



WELCOME TO THE POSITIVE PSYCHOLOGY CLUB!

THE SCIENCE OF THE GOOD LIFE!

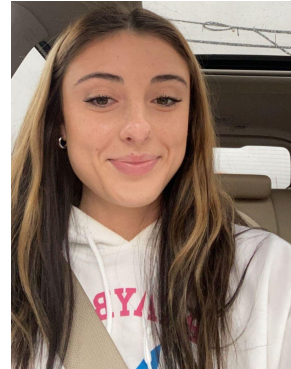


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OUR INTRODUCTIONS

LUNA DARE

- ✕ Position: Head leader
- ✕ I'm a sophomore currently majoring in psychology
- ✕ A fun fact about me is that I used to live in Australia from the age of 6-10!



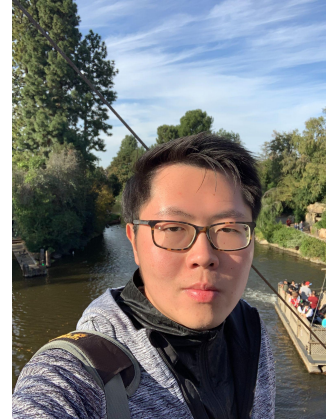
MYLA GILBERT

- X Position: Co-leader
- X I'm a sophomore majoring in psychology, potentially minoring in history
- X A fun fact about me is that I'm bilingual



ERIC WANG

- X Position: Co-leader
- X Junior, majoring in psychology and minoring in computer information science, economics, and audio production
- X My family owns three corgis



DAVID MCCORMICK

- X Position: Faculty Advisor
- X I am a life happiness major
- X I won an award for discovering a part of the brain that relates to classical conditioning (Pavlov's dogs)



