

# Positive Practices for Wellbeing

Aneesa Kathrada

Mental Health Coach | South East Region | Department of Education, Qld.

[Aneesa.kathrada@qed.qld.gov.au](mailto:Aneesa.kathrada@qed.qld.gov.au)

# Positive Practices for Wellbeing


Aneesa Kathrada

Mental Health Coach | South East Region| Department of Education, Qld.

[Aneesa.kathrada@qed.qld.gov.au](mailto:Aneesa.kathrada@qed.qld.gov.au)



**Queensland**  
Government



*Today,  
I am grateful  
for.....*



I AM GRATEFUL FOR

RELATIONSHIPS  
JOE, LOVE, PATIENCE, TOLERANCE  
CONNECTIONS, HEALERS  
COMMUNITY  
ENERGY, TRAVEL, TOUCHES  
MY SOUL  
MY MIND, MY BODY  
MY DAUGHTER'S SPIRIT  
MY GYPSY SPIRIT, FAERIES  
PASSION  
WISDOM, LIFE EXPERIENCE, COURAGE  
TALENTS, ABILITIES, FOCUS, DRIVE, AMBITION  
CREATIVITY  
MY VISION, COMMUNICATION, LANGUAGES, SYMBOLS  
MOTHER EARTH  
BIRTHING, SOIL, WATER, STRENGTH, RENEWAL  
CLEAN AIR  
MIND, RAIN, MEDITATION, YOGA  
FAMILY, FRIENDS  
HUGS, UNCONDITIONAL LOVE  
HEALTH, SUN  
BICYCLES, WALKS, HIKING, SWIMMING  
KIRA, SISTERS  
A ROOF OVER OUR HEAD, CLOTHING, BED  
AWESOME PARENTS  
VALUES, MORALS, ACCEPTANCE, GIVING, SUPPORT  
WORK, REST, PLAY  
KNOWLEDGE, HUMOR, TECHNOLOGY, FUN, NAPS, QUIET  
FOOD MEDICINE  
SEEDS, FARMERS, HERITAGE, ANIMALS, FARMS  
HAVING ENOUGH WATER TO DRINK  
CLEAN WATER  
TEACHERS  
GREAT SPIRIT/GOD, CREATION, MYSTERY  
SCHOOLS  
MEMORIES  
FISH, WHALES, ANCIENT ONES  
ANCESTORS, ELDER, STORIES  
THIS MOMENT  
POSITIVE THINKING, LAUGHTER  
SUNRISE, SUNSET  
RIVERS, MOUNTAINS, LAKES, OCEANS  
BUTTERFLIES, BIRDS  
FORESTS, FIELDS, STONES, DESERT  
HEALING  
PLANTS, VEGETABLES, FRUIT  
HONEY, HERBS  
KINDNESS, CHARITY, GENEROSITY  
BEES, FLOWERS  
TREES, WOOD, FIRE, MAGIC  
KINDRED SPIRITS  
MY DAUGHTER'S SPIRIT

“

**... a state in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.**  
**(WHO, 2016).**

”



