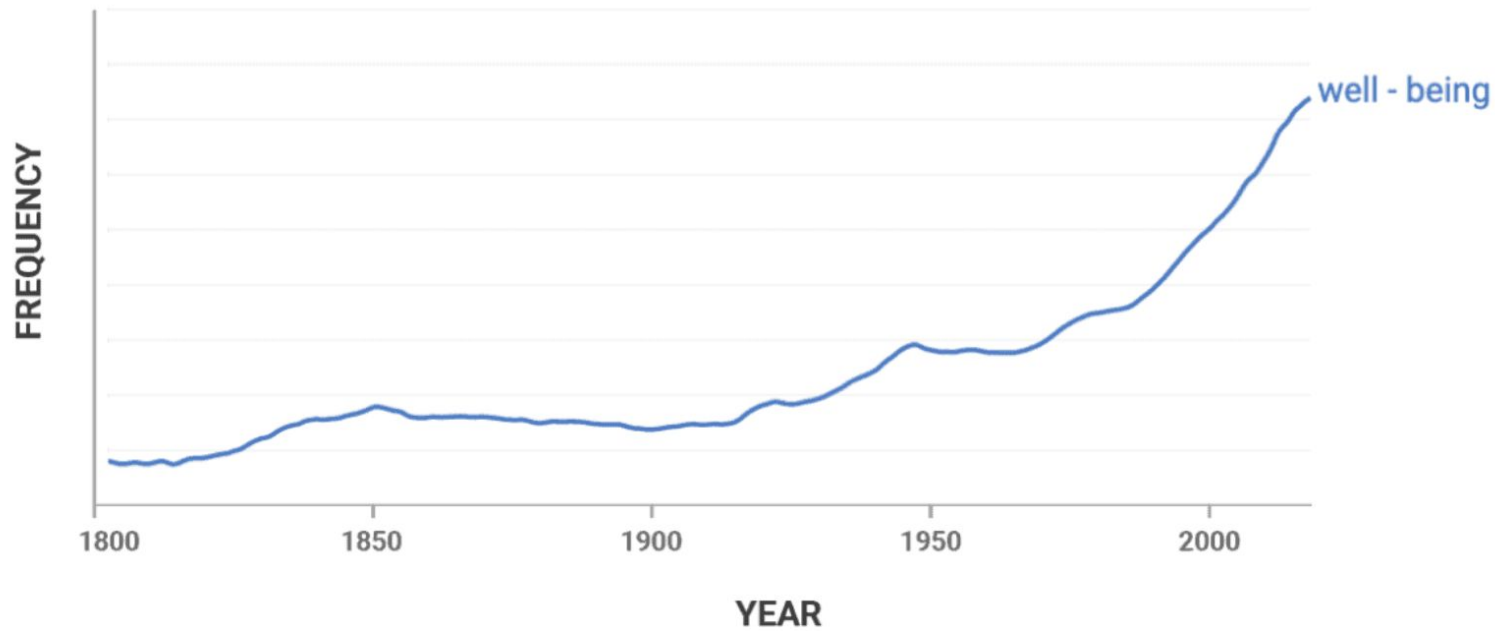




The Science of
Well-Being



Source: Google Books
Ngram Viewer

Angela Duckworth (2021)



