

Welcome to Positive Psychology Club!

IG: @UOPOSITIVEPSYCH

WEBSITE: UOPOSITIVEPSYCH.ORG

Meet the Happiness Team!



Luna Dare



Liz Riebe



Eric Wang



**David
McCormick**



Sasha!

Icebreaker Time!

Toxic Positivity vs. Positivity

Toxic Positivity:

- Invalidates negative emotions
- Forces positivity
- Minimizes struggles
- Lack of empathy
- Unrealistic expectations

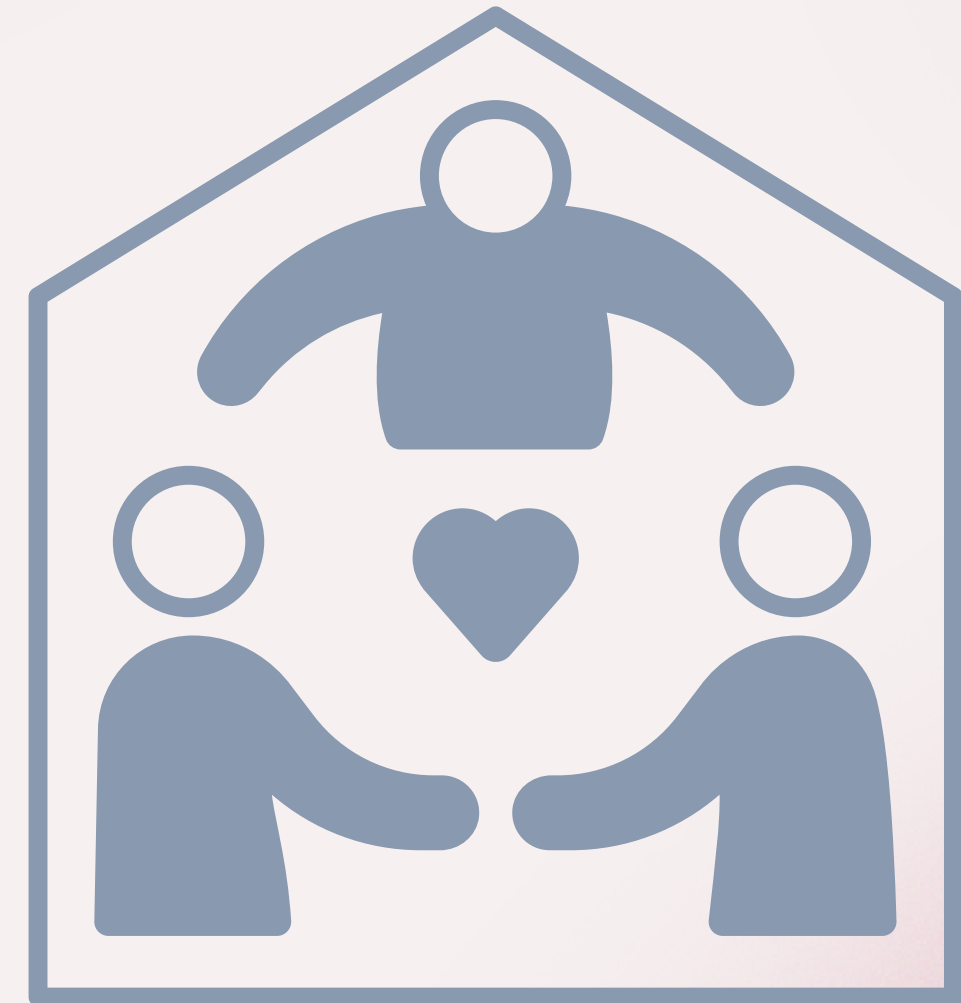


Healthy Positivity:

- Acknowledges range of emotions
- Validates all emotions
- Realistic optimism
- Encourages empathy and support

Our Club Goals

1. To provide information and tools you can take with you after each meeting to enhance your well-being
2. To create a space where we all feel safe to step out of our comfort zones and be vulnerable with ourselves and others.
3. To make this a collaborative space for everyone to contribute their thoughts and ideas for the club



What topics do you want to learn about?

What activities do you want to do?

