

## References for Classes 1-5

### References

#### **How habits are formed**

- Lally, P., Van Jaarsveld, C. H., Potts, H. W., & Wardle, J. (2010). How are habits formed: Modelling habit formation in the real world. *European journal of social psychology*, 40(6), 998-1009.
- Judah, G., Gardner, B., Kenward, M.G. *et al.* (2018) Exploratory study of the impact of perceived reward on habit formation. *BMC Psychol* 6, 62.

#### **Piggybacking to an existing route is one of the most effective ways for developing new habits.**

- Wood, W., & Neal, D. T. (2016). Healthy through habit: Interventions for initiating & maintaining health behavior change. *Behavioral Science & Policy*, 2(1), 71-83.

#### **Starting one habit at a time is best**

- Dalton, A. N., & Spiller, S. A. (2012). Too much of a good thing: The benefits of implementation intentions depend on the number of goals. *Journal of Consumer Research*, 39(3), 600-614.
- Baumeister, R. F. (2002). Ego depletion and self-control failure: An energy model of the self's executive function. *Self and identity*, 1(2), 129-136.

#### **We are happier when we have perceived self-control.**

- Hofmann W., Luhmann M., Fisher R.R., Vohs K.D., Baumeister R.F. (2014) Yes, but are they happy? Effects of trait self-control on affective well-being and life satisfaction. *Journal of Personality* 82(4), 265-77

#### **Mindset interventions help students do better in college (improves grades and reduces drop out).**

- Yeager, D. S., & Dweck, C. S. (2012). Mindsets that promote resilience: When students believe that personal characteristics can be developed. *Educational psychologist*, 47(4), 302-314.
- Yeager, D. S., Hanselman, P., Walton, G. M., Murray, J. S., Crosnoe, R., Muller, C., ... & Paunesku, D. (2019). A national experiment reveals where a growth mindset improves achievement. *Nature*, 573(7774), 364-369.

#### **Paced Breathing helps insomniacs fall asleep 3x faster**

- Tsai, H.J., Kuo, T.B.J., Lee, G.-S. and Yang, C.C.H. (2015), Efficacy of paced breathing for insomnia: Enhances vagal activity and improves sleep quality. *Psychophysiology*, 52: 388-396.

#### **Slowed breathing induces tranquility**

- Yackle, K., Schwarz, L.A., Kam, K., Sorokin, J.M., Huguenard J.R., Feldman J.L., Luo L., Krasnow M.A.(2017) Breathing control center neurons that promote arousal in mice. *Science* 355(6332):1411-1415.

#### **Skewed Breathing improves decision-making and decreases perceived stress.**

- De Couck, M., Caers, R., Musch, L., Fliegau, J., Giangreco, A., Gidron, Y. (2019) How breathing can help you make better decisions: Two studies on the effects of breathing patterns on heart rate variability and decision-making in business cases. *International Journal of Psychophysiology*, 139, 1-9.

#### **Paying attention to your breath improves your emotional regulation**

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- Doll A., Hölzel B.K., Mulej Bratec S., Boucard C.C., Xie X., Wohlschläger A.M., Sorg C. (2016) Mindful attention to breath regulates emotions via increased amygdala-prefrontal cortex connectivity. *Neuroimage*, 134, 305-313.

### **Positive psychology exercises improve well-being by 10-15%, and the gains are lasting**

- Seligman, M. E., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: empirical validation of interventions. *American psychologist*, 60(5), 410.
- Bolier, L., Haverman, M., Westerhof, G. J., Riper, H., Smit, F., & Bohlmeijer, E. (2013). Positive psychology interventions: a meta-analysis of randomized controlled studies. *BMC public health*, 13(1), 119.

### **Scale of Positive and Negative Experience**

- Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D. W., Oishi, S., & Biswas-Diener, R. (2010). New well-being measures: Short scales to assess flourishing and positive and negative feelings. *Social Indicators Research*, 97(2), 143-156.

### **Satisfaction with Life Scale**

- Diener, E. D., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The satisfaction with life scale. *Journal of personality assessment*, 49(1), 71-75.