# wellbeing

Healthier

Live longer

Stronger immune system

More successful

Resilient

Socially engaged

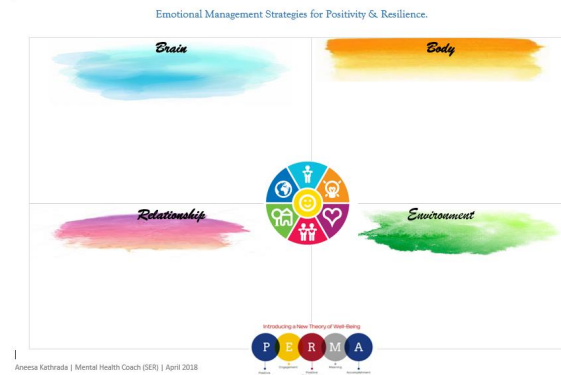
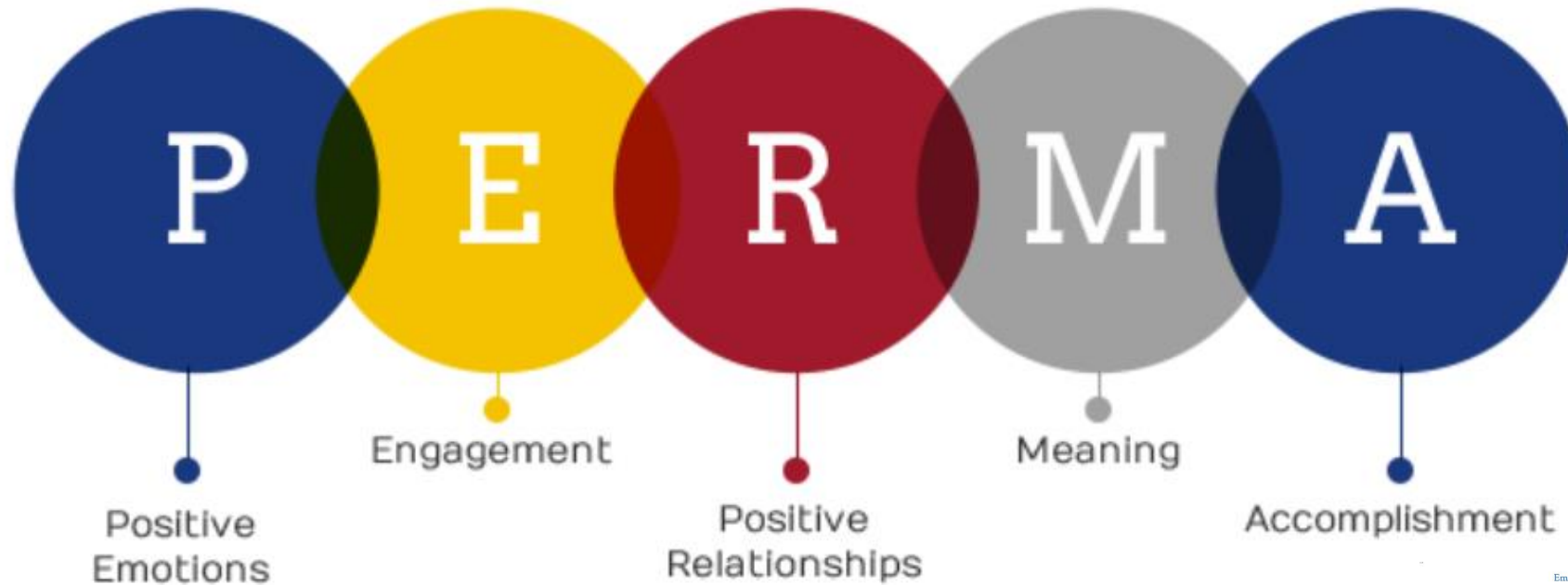
Learning

Fredrickson (2001); Linley (2006); Seligman and Csikszentmihalyi (2000); Huppert and So (2011); Seligman (2004).





## Introducing a New Theory of Well-Being





# Share a story.....







# Top 10 Positive Emotions

Fredrickson (2001)

Solidify bonds  
Make new  
bonds  
Best mood!

Social  
resources

Intellectual  
resources

Develop problem solving  
skills  
Learn more information  
Creative

# Broaden & Build Theory

Develop resilience &  
optimism  
Sense of identity &  
goal orientation

Psychological  
resources

Physical  
resources

Develop coordination  
Strength  
Cardiovascular health

Fredrickson (2004).



“ positivity transforms us for the better..... by opening our hearts and minds positive emotions allow us to discover and build new skills, new ties, new knowledge and new ways of being.....

Positivity puts the brakes on negativity....works like a reset button. ”

Fredrickson (2009)