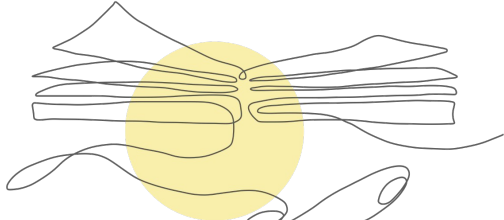
The Science of Well-Being

Published: March 20, 2018

Medicine

Psychology

Science

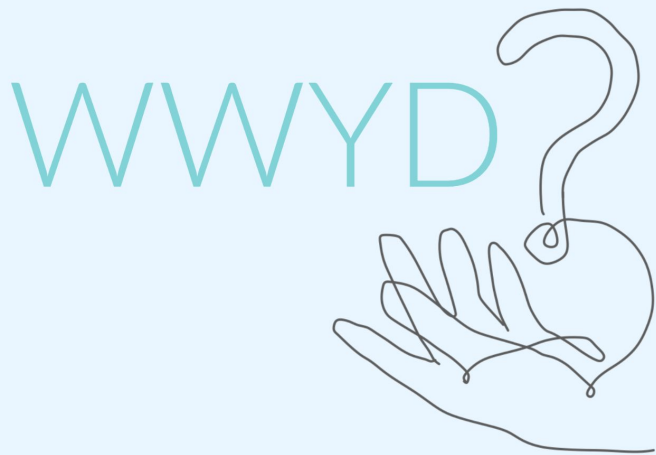


Suffering and well-being are both part of the human condition and psychology should care about each. Human strengths, excellence, and flourishing are just as authentic as human distress. People want to cultivate the best version of themselves and live a meaningful life. They want to grow their capacities for love and compassion, creativity and curiosity, work and resilience, and integrity and wisdom.

Positive Psychology is the scientific study of the factors that enable individuals and communities to flourish.

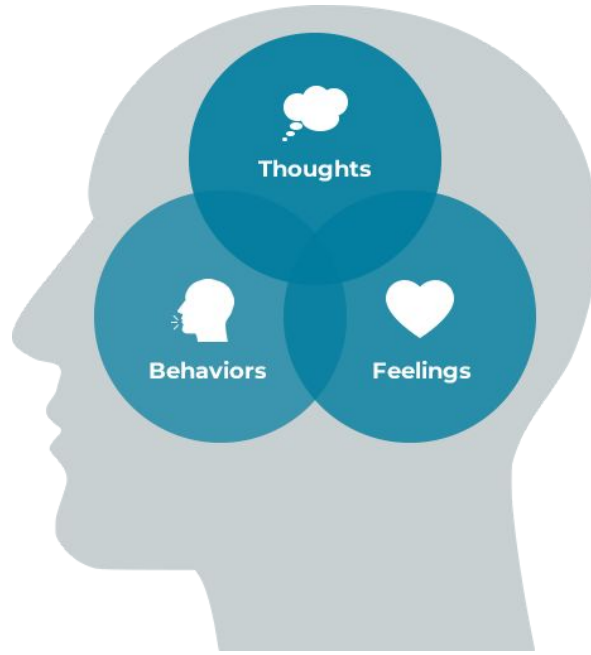
苦悩もウェルビーイングも人間の条件の一部であり、心理学はそれぞれに関心を持つべきです。人間の長所、優秀さ、繁栄は、人間の苦悩と同様に真実です。人は自分自身の最良の状態の確立を望み、有意義な人生を送りたい、と願っています。愛と思いやり、創造性と好奇心、仕事と粘り強さ、誠実さと知恵といった能力を成長させたいのです。

ポジティブ心理学とは、個人やコミュニティが成功するための要因を科学的に研究する学問です。



Ideas to maintain and improve teachers' wellbeing

What Would You Do?
あなたならどうする？



Cognitive behavioural therapy (CBT): A form of therapy based on the ideas that how we think (thoughts), what we feel (emotions & bodily sensations) and how we act (behaviour) interact together

Laurie Santos (2023) *The Science of Well-Being for Teens*



Thoughts
考え方・ものの見方



Behaviour
行動



Feelings
感情

EXPERIENCING GRATITUDE

- Practice benefit finding by looking for the good parts of bad situations
- Develop a gratitude ritual and list what you are grateful for on a regular basis
- Express gratitude and thank the special people in your life

PRACTICING MINDFULNESS

- Sample different meditation tools and aim to meditate for 10 min/day
- Bring mindfulness into everyday activities by savoring the experience

FIGHTING YOUR INNER CRITIC

- Speak kindly to yourself like you would talk to a friend
- Practice positive self-touch (such as literally giving yourself a mini-hug)

GETTING SOME PERSPECTIVE

- In high pressure scenarios, talk to yourself in the second or third person
- In times of doubt, ask yourself: what would a wise person do
- During negative thought spirals, journal about the emotions you're experiencing