### **About half of well-being is determined by genetics, whereas a small amount is determined by life circumstances**

- Lyubomirsky, S. (2008). *The how of happiness: A scientific approach to getting the life you want*. Penguin.

### **We adapt to negative and positive life events.**

- Brickman, P., Coates, D., & Janoff-Bulman, R. (1978). Lottery winners and accident victims: Is happiness relative?. *Journal of personality and social psychology*, 36(8), 917.

### **The hedonic treadmill**

- Waterman, A. S. (2007). On the importance of distinguishing hedonia and eudaimonia when contemplating the hedonic treadmill.

### **The brain is constantly changing (neuroplasticity)**

- Doidge, N. (2007). *The brain that changes itself: Stories of personal triumph from the frontiers of brain science*. Penguin.

### **Brain uses 20% of oxygen you breathe in**

- Raichle, M. E., & Gusnard, D. A. (2002). Appraising the brain's energy budget. *Proceedings of the National Academy of Sciences*, 99(16), 10237-10239.

### **The way we breathe affects our mood. Emotional responses were triggered by emulating breathing patterns.**

- Philippot, P., Chapelle, G., & Blairy, S. (2002). Respiratory feedback in the generation of emotion. *Cognition & Emotion*, 16(5), 605-627.

### **Deep diaphragmatic breathing stimulates the vagus nerve and parasympathetic nervous system, resulting in the relaxation response**

- Gerritsen, R. J. S., & Band, G. P. (2018). Breath of life: the respiratory vagal stimulation model of contemplative activity. *Frontiers in human neuroscience*, 12, 397.
- Bordonni, B., Purgol, S., Bizzarri, A., Modica, M., & Morabito, B. (2018). The Influence of Breathing on the Central Nervous System. *Cureus*, 10(6).

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### **Slow, deep breathing can enhance autonomic, cerebral, and psychological flexibility.**

- Zaccaro, A., Piarulli, A., Laurino, M., Garbella, E., Menicucci, D., Neri, B., & Gemignani, A. (2018). How breath-control can change your life: a systematic review on psycho-physiological correlates of slow breathing. *Frontiers in human neuroscience*, 12, 353.

### **Diaphragmatic breathing can reduce the body's stress response (cortisol), decrease negative affect, and improve attention.**

- Ma, X., Yue, Z. Q., Gong, Z. Q., Zhang, H., Duan, N. Y., Shi, Y. T., ... & Li, Y. F. (2017). The effect of diaphragmatic breathing on attention, negative affect and stress in healthy adults. *Frontiers in psychology*, 8, 874.

### **Realists are happier than optimists and pessimists**

- De Meza, D., Dawson, C. (2020) Neither an optimist nor a pessimist be: Mistaken expectations lower well-being. *Personality and Social Psychology Bulletin*: 146167220934577. doi: 10.1177/0146167220934577.

### **Forming one habit improves self-control in other areas**

- Baumeister, R., Gailliot, M., DeWall, C. Oaten, M. (2007). Self-Regulation and Personality: How Interventions Increase Regulatory Success, and How Depletion Moderates the Effects of Traits on Behavior. *Journal of Personality*. 74. 1773-801.

### **Apps support repetition, but not habit formation**

- Renfree, I.M., Harrison, D., Marshall, P., Stawarz, K., Cox, A. (2016). Don't Kick the Habit: The Role of Dependency in Habit Formation Apps. *Conference Paper*.

### **How long does it take to form a habit? Average is 66 days, but could be a s little as 18 for simple habit or as long as 254 days for complex tasks.**

- Lally, P., Van Jaarsveld, C. H., Potts, H. W., & Wardle, J. (2010). How are habits formed: Modelling habit formation in the real world. *European journal of social psychology*, 40(6), 998-1009.

### **Repetition is the second most important part of habit formation.**

- Wood, W., & Neal, D. T. (2016). Healthy through habit: Interventions for initiating & maintaining health behavior change. *Behavioral Science & Policy*, 2(1), 71-83.