**Thinking brain**

Neo-cortex

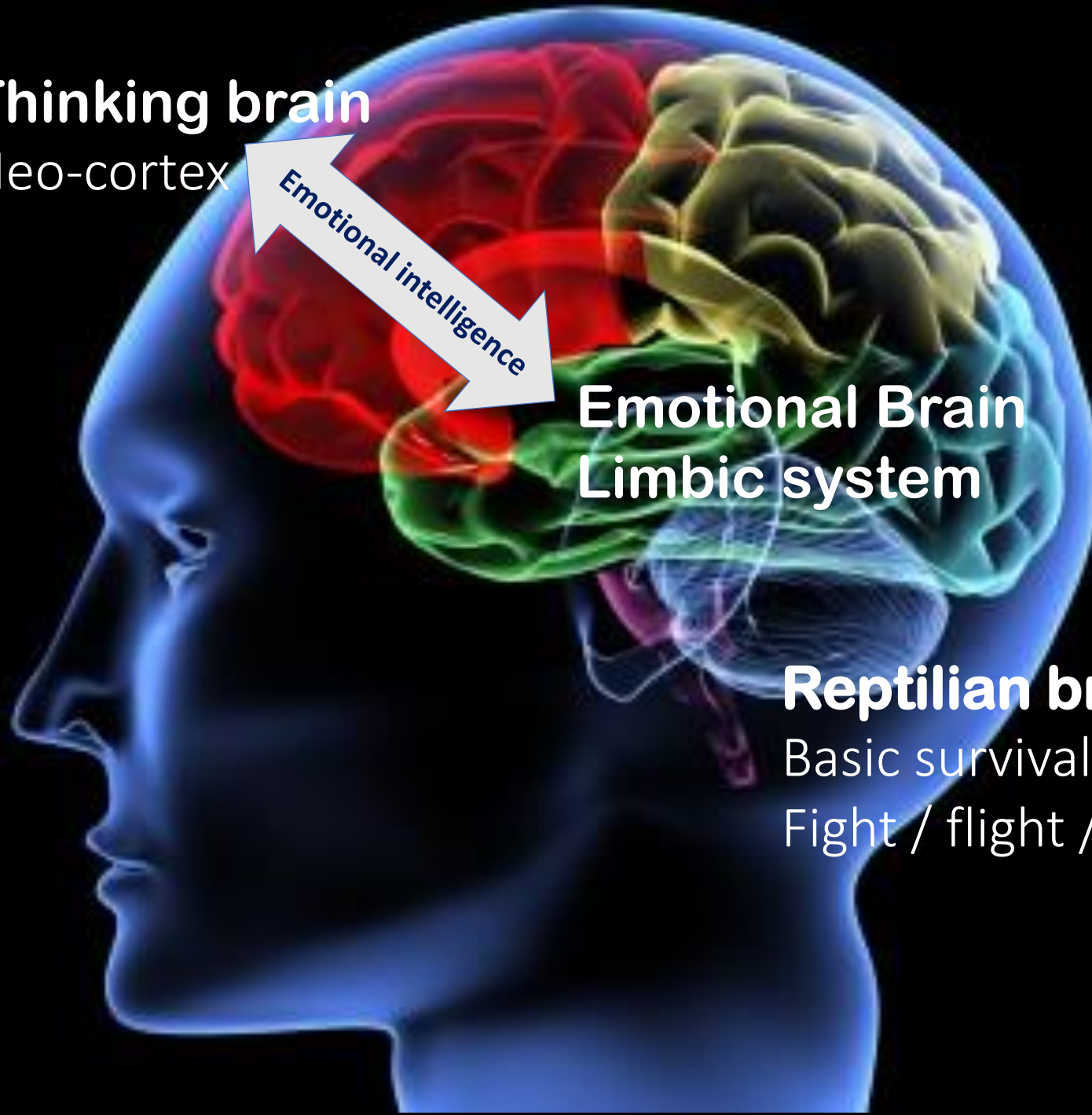
Emotional intelligence

**Emotional Brain**  
Limbic system

**Reptilian brain**

Basic survival

Fight / flight / freeze





**D**opamine



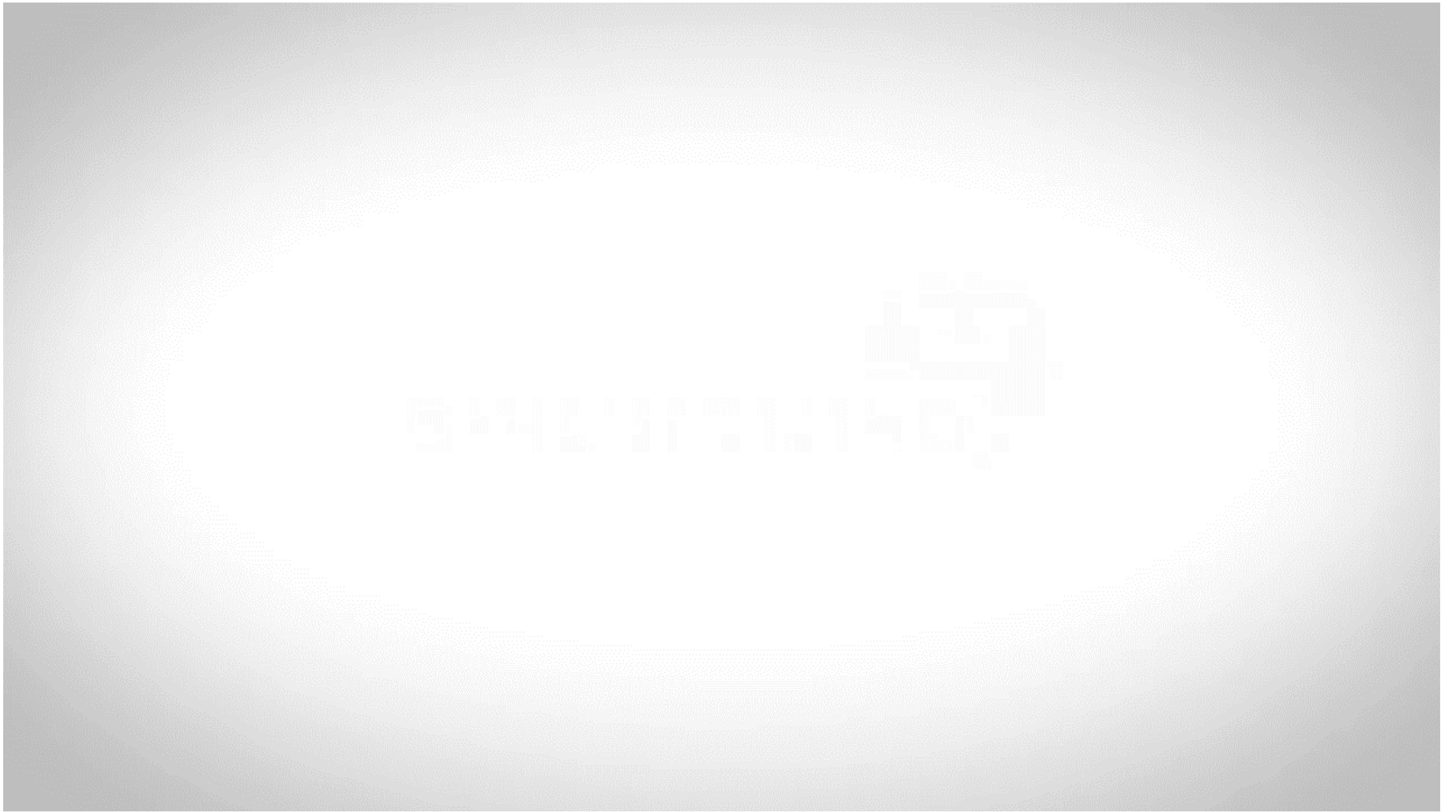
**O**xytocin



**S**erotonin



**E**ndorphins





"Our *bodies*  
change our minds  
and  
Our *minds* change  
our behavior  
and  
Our *behavior*  
changes our  
*outcomes*"

- Amy Cuddy



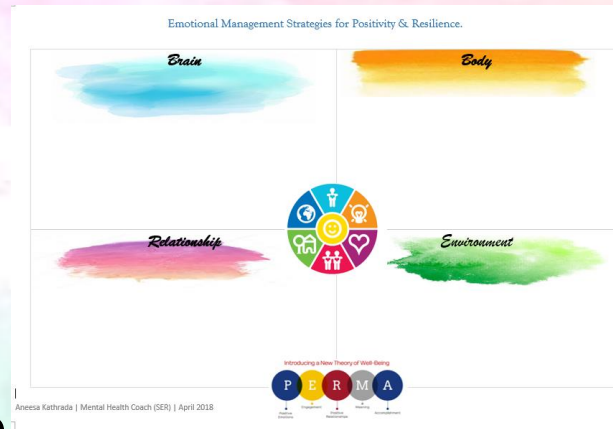
Creativity Perspective  
Judgment Curiosity  
Honesty Bravery Fairness  
HUMOR Zest  
PERSEVERANCE Teamwork  
Love Kindness Leadership  
Social Intelligence Love of Learning  
Forgiveness HOPE PRUDENCE  
Appreciation of Beauty & Excellence Humility  
Spirituality SELF-REGULATION Gratitude  
© www.VIACHARACTER.ORG VIA INSTITUTE ON CHARACTER

The more  
positive  
emotions I  
experience, the  
more engaged I  
am

The more  
engaged I am,  
the better I  
perform

The more  
satisfaction I  
gain, the more  
positive  
emotions I  
experience

The better I  
perform, the  
more  
satisfaction I  
gain



Keep your brain  
fuelled - dopamine

**Look after  
your body**

Create a positive  
upward spiral -  
increase your  
positive emotions



# **How do I show up more frequently as the best version of myself?**

Be creative & curious...  
mind keep learning

Cultivate  
kindness

Practice  
mindfulness

Practice  
gratitude

**Strike a power  
pose**





**www**





# PESA

Positive Education Schools Association

