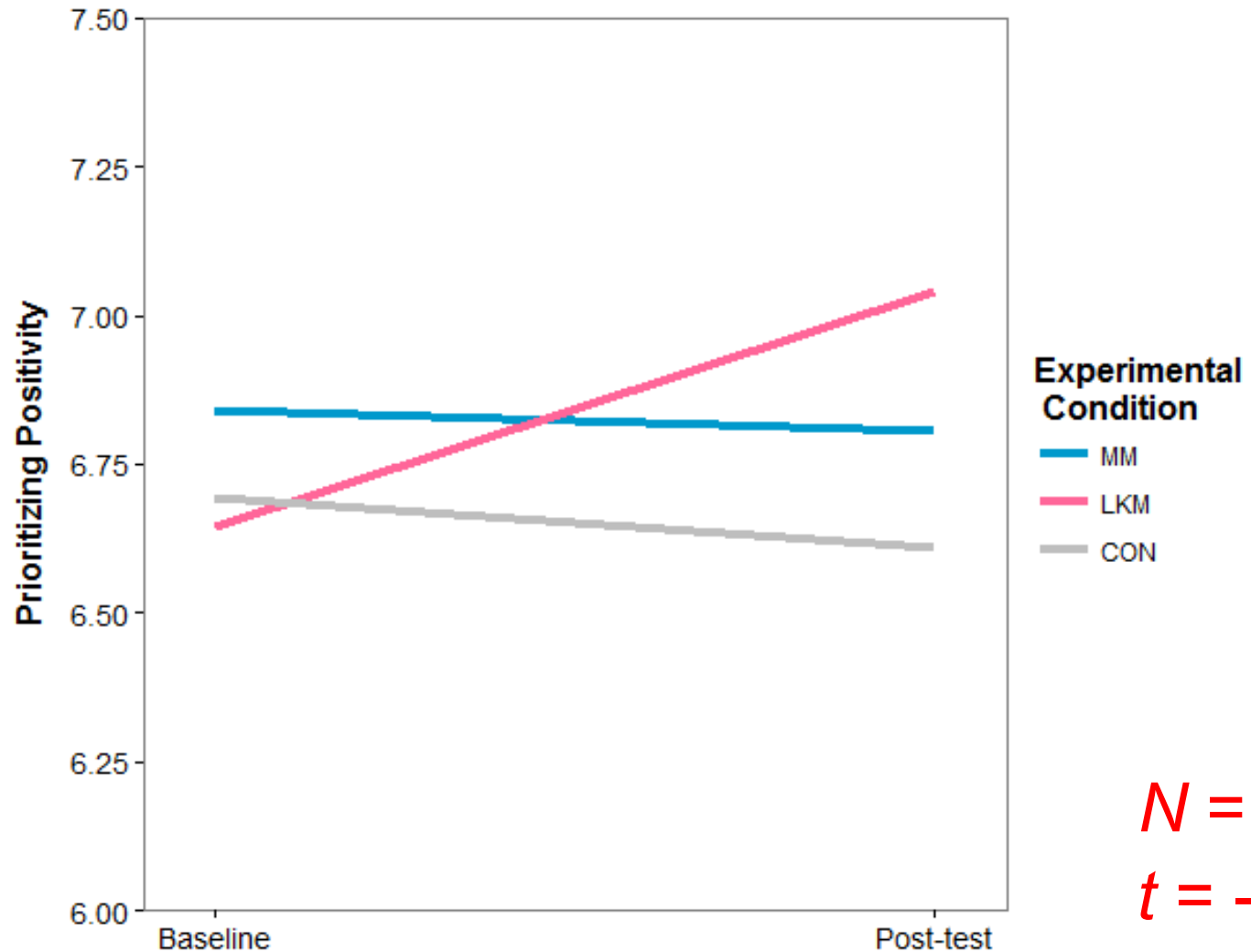


Van Cappellen, Catalino, Boulton, & Fredrickson (2016). In preparation.