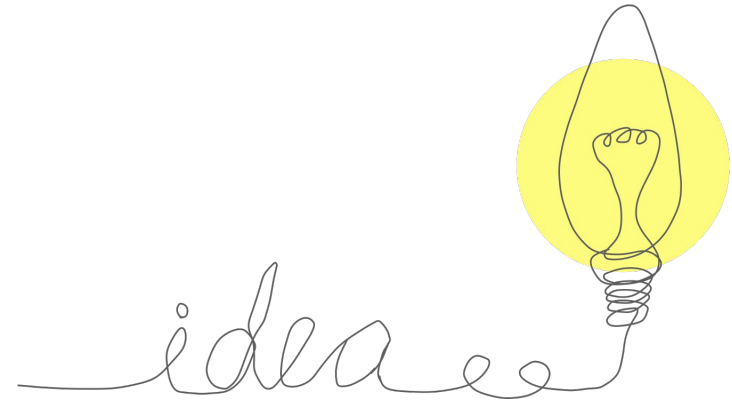
DEVELOPING A BETTER MINDSET

- Add 'yet' to transform a fixed mindset statement into a growth mindset statement
- Remember most traits work like a muscle and you are capable of positive change



The RAIN method to process navigate emotions

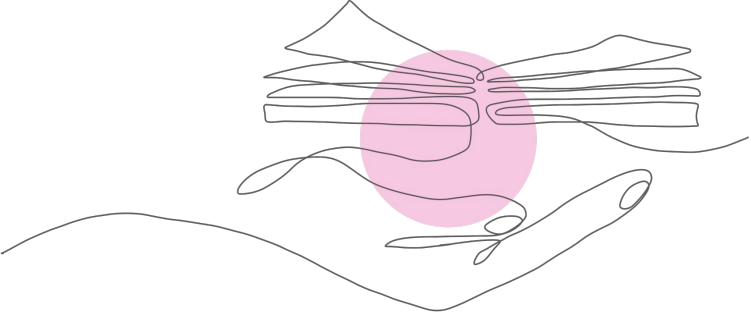
1. **Recognise** what is happening
2. **Allow** feeling to be just as it is
3. **Investigate** with interest and care
4. **Nurture** with self-compassion



The WOOP method: A method for setting goals in which you think about:

1. Your **wish**
2. The best **outcome**
3. Potential **obstacles**
4. Your if/then **plan**

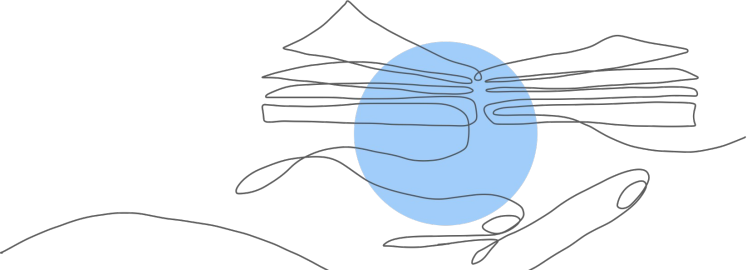
Laurie Santos (2023) *The Science of Well-Being for Teens*



*There are five building blocks that enable flourishing – **P**ositive Emotion, **E**ngagement, **R**elationships, **M**eaning, and **A**ccomplishment (hence **PERMA**™) – and there are strategies to increase each.*

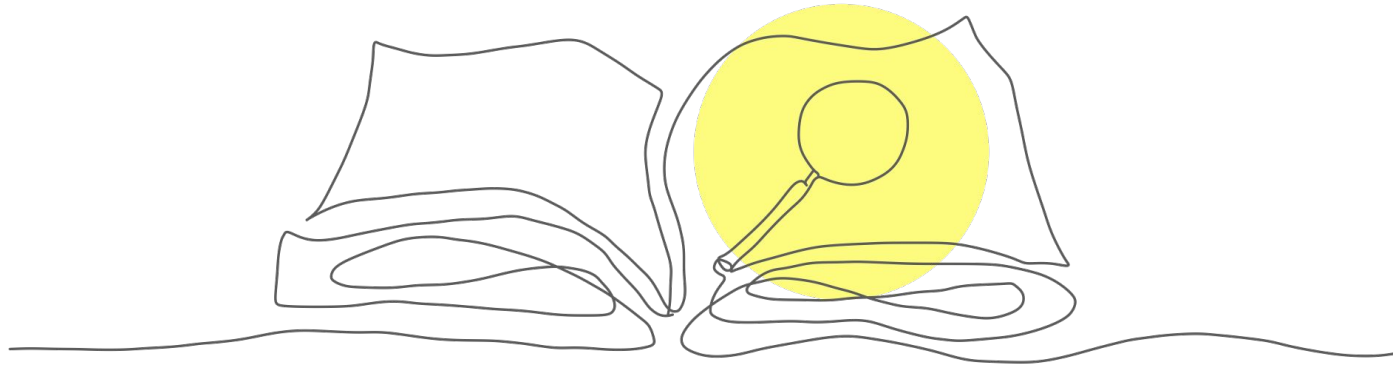
豊かさを可能にする5つの構成要素 -

- ポジティブな感情 (**P**ositive Emotion)、
- 関わり合い (**E**ngagement)、
- 人間関係 (**R**elationships)、
- 意味 (**M**eaning)、
- 成果 (**A**ccomplishment) (PERMA™)-があり、それぞれを高めるための方法があります。

