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acknowledge that

adolescence can be a

turbulent time where

difficulties can develop

into mental health

problems.

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**Building Happiness,
Resilience and
Motivation in ...**

Positive psychology focuses on building strengths and developing creative and positive thinking in order to boost happiness, well-being and achievement. It helps people to be motivated, maintain positive mental health, and to flourish in all areas of their lives.

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**Building Happiness,
Resilience and
Motivation in ...**

This resource is a fully-formed positive psychology programme designed to promote happiness, resilience and motivation in young people aged 11-18. It introduces the theory and research behind...

**Building Happiness,
Resilience and
Motivation in ...**

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Activity 1: A New Challenge — Using the handout (all handouts are supplied) write down the things that you can do, the...

Activity 2: Changing Behaviors — Consider things you do which are currently productive and positive e.g. keeping fit.

Activity 3: New Goals — Think of a new goal for yourself ...

Building Happiness,

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Building

Happiness

**Resilience and
Motivation in ...**

Slide 17 Building
Happiness, Resilience
and Motivation in

Adolescents The aim of
the programme is to
introduce students to
the concept of
character strengths,
enable them to identify
their signature (higher)
strengths and develop
new ways of using
them. The programme
is presented in six
sections; each section

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represents one of the six virtues.

Resilience And

Motivation In

Slide 1 BUILDING HAPPINESS,

RESILIENCE AND

MOTIVATION IN ...

Positive psychology

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This resource is a fully-
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and motivation in
young people aged
11-18.

**Building Happiness,
Resilience &
Motivation |
Incentive Plus**

Building resilience is an

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important part of
growth and change.

There are several ways
to cultivate and inspire

resilience in people. A

good start is finding a
sentence that

resonates with you. It

empowers you, For

motivates you, and

becomes a mantra you

internally chant to

yourself every day.

**19 Resilience &
Adversity Quotes**

That Will Inspire and

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Hostile cultural contexts can also affect resiliency. For example, one study found that, for gay men, internalized homophobia and the stigma of being gay hurt their resiliency, making them less likely to seek needed medical care. But other studies have found that, with positive social support, some discrimination

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stressors can be overcome, leading to better health outcomes.

Motivation In

Adolescents A

Four Ways Social Support Makes You More Resilient

From the book:

"Building happiness, resilience and motivation in

adolescents: A positive psychology curriculum for well-being." By Ruth MacConville and Tina Ra... Slideshare uses

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Description Positive

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Ruth MacConville
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In case you hadn't noticed, life is difficult and unpredictable. So, how do you move forward in such a complex and confusing world? UCLA Medical

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5 Ways to a Better

Life - YouTube

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11-18. Author: Ruth

MacConville, Tina Rae,

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Silvereye

Outside of work, build resilience in an

environment that you are passionate about,

and motivated to

overcome challenges

in, then identify

strengths and skills

and re-use elsewhere.

The tools and activities

we shared will help you

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Building

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build resilience – both as an employee and a member of the wider society—and enhance your ability to bounce back.

Positive

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Building a Resilient Workplace: 5 Valuable Tools and

We

...

Elsewhere, research has focused on building resilience through older adults' ability to savor positive experiences; activities

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to encourage

anticipation of future

events; and tools to

strengthen

relationships that

trigger feelings of

happiness.^{6, 19} A

review examining the

relationship between

happiness and

resilience

demonstrated that ...

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