Prioritizing Positivity Learned



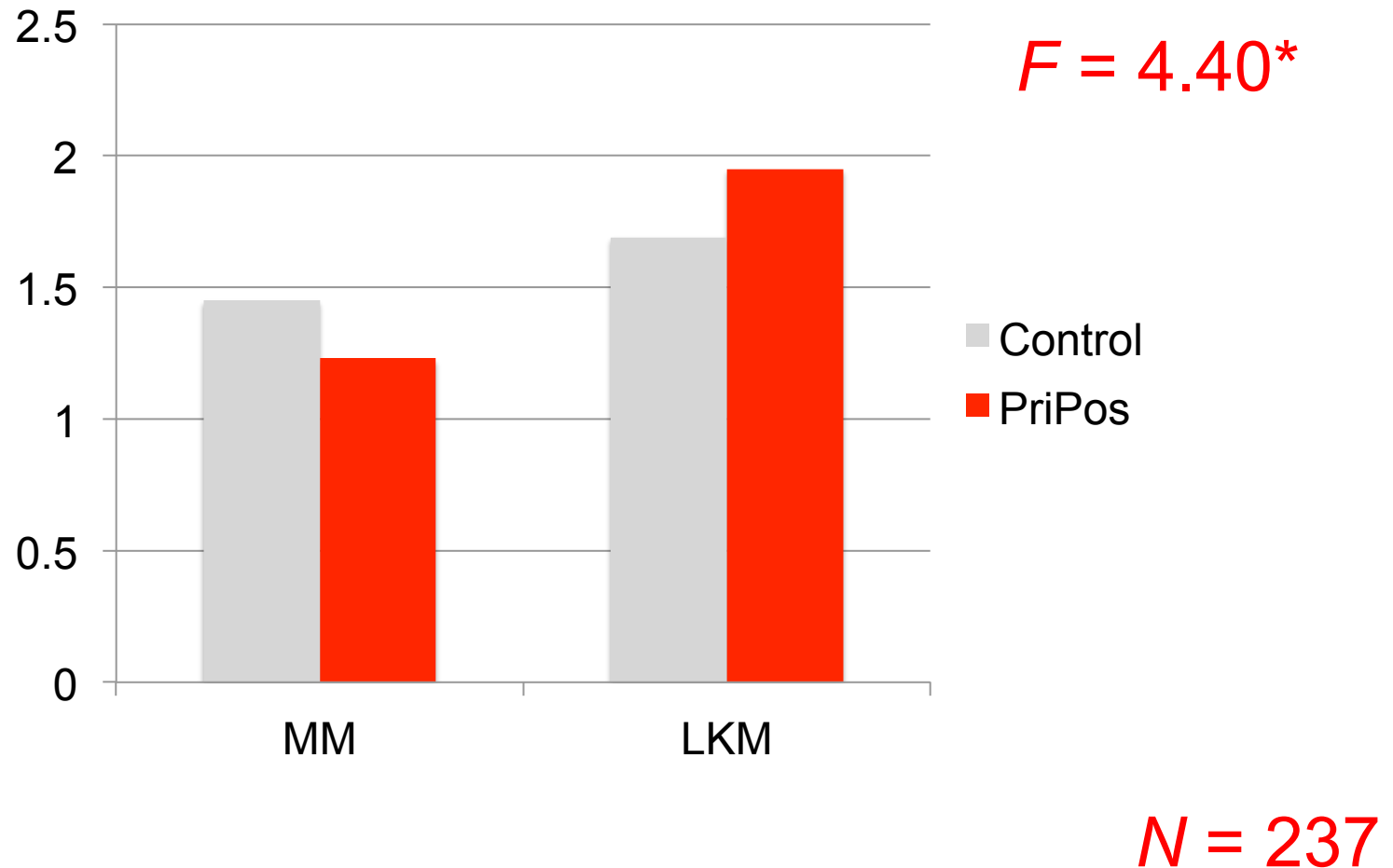
LKM increases Prioritizing Positivity



$N = 154$

$t = -2.41^*$

Positive Emotions from LKM





Situation
Selection

Situation
Modification