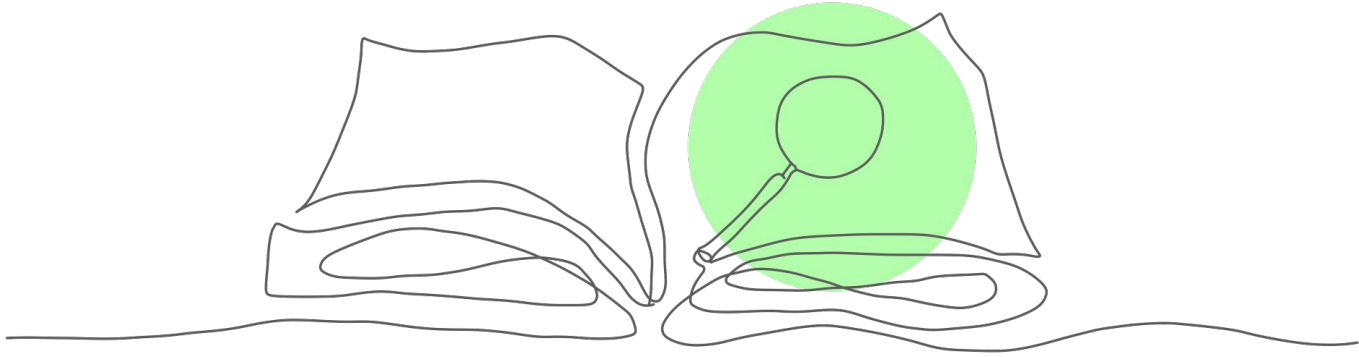


There are many different routes to a flourishing life. People will derive well-being from each of these five building blocks to varying degrees. A good life for one person is not necessarily a good life for another. Positive Psychology is descriptive, not prescriptive. In other words, we are not telling people what choices to make or what to value, but research on the factors that enable flourishing can help people make more informed choices to live a more fulfilling life that is aligned with their values and interests.

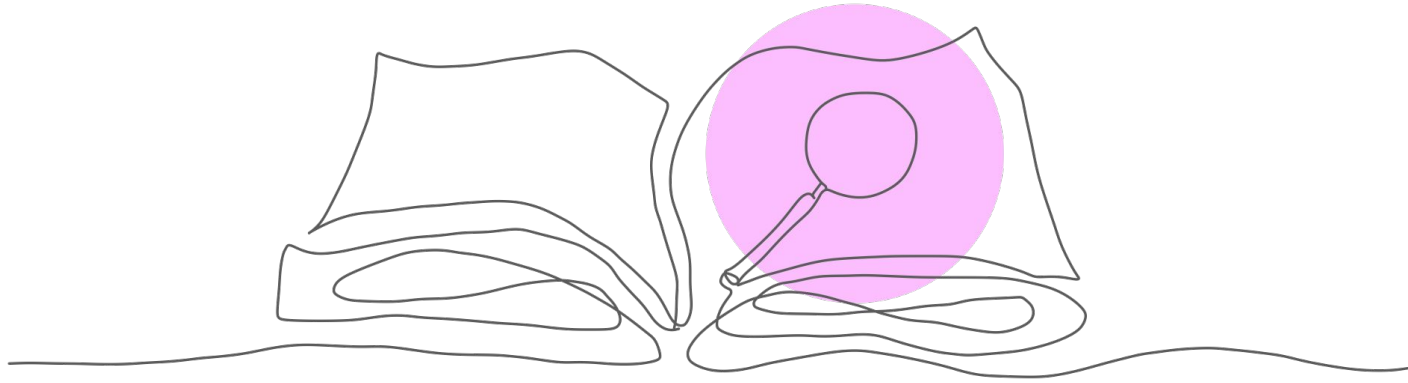
豊かな人生にはさまざまな道筋があります。人は、この 5つの構成要素から、程度の差こそあれ、それぞれ幸福を得ることができます。ある人にとっての良い人生が、別の人にとっても良い人生であるとは限りません。ポジティブ心理学は説明的なものであり、規範的なものではありません。つまり、私たちは人々にどのような選択をすべきか、何に価値を置くべきかを指示するのではなく、人々が自分の価値観や関心に沿ったより充実した人生を送るために、幸福を実現する要因について研究することで、より多くの情報に基づいた選択をする手助けをすることができるのです。