### **Microsoft study that suggests attention spans have decreased by 33% from since 2000.**

- Microsoft Canada (2015). Attention spans. Consumer Insights. <http://dl.motamem.org/microsoft-attention-spans-research-report.pdf>

### **Positive anticipation improves positive emotions and offsets stress response and is uniquely related to less negative emotions**

- Monfort, S., Stroup, H., Waugh, C. (2014). The Impact of Anticipating Positive Events on Responses to Stress. *Journal of Experimental Social Psychology*. 58. 10.1016/j.jesp.2014.12.003.

### **Anticipating positive experiences is related to increased subjective well-being, which is connected to larger social network, goal achievement, and higher income.**

- Macleod, A.K., Conway, C. (2005) Well-being and the anticipation of future positive experiences: The role of income, social networks, and planning ability. *Cognition and Emotion* 19(3) 357-74.

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### **Anticipating vacation makes us happier than actual vacations**

- Nawijn, J., Marchand, M.A., Veenhoven, R. *et al.* (2010) Vacationers happier, but most not happier after a holiday. *Applied Research Quality Life* **5**, 35–47

### **Our brains react to phone rewards with dopamine, similar to gambling.**

- Milner, P. M. (1991). Brain-stimulation reward: a review. *Canadian Journal of Psychology/Revue canadienne de psychologie*, *45*(1), 1.

### **Dopamine is released when we experience positive anticipation.**

- Iigaya, K., Hauser, T., Kurth-Nelson, Z., O'Doherty, J.P., Dayan, P., Dolan, R.J. (2020) The Value of what's to come: Neural mechanisms coupling prediction error and the utility of anticipation. *Science Advances*: EABA3828.

### **Most of us are monotaskers and only 2.5% have the ability to multi-task without decreasing productivity.**

- Watson, J. M., & Strayer, D. L. (2010). Supertaskers: Profiles in extraordinary multitasking ability. *Psychonomic bulletin & review*, *17*(4), 479-485.

### **Multitasking is associated with inefficient neural activation, stress hormones, and up to a 40% reduction in productivity.**

- Rubinstein, J. S., Meyer, D. E., & Evans, J. E. (2001). Executive control of cognitive processes in task switching. *Journal of experimental psychology: human perception and performance*, *27*(4), 763.
- Goldfarb, E. V., Froböse, M. I., Cools, R., & Phelps, E. A. (2017). Stress and cognitive flexibility: cortisol increases are associated with enhanced updating but impaired switching. *Journal of Cognitive Neuroscience*, *29*(1), 14-24.
- Simmonds, D. J., Pekar, J. J., & Mostofsky, S. H. (2008). Meta-analysis of Go/No-go tasks demonstrating that fMRI activation associated with response inhibition is task-dependent. *Neuropsychologia*, *46*(1), 224-232.

### **A Harvard study found that our minds wander about 46.9% of the time. Those who were focusing on what they were doing were the happiest.**

- Killingsworth, M. A., & Gilbert, D. T. (2010). A wandering mind is an unhappy mind. *Science*, *330*(6006), 932-932.

### **When given the choice between sitting alone in an empty room for 15 minutes or being subject to electric shock, the majority of people chose the shock.**

- Wilson, T. D., Reinhard, D. A., Westgate, E. C., Gilbert, D. T., Ellerbeck, N., Hahn, C., ... & Shaked, A. (2014). Just think: The challenges of the disengaged mind. *Science*, *345*(6192), 75-77.

### **Upward spiral effect**

- Fredrickson, B. L., & Joiner, T. (2002). Positive emotions trigger upward spirals toward emotional well-being. *Psychological science*, *13*(2), 172-175.

### **Improvements in attention are correlated with increased ability to tolerate distress and pain, and act as a buffer to stress and depression.**

- Liu, X., Wang, S., Chang, S., Chen, W., & Si, M. (2013). Effect of brief mindfulness intervention on tolerance and distress of pain induced by cold-pressor task. *Stress and Health*, *29*(3), 199-204.
- Hülshager, U. R., Alberts, H. J., Feinholdt, A., & Lang, J. W. (2013). Benefits of mindfulness at work: the role of mindfulness in emotion regulation, emotional exhaustion, and job satisfaction. *Journal of applied psychology*, *98*(2), 310.