Attention
Deployment

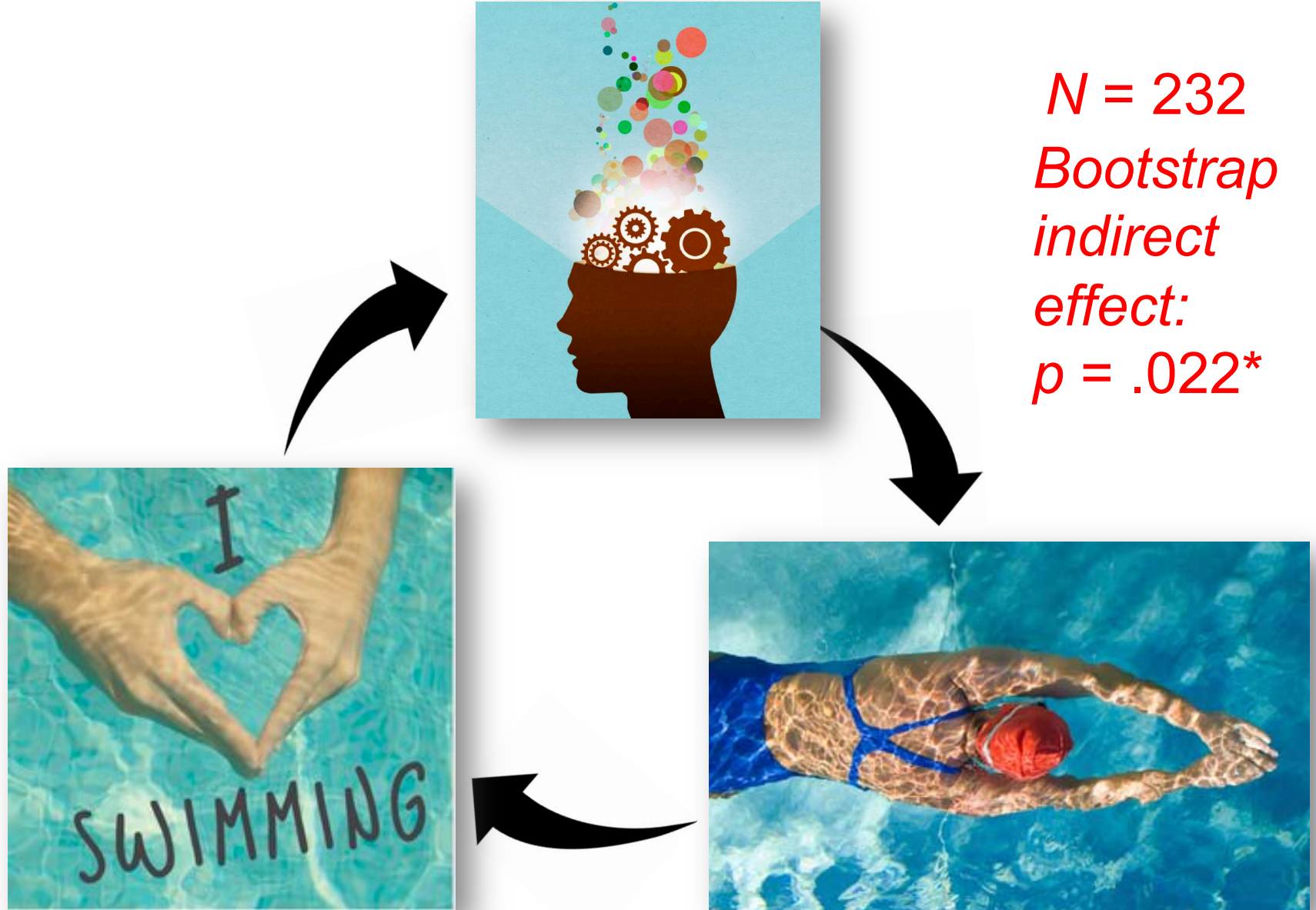
Cognitive
Change

Response
Modulation

Positive Spontaneous Thoughts



Rice & Fredrickson (2016). *Cognitive Therapy & Research*, 40, Online First.