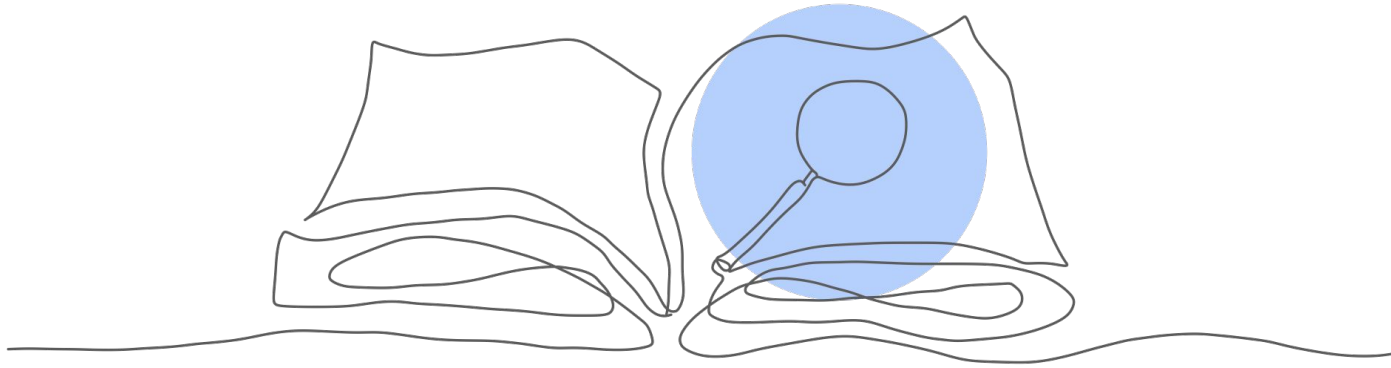
Positive Emotion: This route to well-being is hedonic – increasing positive emotion. Within limits, we can increase our positive emotion about the past (e.g., by cultivating gratitude and forgiveness), our positive emotion about the present (e.g., by savoring physical pleasures and mindfulness) and our positive emotion about the future (e.g., by building hope and optimism).



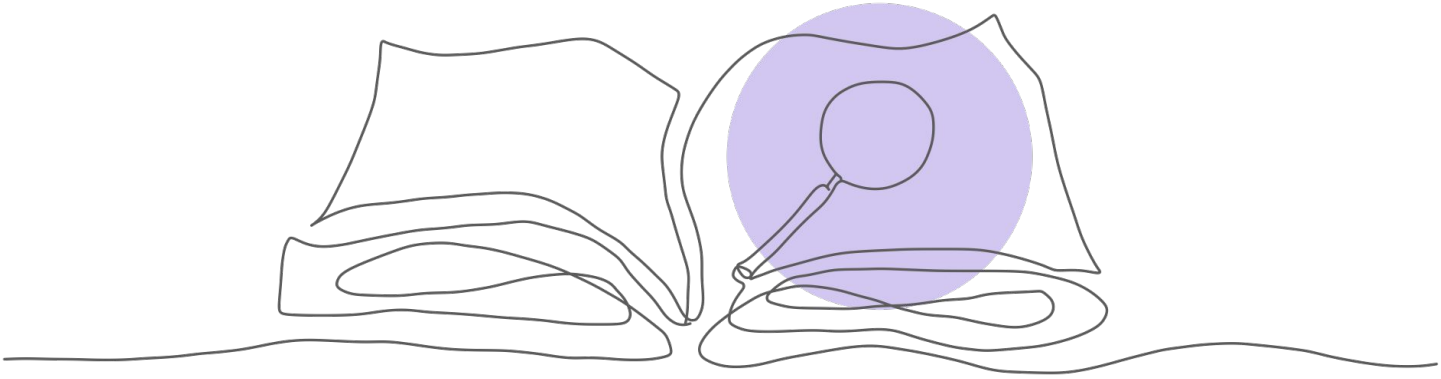
Engagement: Engagement is an experience in which someone fully deploys their skills, strengths, and attention for a challenging task.



