

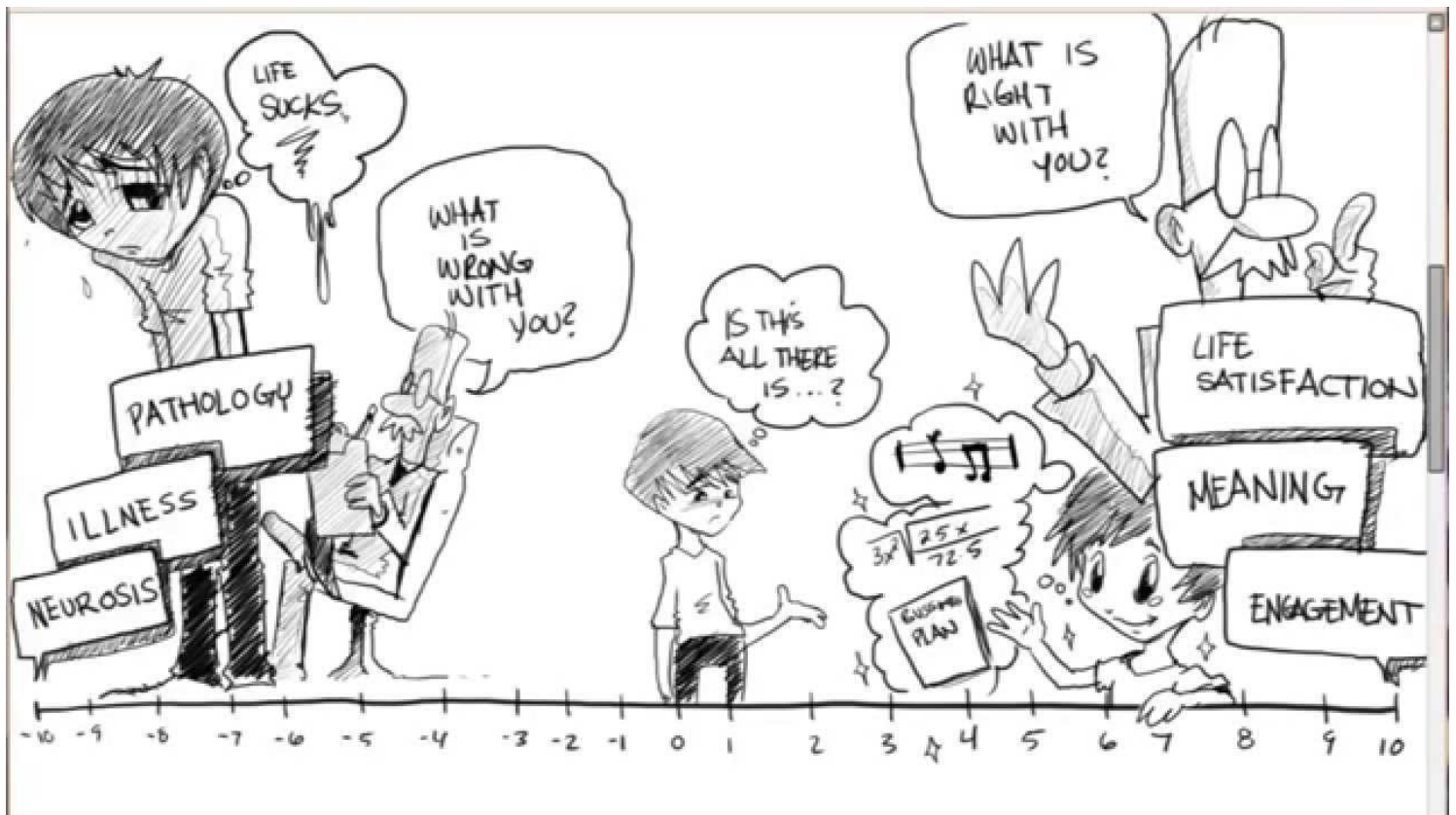
Why Leaders & Everyone Of Us Should Learn & Adopt Positive Psychology?