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- Zeidan, F., Johnson, S. K., Diamond, B. J., David, Z., & Goolkasian, P. (2010). Mindfulness meditation improves cognition: Evidence of brief mental training. *Consciousness and cognition*, 19(2), 597-605.

### **Improved focus is linked with thickening in the posterior cingulate cortex.**

- Marchand, W. R. (2014). Neural mechanisms of mindfulness and meditation: evidence from neuroimaging studies. *World journal of radiology*, 6(7), 471.

### **Reflecting and vividly recalling pleasant memories enhances positive affect.**

- Bryant, F. B., Smart, C. M., & King, S. P. (2005). Using the past to enhance the present: Boosting happiness through positive reminiscence. *Journal of Happiness Studies*, 6(3), 227-260.

### **Mindfulness meditation plus acceptance training related to lower blood pressure and cortisol during a stressful situation compared to groups that received mindfulness or coping skills alone.**

- Lindsay, E. K., Young, S., Smyth, J. M., Brown, K. W., & Creswell, J. D. (2018). Acceptance lowers stress reactivity: Dismantling mindfulness training in a randomized controlled trial. *Psychoneuroendocrinology*, 87, 63-73.

### **Savoring is related to enhanced well-being.**

- Quoidbach, J., Berry, E. V., Hansenne, M., & Mikolajczak, M. (2010). Positive emotion regulation and well-being: Comparing the impact of eight savoring and dampening strategies. *Personality and individual differences*, 49(5), 368-373.
- Smith, J. L., Harrison, P. R., Kurtz, J. L., & Bryant, F. B. (2014). Interventions to Enhance the Enjoyment of Positive Experiences. *The Wiley Blackwell handbook of positive psychological interventions*, 42.

### **Upright posture can improve mood and energy, while decreasing stress and anxiety.**

- Wilkes, C., Kydd, R., Sagar, M., & Broadbent, E. (2017). Upright posture improves affect and fatigue in people with depressive symptoms. *Journal of behavior therapy and experimental psychiatry*, 54, 143-149.

### **Stretching relieves stress and improves energy and mood.**

- Pascoe, M. C., & Bauer, I. E. (2015). A systematic review of randomised control trials on the effects of yoga on stress measures and mood. *Journal of Psychiatric Research*, 68, 270-282.

### **Evolutionarily, negative experiences are stronger than positive ones.**

- Baumeister, Roy F.; Finkenauer, Catrin; Vohs, Kathleen D. (2001). "Bad is stronger than good"(PDF). *Review of General Psychology*. 5 (4): 323–370. doi:10.1037/1089-2680.5.4.323.
- Rozin, Paul; Royzman, Edward B. (2001). "Negativity bias, negativity dominance, and contagion". *Personality and Social Psychology Review*. 5(4): 296–320. doi:10.1207/S15327957PSPR0504\_2.

### **Release of oxytocin is triggered by self soothing behaviors.**

- Uvnäs-Moberg, K., Handlin, L., & Petersson, M. (2015). Self-soothing behaviors with particular reference to oxytocin release induced by non-noxious sensory stimulation. *Frontiers in psychology*, 5, 1529. <https://doi.org/10.3389/fpsyg.2014.01529>

### **Developing a kinder relationship to yourself through self-compassion is related to improved well-being, increased resilience, decreased stress, improved motivation/productivity, improved body image, and improved relationship with others.**

- Neff, K. D. (2011). Self-compassion, self-esteem, and well-being. *Social and personality psychology compass*, 5(1), 1-12.

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- Leary, M. R., Tate, E. B., Adams, C. E., Batts Allen, A., & Hancock, J. (2007). Self-compassion and reactions to unpleasant self-relevant events: the implications of treating oneself kindly. *Journal of personality and social psychology*, 92(5), 887.
- Kirschner, H., Kuyken, W., Wright, K., Roberts, H., Brejcha, C., & Karl, A. (2019). Soothing Your Heart and Feeling Connected: A New Experimental Paradigm to Study the Benefits of Self-Compassion. *Clinical Psychological Science*, 7(3), 545-565.
- Braun, T. D., Park, C. L., & Gorin, A. (2016). Self-compassion, body image, and disordered eating: A review of the literature. *Body image*, 17, 117-131.
- Breines, J. G., & Chen, S. (2012). Self-compassion increases self-improvement motivation. *Personality and Social Psychology Bulletin*, 38(9), 1133-1143.