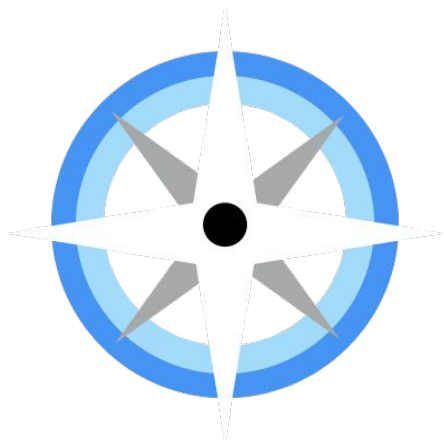
Relationships: Relationships are fundamental to well-being. The experiences that contribute to well-being are often amplified through our relationships, for example, great joy, meaning, laughter, a feeling of belonging, and pride in accomplishment. Connections to others can give life purpose and meaning.



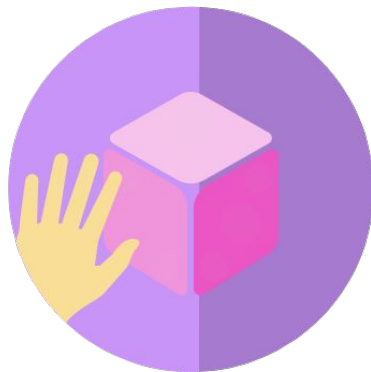
Meaning: A sense of meaning and purpose can be derived from belonging to and serving something bigger than the self.



Accomplishment: People pursue achievement, competence, success, and mastery for its own sake, in a variety of domains, including the workplace, sports, games, hobbies, among others.



Autonomy 自主性



Mastery 熟練



Purpose 目的

Motivation 1.0
Survival - Basic needs



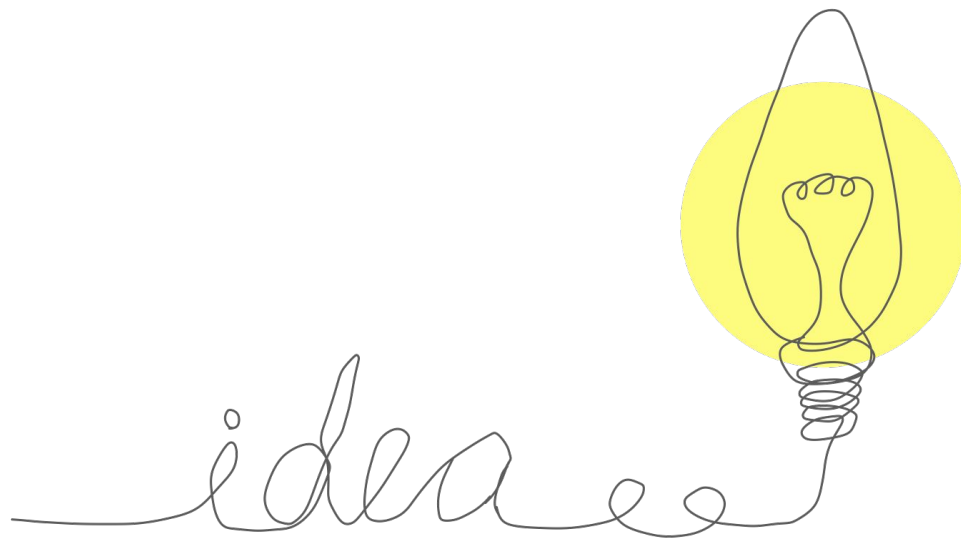
Motivation 2.0
Reward/Punishment



Motivation 3.0
Intrinsic motivation

Dan Pink (2011) *Drive*

PERMA profiler



学校生活での充足感 Fulfilment in school life

数字: 上段 2023年 中段 22年 下段 21年の%

	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
あなたはこの学校に合っていると感じますか	44	35	16	3	1
Do you feel that you are a good fit for this school?	49	37	10	3	1
	43	37	17	3	1
SISにはサポートやアドバイスを求めることができる先生方がいますか。	32	41	21	4	2
Is there an adult at the school you can go to for support and advice?	36	43	16	4	1
	29	42	19	8	2
SISにはあなたにいつも最善をつくしてほしいと期待している大人がいますか。	30	41	24	4	1
Are there adults in this school who always want you to do your best?	36	41	23	3	2
	29	39	24	6	3