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source

I Feel-

If everyone can focus more on what they have and what they can do best out of it, then this world will be the most blissful place where everyone will just be doing what they love and will be happy for what they

have & that is the main essence of positive psychology

A Small Story of Robby & His Dad(A Small Businessman)-

Robby is an extremely talented football player but not so good at studies, he is stressed out about how he will answer his parents that he only managed to pass his high school with a passing marks and ranks way below in the class. His anxiety is killing him, he is sweating, his face is all red and suddenly he hears a ferocious voice of his father, Hey Robby Why Are You So Tensed?

Robby goes blank, but somehow regains himself and said, Dad, I have done badly in my exams and somehow managed to pass. His Dad asks him to sit and relax, he said, so what? I am happy that you managed to pass, that is totally fine with me. Robby simply can't believe his ears and surprisingly utters, dad, I thought you will lambast at me and will be disappointed to hear this.

His father told not at all, my child, I am not disappointed, In fact I have one surprise for you and I feel after this very positive news this surprise becomes even more valuable & special. What is that surprise dad? Son I want you to join one of the best football club of the state and have bought a beautiful and elegant pair of football shoe for you. I also have a permission from the leading coach of the club for your trials. Robby's dry eyes went wet with a bliss and he felt out of the world, He simply can't stop, but to run & he hugged his dad and said "**I love you dad**". I will do all What is required to make you proud and will definitely make your dream come true.

What Is The Point Here?

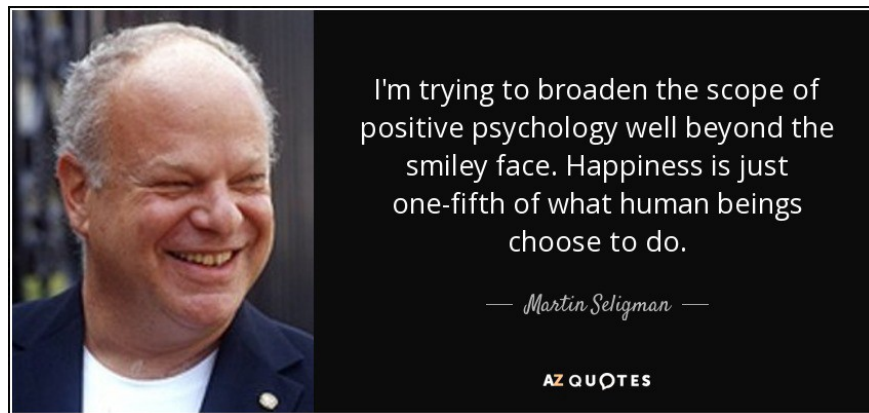
Robby's dad is not the psychologist by profession, but the way he handled the given situation is one of the prominent examples of **positive psychology**, he is a wise enough man and a leader to understand his son's emotion and read the context well to create a congenial environment and stirred the positive emotions.

So I always Say-

If you can see the best in others you bring the best out of yourself and give yourself the chance to respond well instead of reacting in any given situations.

What Is Positive Psychology?

Let me start with a very beautiful quote of “Martin Seligman ”, he has been an avid promoter within the scientific community in the field of positive psychology and is responsible to champion this new field of psychology.



Seligman and Csikszentmihalyi define positive psychology as:

The scientific study of the positive human functioning and flourishing on multiple levels that include the biological, personal, relational, institutional, cultural, and global dimensions of life.

It is a science of promoting the best in any human being where the focus is more on what they have best, and what is right with every individual, It doesn't focus on stress, depression, instead it works to highlight the positive trait in every individuals and encourages them to live happily forever. It helps you feel worthy and inspires you to make choices which works well for you. It is science for your well being where the focus is to hone