### **Using first versus third person self-talk activates different areas of the brain.**

- Moser, J. S., Dougherty, A., Mattson, W. I., Katz, B., Moran, T. P., Guevarra, D., ... & Kross, E. (2017). Third-person self-talk facilitates emotion regulation without engaging cognitive control: Converging evidence from ERP and fMRI. *Scientific reports*, 7(1), 4519.

### **Distancing (by using 3<sup>rd</sup> person self-talk) is an emotion regulation strategy that contributes to reduced anxiety and rumination, and better performance in the face of stress.**

- Kross, E., Bruehlman-Senecal, E., Park, J., Burson, A., Dougherty, A., Shablack, H., ... & Ayduk, O. (2014). Self-talk as a regulatory mechanism: How you do it matters. *Journal of personality and social psychology*, 106(2), 304.
- Kross, E., & Ayduk, O. (2017). Self-distancing: Theory, research, and current directions. In *Advances in experimental social psychology* (Vol. 55, pp. 81-136). Academic Press.

### **Dopamine is released when listening to music you love.**

- Salimpoor, V. N., Benovoy, M., Larcher, K., Dagher, A., & Zatorre, R. J. (2011). Anatomically distinct dopamine release during anticipation and experience of peak emotion to music. *Nature Neuroscience*, 14(2), 257.

### **It is easier to start a new behavior than to stop an existing behavior.**

- Wood, W., & Neal, D. T. (2016). Healthy through habit: Interventions for initiating & maintaining health behavior change. *Behavioral Science & Policy*, 2(1), 71-83.

### **Loneliness is associated with depression, anxiety, suicide, and substance abuse.**

- Stickley, A., & Koyanagi, A. (2016). Loneliness, common mental disorders and suicidal behavior: Findings from a general population survey. *Journal of affective disorders*, 197, 81-87.

### **Loneliness is related to increased cortisol, impaired memory and learning, early cognitive decline, and reduced immune and cardiovascular health.**

- Hawkley, L. C., & Cacioppo, J. T. (2010). Loneliness matters: A theoretical and empirical review of consequences and mechanisms. *Annals of behavioral medicine*, 40(2), 218-227.
- Boss, L., Kang, D. H., & Branson, S. (2015). Loneliness and cognitive function in the older adult: a systematic review. *International Psychogeriatrics*, 27(4), 541-553.
- Hawkley, L. C., Masi, C. M., Berry, J. D., & Cacioppo, J. T. (2006). Loneliness is a unique predictor of age-related differences in systolic blood pressure. *Psychology and aging*, 21(1), 152.
- Jaremka, L. M., Fagundes, C. P., Glaser, R., Bennett, J. M., Malarkey, W. B., & Kiecolt-Glaser, J. K. (2013). Loneliness predicts pain, depression, and fatigue: understanding the role of immune dysregulation. *Psychoneuroendocrinology*, 38(8), 1310-1317.

### **Chronic loneliness shrinks lifespan as much as smoking 15 cigarettes per day. Conversely, having strong social relationships is linked with longevity.**

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- Holt-Lunstad, J., Smith, T. B., & Layton, J. B. (2010). Social relationships and mortality risk: a meta-analytic review. *PLoS med*, 7(7), e1000316.
- Robles, T. F., Slatcher, R. B., Trombello, J. M., & McGinn, M. M. (2014). Marital quality and health: A meta-analytic review. *Psychological bulletin*, 140(1), 140.

### **Social support is linked to healthy cardiovascular, endocrine, and immune system functioning.**

- Seppala, E., Rossomando, T., & Doty, J. R. (2013). Social connection and compassion: Important predictors of health and well-being. *Social Research: An International Quarterly*, 80(2), 411-430.