HAPPINESS RAFFLE



OUR FAV POSITIVE
PSYCH BOOKS

RECEIVE ONE TICKET EVERY MEETING YOU
ATTEND



VINTAGE UO TEE

ENTER FOR THE CHANCE TO WIN SOME COOL
POSITIVE PSYCH STUFF



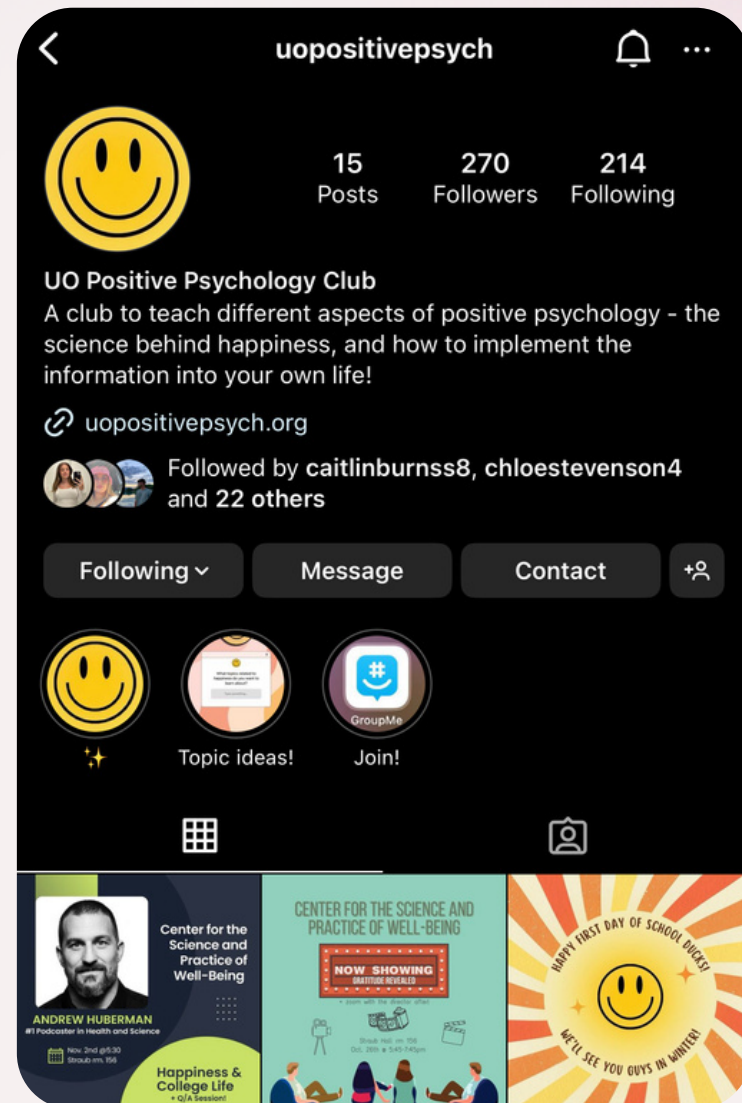
SOUND BATH
SESSION
WITH DAVID

RAFFLE WILL BE DRAWN AT THE END OF
THE TERM!



DUCK BUCKS
& GIFTCARDS

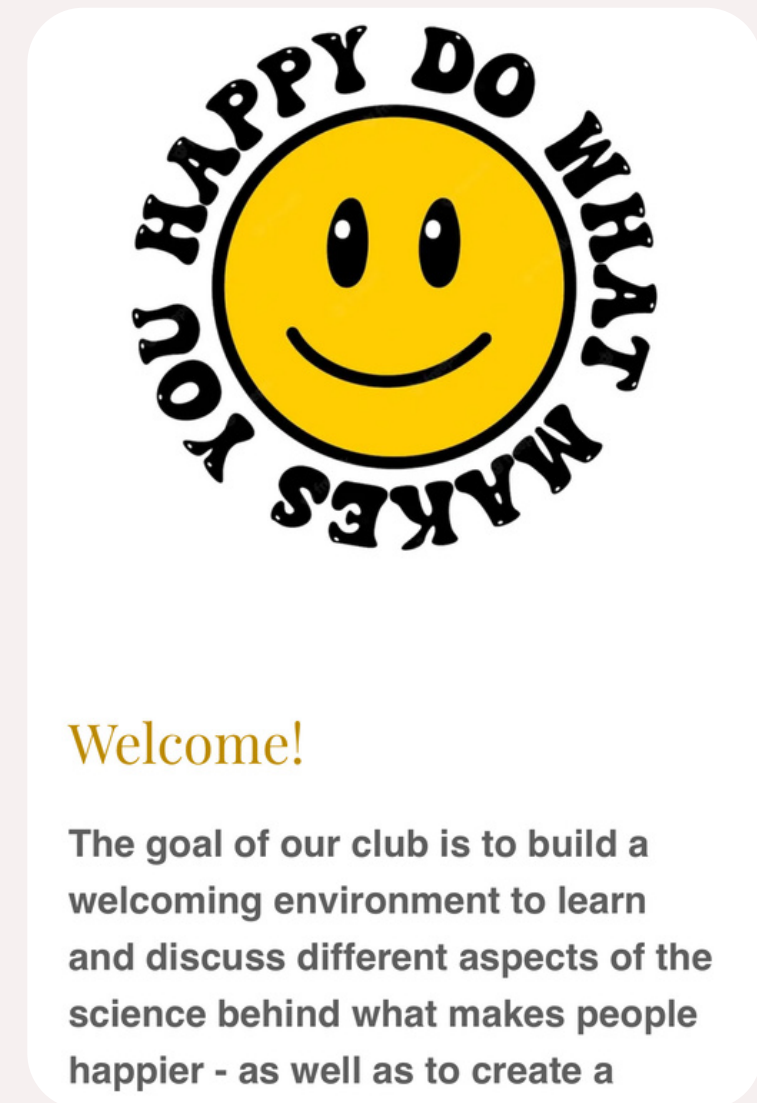
Keep In Touch!



Instagram:
[@uopositivpsych](https://www.instagram.com/uopositivpsych)



GroupMe:



Website:
uopositivpsych.org