感情の安定度 Emotional stability

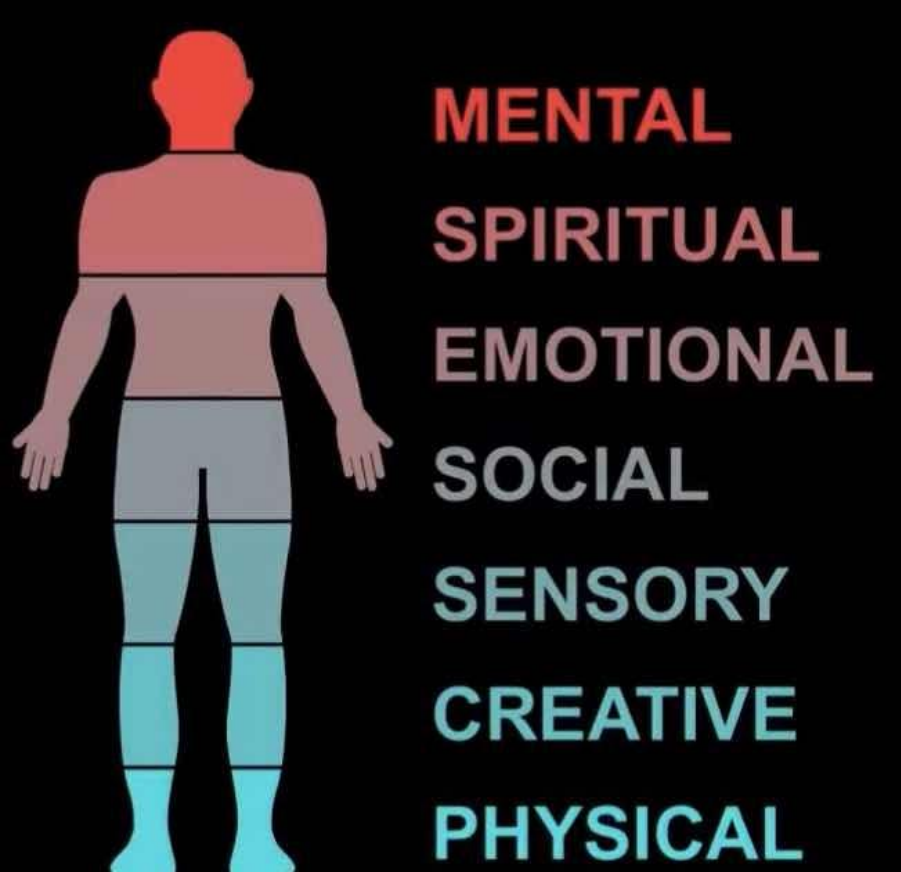
数字: 上段 2023年 中段 22年 下段 21年の%

	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
最近あなたはどのくらい幸せに感じていますか	35	37	22	5	1
How happy have you been feeling these days?	36	35	22	5	2
	29	41	21	6	3
最近あなたはどのくらいリラックスしていると感じますか	24	31	31	9	4
How relaxed have you been feeling these days?	24	32	29	12	3
	22	31	29	12	7

学習の充実度、成長思考 Fullness of learning, Growth mindset

	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
他のことと比較して、教科の学習で成果をあげるのはあなたにとってどのくらい重要ですか	38	39	20	2	1
Compared with other things you do, how important is it to you to do well in your classes?	40	38	16	4	2
	43	37	16	3	1
他のことと比較して、教科の学習はどのくらい興味深いですか	19	42	32	5	1
Compared to other things you do, how interesting are your classes?	18	48	16	5	2
	19	42	32	6	1
努力すれば教科の学習で良い結果を出すことができますか（成長思考）	55	33	10	1	1
Do you think that if you work hard you can achieve good results in your studies? (Growth mindset)	54	34	9	1	2
	52	31	13	5	1

Student Thriving Index 生徒成長指数
Character Lab, Angela Duckworth



Saundra Dalton-Smith (2021) *The 7 types of rest that every person needs*



Thank you