2

CLUB GOALS

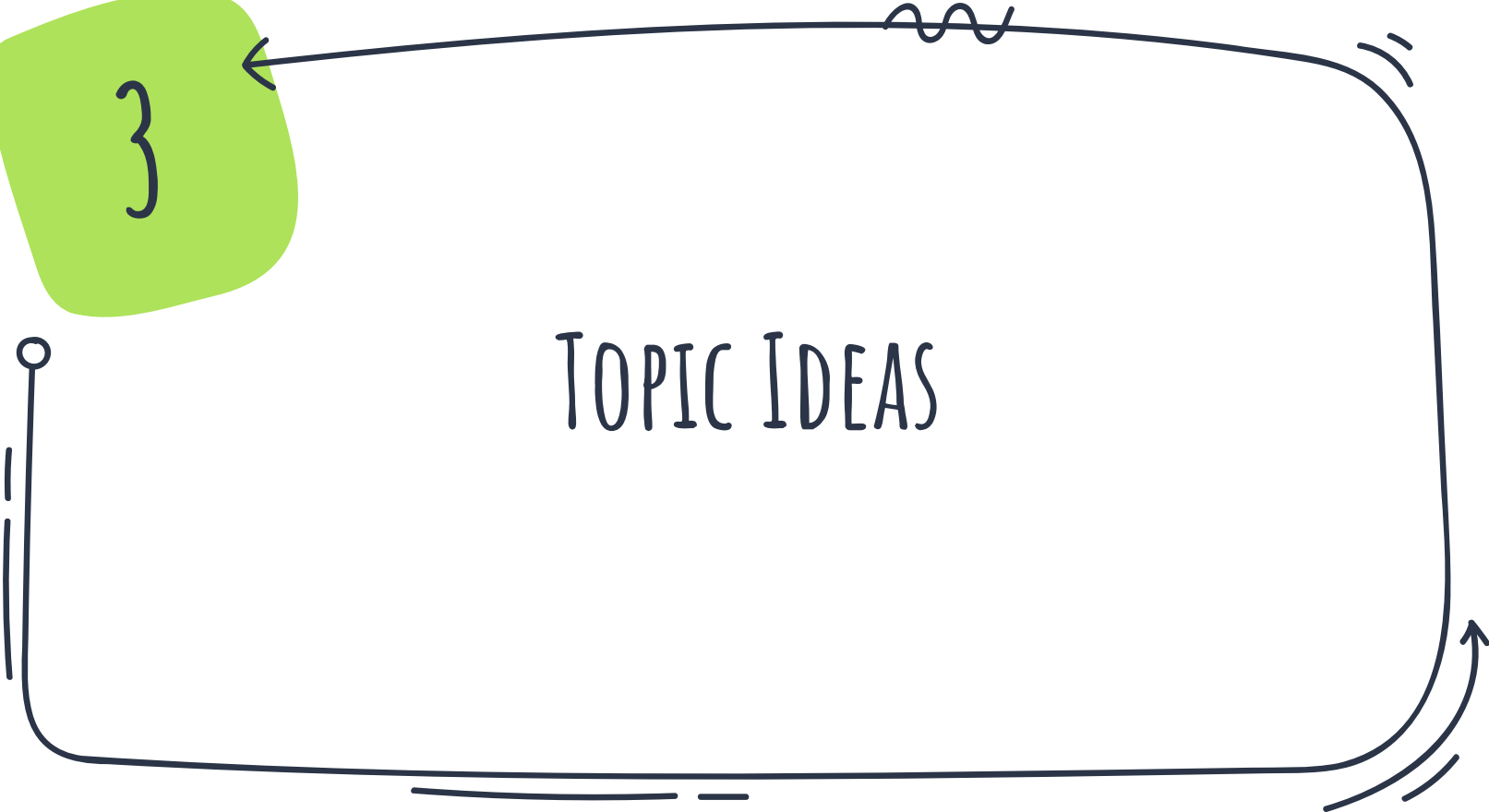
CLUB GOALS

- x Our goal for this club is to create a chill environment for us to learn and discuss lots of different aspects of what makes people happy. As well as what we can do to implement that knowledge into our own lives, so we can all be living the good life!
- x Although we're leading the club, we want everyone's voices to be heard and to create a space where we can all learn and grow together.
- x We would love to potentially have some events around campus during spring term to spread positivity and kindness around the campus.
- x We'll have a total of 5-6 meetings this term in every 1st and 3rd week of the month.



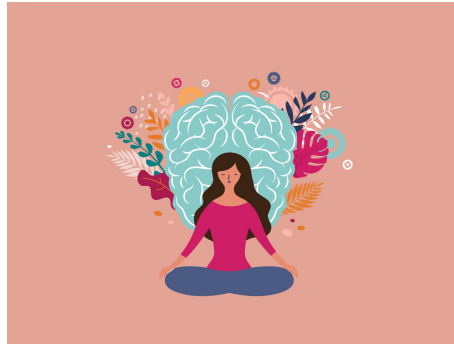
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TOPIC IDEAS



TOPIC IDEAS

- X Biases and Decision Making
- X Emotions
- X Relationships
- X Mindfulness
- X Self-Care
- X Stress



BIASES AND DECISION MAKING

Availability Bias

Representativeness

Anchoring

Adjustment

Framing

Opt-in / Opt-out

Expected Emotions

Gambler's Fallacy

Conjunction Fallacy

Law of Large Numbers

Base-Rate Neglect

Subjective Value

Expected Value

Example:

August 18th, 1913

Monte Carlo Casino





Roulette ball landed on black
26 times in a row

1/66.6 million chance



RELATIONSHIPS: ATTACHMENT STYLES

Attachment styles are important because it's how we learned as babies to behave in relationships in our adult lives. Which can lead to unhappiness if you have anxious, avoidant, or disorganized tendencies. Therefore we'll learn how to form secure attachment styles so we can be happier in our relationships and with ourselves!

Childhood Attachment Styles			
SECURE 	ANXIOUS PREOCCUPIED 	DISMISSIVE AVOIDANT 	FEARFUL AVOIDANT/DISORGANIZED 
Secure: Trusts others	Insecurity	Insecurity	Insecurity
Healthy view of self	High anxiety	High anxiety	High anxiety
Speaks wants & needs easily	Fear of abandonment	Wants intimacy, but afraid	Sometimes wants intimacy, other times not.
Can attune to emotions	Trigger response: fawn, freeze	Trigger response: Freeze, Flight	Trigger response: Varies
Interdependent	Fear of being alone	Chronic survival mode	Chronic survival mode
Good self-esteem	Chronic survival mode	Doesn't trust easily	Push, pull dynamic
Not triggered easily	Preoccupied with relationships	Builds up walls	Confused about love
If triggered, can manage emotional response	Codependency	Ultra-independent	Downplays relationships
		Can be dismissive	Trouble feeling emotions

red | discover | ing | sacredness



MINDFULNESS

Mindfulness: A mental state achieved by focusing one's awareness on the present moment.

- Today we're so conditioned to always be thinking about so many different things at once, that we're rarely ever fully living in the moment.



Mindfulness is a valuable skill to have because there are so many mental and physical benefits you can gain from practicing it.

- Improved concentration and mental clarity
- Higher emotional intelligence
- Regulate emotions easier
- Relieve stress
- Lower blood pressure
- Improve sleep



SELF-CARE

Spiritual



Physical



Social



Mental



Emotional

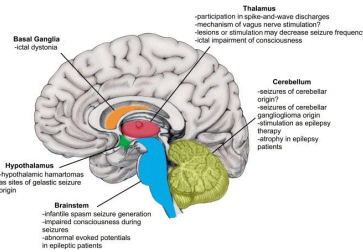
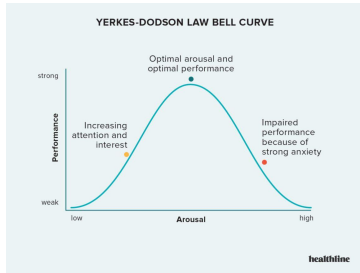


- X Other keywords: burnout, interpersonal relationships, anxiety, depression, resilience
- X Activities: coloring books, making slime, group hike...

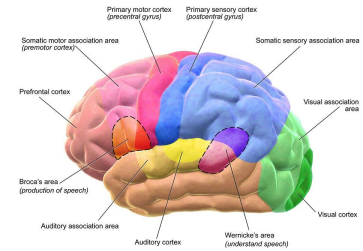


STRESS

Acute Chronic Subcortical (automatic) Cortical (conscious)



Motor and Sensory Regions of the Cerebral Cortex



X Other keywords: self-esteem, overwhelmedness, physiological symptoms, nervous system, natural selection, adrenal and pituitary glands

X Activities:



THANKS FOR COMING!

Our next meeting will be on 2/4/22 at the same time (6:30-7:30). Or, you can stay until 8:00 PM and join us for meditation!