### **Harvard study: People who felt most connected to family and community were happiest and healthiest 30 years later.**

- Waldinger, R. J., & Schulz, M. S. (2016). The long reach of nurturing family environments: Links with midlife emotion-regulatory styles and late-life security in intimate relationships. *Psychological science*, 27(11), 1443-1450.
- Mineo, L. (2018, November 26). Over nearly 80 years, Harvard study has been showing how to live a healthy and happy life. Retrieved from <https://news.harvard.edu/gazette/story/2017/04/over-nearly-80-years-harvard-study-has-been-showing-how-to-live-a-healthy-and-happy-life/>

### **Smiling can make us happier. A meta-analysis of 138 studies and over 11,000 subjects tells us that facial expressions impact our feelings**

- Coles N.A., Larsen J.T., Lench H.C. (2019). A meta-analysis of the facial feedback literature: Effects of facial feedback on emotional experience are small and variable. *Psychology Bulletin* 145(6), 610-651.

### **The happiest moments of people's days involve social connection (having a conversation, playing, or having sex).**

- Killingsworth, M. A., & Gilbert, D. T. (2010). A wandering mind is an unhappy mind. *Science*, 330(6006), 932-932.

### **Social connection is a basic human need.**

- Baumeister, R. F., & Leary, M. R. (1995). The need to belong: desire for interpersonal attachments as a fundamental human motivation. *Psychological bulletin*, 117(3), 497.

### **Physical and social pain share overlapping neural regions in the brain.**

- Eisenberger, N. I. (2012). Broken hearts and broken bones: A neural perspective on the similarities between social and physical pain. *Current Directions in Psychological Science*, 21(1), 42-47.

### **Social micromoments stimulate the vagus nerve.**

- Fredrickson, B. (2013). *Love 2.0: How our supreme emotion affects everything we feel, think, do, and become*. Avery.
- Heinskou, M. B., & Liebst, L. S. (2016, June). On the Elementary Neural Forms of Micro-Interactional Rituals: Integrating Autonomic Nervous System Functioning Into Interaction Ritual Theory. In *Sociological Forum* (Vol. 31, No. 2, pp. 354-376).

### **Faking a smile when you feel actively upset can make you feel worse.**

- Scott, E. (2018, October 1). When to Fake It, When to Be Honest. Retrieved from <https://www.verywellmind.com/when-to-fake-happiness-for-stress-relief-4068437>
- Ansfield, M. E. (2007). Smiling when distressed: When a smile is a frown turned upside down. *Personality and Social Psychology Bulletin*, 33(6), 763-775.

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### **Genuine Duchenne smiles increase happiness and endorphins.**

- Messinger, D. S., Fogel, A., & Dickson, K. L. (2001). All smiles are positive, but some smiles are more positive than others. *Developmental psychology*, 37(5), 642.
- Ekman, P., Davidson, R. J., & Friesen, W. V. (1990). The Duchenne smile: emotional expression and brain physiology: II. *Journal of personality and social psychology*, 58(2), 342.
- Lane, R. D. (2000). Neural correlates of conscious emotional experience. *Cognitive neuroscience of emotion*, 345-370.

### **A study from University of Kansas found that participants who smiled during a stressful task had faster heart rate recovery and disliked the task less.**

- Kraft, T. L., & Pressman, S. D. (2012). Grin and bear it: The influence of manipulated facial expression on the stress response. *Psychological science*, 23(11), 1372-1378.

### **People whose spouses passed away and displayed Duchenne smiles were less distressed.**

- Keltner D., and Bonanno, G (1997) A Study of Laughter and Dissociation: Distinct Correlates of Laughter and Smiling During Bereavement, *Journal of Personality and Social Psychology*, 73, 687-702.

### **Many people can smile with a Duchenne smile on demand**

- Gunnery, S.D., Hall, J.A. & Ruben, M.A. (2013) The deliberate Duchenne smile: Individual differences in expressive control. *J Nonverbal Behav* 37, 29-41.

### **Smiles are contagious thanks to mirror neurons.**

- Hatfield, E., Cacioppo, J. T., & Rapson, R. L. (1992). Primitive emotional contagion. *Review of personality and social psychology*, 14, 151-177.