Rice & Fredrickson (2016). *Cognitive Therapy & Research*, 40, Online First.

Upward Spiral Theory of Lifestyle Change



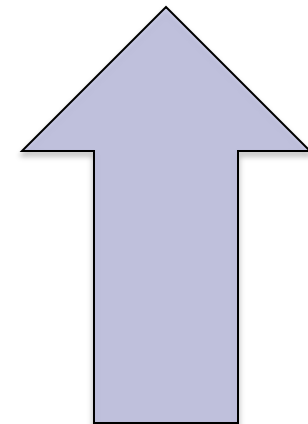
Fredrickson (2013). *Advances in Experimental Social Psychology*, 47, 1-53.

Hyp: Prioritizing Positivity creates *Nonconscious* & *Increasing* Motives for Wellness Behaviors



Why Prioritize Positivity?

- Authentic, Embodied Positivity:
 - Broadens Awareness, Possibilities & Posture
 - Builds Enduring Resources and Health
- Situation-focused emotion regulation is:
 - Context-sensitive,
 - Reality-based,
 - Highly Effective.
- Prioritizing Positivity increases:
 - Positive Affect and Wellbeing,
 - Positivity of Spontaneous Thoughts,
 - Subsequent Behavioral Engagement.
- It can be learned.



www.PositiveEmotions.org



Love 2.0: Unlock More Moments of Connection with Everyone Around You

Created by Barbara Fredrickson, Ph.D.

- ✓ Feel more connected to others
- ✓ Find more purpose and self-acceptance
- ✓ Experience more positive emotions every day

GET STARTED


happify™


Science-based activities and games for a happier, more fulfilling life.




Free Online Course

Google “Coursera Positive Psychology”



 Catalog



Institutions

Log In


Sign Up


Positive Psychology

The University of North Carolina at Chapel Hill


About this Course

This course discusses research findings in the field of positive psychology, conducted by Barbara Fredrickson and her colleagues. It also features practical applications of this science that you can put to use immediately to help you live a full and meaningful life.

 Subtitles available in **English**

 2-4 hours/week

Instructors



Dr. Barbara L. Fredrickson
Kenan Distinguished Professor of Psychology, Director of the Social Psychology Doctoral Program and the Positive Emotions and Psychophysiology Laboratory, President-Elect, International Positive Psychology Association
Kenan-Flagler School of Business

Syllabus

Week 1 **Positive Emotions: The Tiny Engines of Positive Psychology**

Lesson 1

Quiz: Week 1 Quiz

Upcoming session:
May 9 - June 26


Enrollment ends May 14


[Enroll](#)


Following session begins June 6


Financial Aid is available for learners who cannot afford the fee. [Learn more and apply.](#)


Share

 Share 1.3K

 G+ 89

 Tweet

 WeChat

 Email

Save the Date!



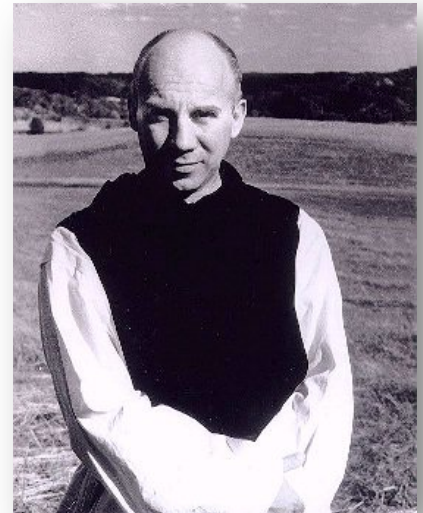
**Fifth World Congress
on Positive Psychology**

July 13-16, 2017

Montréal, Canada!

“Things that are good are good, and if one is responding to that goodness one is in contact with a truth from which one is getting something.”

-- Thomas Merton



The Broaden-and-Build Effect



Thank You