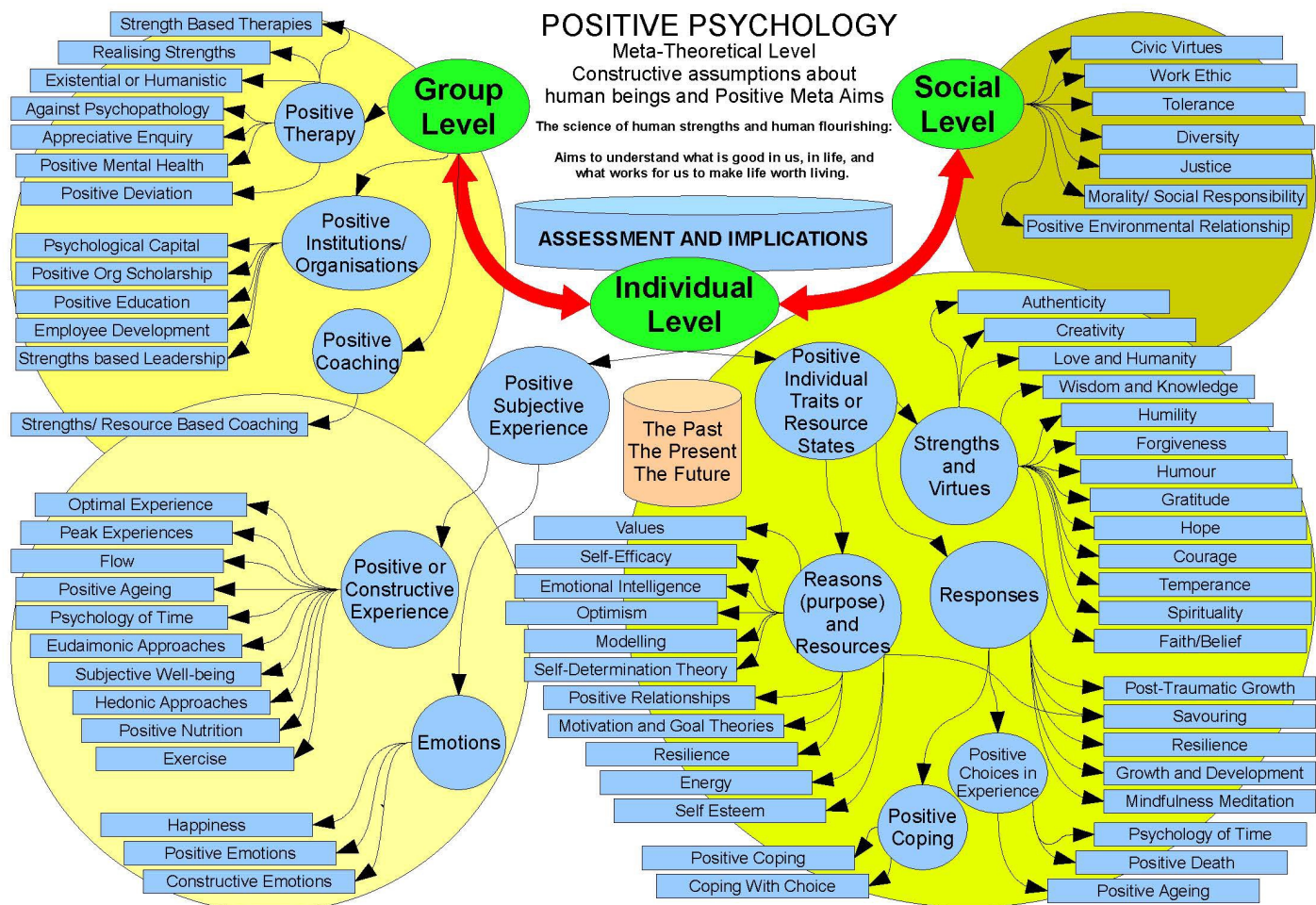
- happiness by making you feel worthy
- Makes you more social by increasing your engagement
- Strengthen your relationship building skills
- Adds Meaning To Your Life
- Helps You To Feel A Sense Of Achievement

How It Helps?

It mainly functions around individual strengths, it helps you realize what's right with you to add the happiness factors in your life. It makes you value your hidden talent and virtues, it helps you feel positive about yourself, it helps you build healthy relationship among your peers, spouse and any other human being for that matter. It helps you engage more with life and your surroundings to make you feel fulfilled and happy.

A Psychologist practicing this field of positive psychology helps the patient achieve happiness by allowing them to consciously separate real problems from overblown ones, they investigate and identify individual's signature strengths. They work on these positive aspects of every patient to help them focus more on what they are great at, so that a person can learn how to use them more effectively in the pursuit of an engaged, meaningful and pleasant life.

Mind map of positive psychology (Smith, C., 2008)



source

Positive Psychology Is More About Your Well Being-

The core concepts of Positive Psychology is(as per wiki) more concerned with

Eudaimonia, “the good life” or flourishing, living according to what holds the greatest value in life—the factors that contribute the most to a well-lived and fulfilling life. While not attempting a strict definition of the good life, positive psychologists agree that one must live a happy, engaged, and meaningful life in order to experience “the good life”. Martin Seligman referred to “the good life” as “using your signature strengths every day to

produce authentic happiness and abundant gratification".According to Christopher Peterson, "eudaimonia trumps hedonism".