### **Face to face contact related to positive well-being**

- Pea R., Nass C., Meheula L., Rance M., Kumar A., Bamford H., Nass M., Simha A., Stillerman B., Yang S., & Zhou M. (2012) Media use, face-to-face communication, media multitasking, and social well-being among 8- to 12-year-old girls. *Developmental Psychology* 48(2) 327-36.

### **Masks make it difficult to read many emotions since our eyes and mouths show our emotions**

- Wegrzyn, M., Vogt, M., Kireclioglu, B., Schneider, J., & Kißler, J. (2017). Mapping the emotional face. How individual face parts contribute to successful emotion recognition. *PLOS ONE*, 12(5), e0177239.

### **Surprising power of tertiary connections**

- Sandstrom G.M., Dunn E.W. (2014) Social Interactions and Well-Being: The surprising power of weak ties. *Personality and Social Psychology Bulletin* 40(7), 910-922.

### **Experiencing ratio of 3:1 positive to negative emotions is beneficial.**

- Fredrickson, B. (2009). *Positivity: embrace the hidden strength of positive emotions, overcome negativity, and thrive*. New York: Crown Publishers.
- Schutte, N. S. (2014). The broaden and build process: Positive affect, ratio of positive to negative affect and general self-efficacy. *The Journal of Positive Psychology*, 9(1), 66-74.

### **Some people don't value gratitude -specifically people with autonomous interpersonal style**

- Parker S.C., Majid H., Stewart K.L., Ahrens A.H. (2017). No thanks! Autonomous interpersonal style is associated with less experience and valuing of gratitude. *Cognition and Emotion*, 31(8), 1627-1637.

### **Appreciation affects serotonin and dopamine.**



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- Korb, A. (2015). *The upward spiral: Using neuroscience to reverse the course of depression, one small change at a time*. New Harbinger Publications.

### **Appreciative perspective uniquely related to higher life satisfaction**

- Fagley, N. S. (2012). Appreciation uniquely predicts life satisfaction above demographics, the Big 5 personality factors, and gratitude. *Personality and Individual Differences*, 53, 59-63.

### **Appreciation is different than gratitude and has 8 aspects**

- Adler, M. G., & Fagley, N. S. (2005). Appreciation: Individual differences in finding value and meaning as a unique predictor of subjective well-being. *Journal of Personality*, 73: (1), 79-114.

### **Appreciation is a trait and a state.**

- Fagley, N. S. (2016). The construct of appreciation: It is so much more than gratitude. In *Perspectives on Gratitude* (pp. 84-98). Routledge.

### **A study from the University of Pennsylvania showed that using a cognitive appreciation exercise improved positive affect by 9% and increased life satisfaction.**

- Seligman, M. E., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: empirical validation of interventions. *American Psychologist*, 60(5), 410.

### **Negative rumination is associated with cognitive decline**

- Marchant N.L, Lovland L.R., Jones R., Pichet Binette A., Gonneaud J., Arenaza-Urquijo E.M., Chételat G., Villeneuve S. & PREVENT-AD Research Group (2020) Repetitive negative thinking is associated with amyloid, tau, and cognitive decline. *Alzheimers and Dementia* 16(7), 1054-1064.

### **Depressed patients were given a task for a week to write 3 good things that happened to them that day. After 2 weeks participants went from being moderately depressed to being mildly depressed, and they showed increases in positive affect and resilience**

- Pietrowsky, R., & Mikutta, J. (2012). Effects of positive psychology interventions in depressive patients—A randomized control study. *Psychology*, 3(12), 1067.

### **Continued practice of appreciation leads to increased happiness lasting as long as 6 months.**

- Seligman M. E., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: empirical validation of interventions. *American psychologist*, 60(5), 410.

### **Vividly recalling pleasant memories enhances positive affect.**

- Bryant, F. B., Smart, C. M., & King, S. P. (2005). Using the past to enhance the present: Boosting happiness through positive reminiscence. *Journal of Happiness Studies*, 6(3), 227-260.