So I feel it has to do more about human's well being where it foster a life which is being lived happily and meaningfully.

According to Seligman and Peterson,

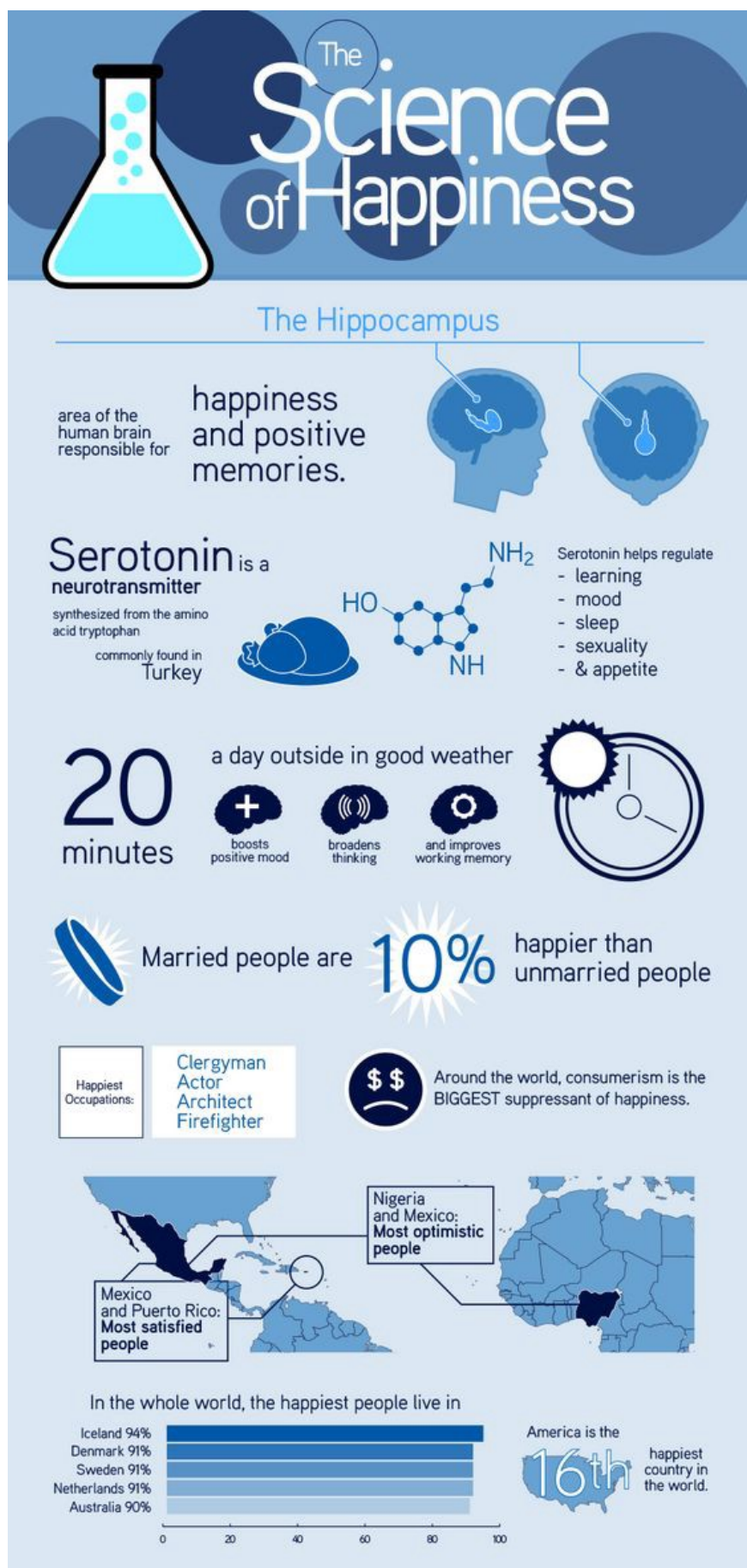
positive psychology is concerned with three issues: positive emotions, positive individual traits, and positive institutions. Positive emotions are concerned with being content with one's past, being happy in the present and having hope for the future. Positive individual traits focus on one's strengths and virtues. Finally, positive institutions are based on strengths to better a community of people.

Theory Of Well Being- P.E.R.M.A-

PERMA is an acronym for a model of well-being put forth by a pioneer in the field of positive psychology, Martin Seligman. According to Seligman, PERMA makes up five important building blocks of well-being and happiness:

- *Positive emotions—feeling good*
- *Engagement—being completely absorbed in activities*
- *Relationships—being authentically connected to others*
- *Meaning—purposeful existence*
- *Achievement—a sense of accomplishment and success*

The Science Of Happiness Compiled By WebPageFx:





Happiness is maximized at

13.9°C 57°F



Healthy people are

20%
HAPPIER THAN
AVERAGE.



Having a child
reduces
happiness by

0.24%
ON AVERAGE

"Exercise releases
PROTEINS and
ENDORPHINS
that make
the brain
feel happier."



In a study of patients with depression...



only 9%

of patients treated with
exercise



38%

of patients treated with
medication



31%

of patients treated with
medication and exercise

exhibited tendencies of
relapsing into depression during the course of the study.

Dopamine
is a
neurotransmitter



Dopamine helps regulate:
- the brain's reward and
pleasure centers
- movement &
- emotional responses

Dopamine is
synthesized from
Tyrosine found in:



POULTRY



FISH



MILK



BANANAS

Get some sleep.

Sleep-deprived people have a harder time remembering **positive ideas**, and an easier time remembering **negative ideas**.

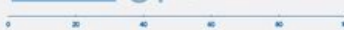
In a study of **zzz**
Sleep-Deprived
College Students

students
remembered:

81% of negative words



31% of positive words



The Happiest
Kids in the World

1. Mexico

2. Spain

3. Brazil

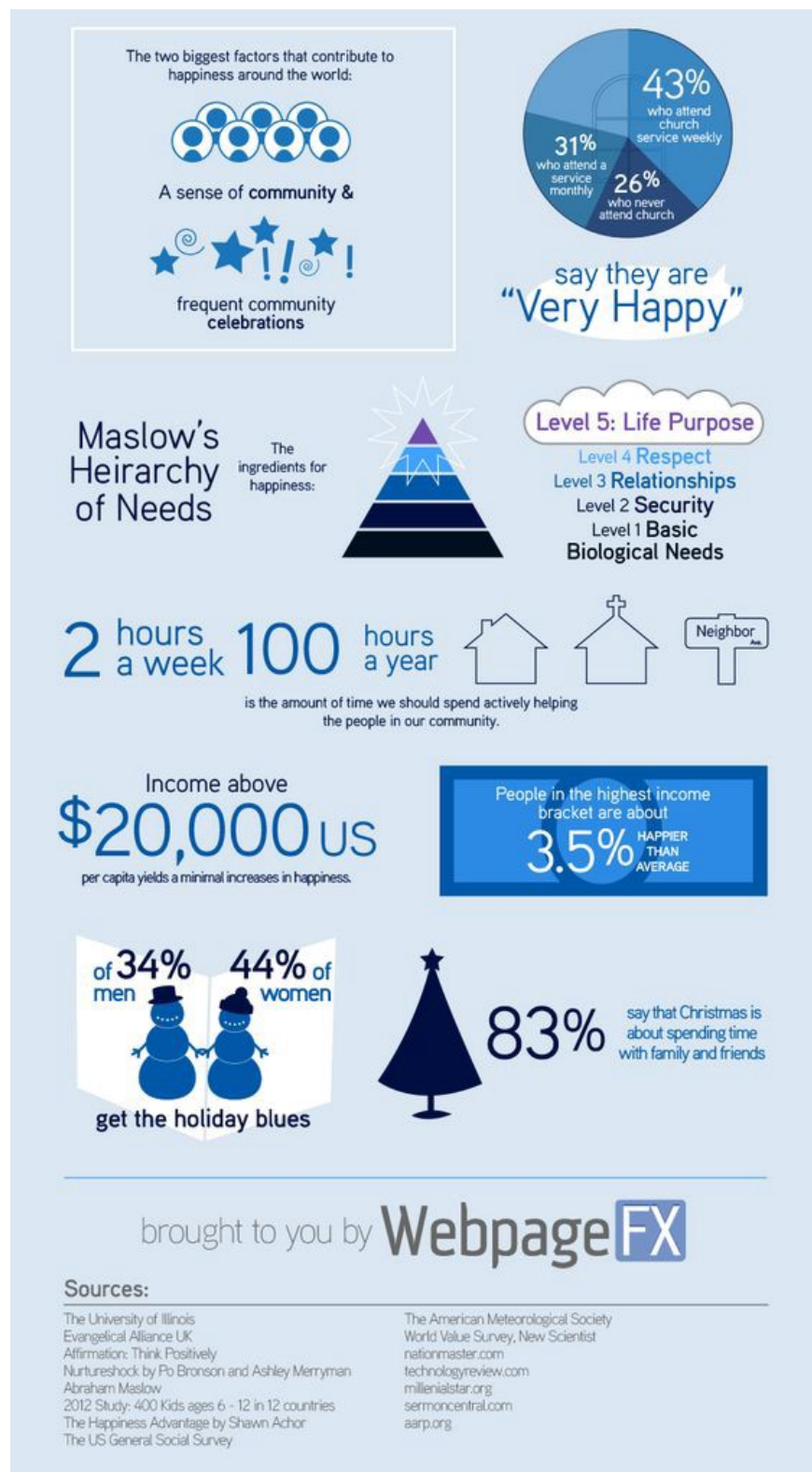
4. Germany

5. America



"Close friends
and family"*

* The most important source
of a kid's happiness.



Why Leaders Should Master This Art & Science Of Happiness?

I feel any organization, if it has to do well in the long run and has to scale to some meaningful level has to have a leader who are strong in bringing out the positive traits of all the colleagues & team members with whom they have to deal with and harness the best of their ability to ensure that entire organization is on the path of growth propelled by emotion & tears full of happiness. It is easier said than done, but it can't be ignored, afterall it all comes down to being happy and spreading the same to influence it right.

Until leaders develop this emotional dimension of their leadership skills they will find it hard to muster the right kind of force to keep their team inspired.

True leaders are more like a psychologist who develop this science of handling people to trigger the right kind of emotions which helps everyone feel valued and engaged.

It is a tool which empowers you to lead in a positive way & helps you become inclusive in your leadership style. You know your troops weakness & strength equally but you always focus on their strength and helps them realize their true value as an individual

What Would You Choose ?

If you are given the choice to be happy or sad! What Would You Choose?

I have never found any single one in my life who would choose to be sad, so what is that which stops you to be more happy ? Well, it all boils down to the choices one makes.

This is the whole point of this field of psychology. It never points your weakness(well their is nothing wrong in that, it also helps) instead it focuses on helping you make the right choices which can make you feel positive about yourself. It considers that everyone of you have the immense potential and if you are given the right kind of guidance & tools to help you find what is already hidden within you, you will start loving yourself and also will start transferring the same +ve energy to who ever comes under your influence.

Summary:

I just happened to navigate this positive side of psychology and kind of got intrigued to read about it. So thought to share some essence of it with all my readers. I am not a professional psychologist and just an enthusiast who loves to explore, so please spare me if something doesn't resonate well. It is just my initiative to learn and share.

I do find this aspect of seeing the person's traits very encouraging & as it truly helps one to blossom out of their strength and to develop a sense of achievement for who you truly are. If being in a position of power you can learn this art of spreading happiness irrespective of adverse situations you can truly build a platform where everyone will love to work and thrive.





I would like to leave all of you with a thought:-

Be a champion of love, care & happiness and you will never ever have to try, to be a leader again, you will naturally qualify to wear this tag with a true sense of pride & ownership.

Some of my other articles which may be of your interest :

1. [How Great Leaders Directs Attention To What Matters The Most?](#)
2. [5 Learning Hacks To Learn Things Faster ?](#)
3. [The Real Life Inspiring Story Of My Super Hero, Who Happens To Be A Common Man Like You](#)
4. [Don't Suppress Your Inner Calling In This New Year 2018?](#)
5. [Top 22 Life Lessons From My Quote Book 2017!](#)
6. [To Be A Transformational Leader, You Don't Always Need To Be Innovative, You Just Need To Be...](#)

Extending my sincere gratitude to all you awesome readers for showering all your love & constantly inspiring me to write more & helping me learn more eventually.

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Thank You All.....

