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JABATAN PERKHIDMATAN AWAM



ICOPW2024

INTERNATIONAL CONFERENCE ON PSYCHOLOGICAL WELL-BEING

In conjunction with
2024 Public Service Psychology Conference



DATE: 1ST-2ND OCTOBER 2024
VENUE: GRAND BALLROOM, HILTON KUCHING

SUPPORTING:



STRATEGIC PARTNERS:



INTERNATIONAL COUNSELING
ASSOCIATION OF MALAYSIA
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Interactive Session 3

"The Power of Positive Psychology Techniques for Cultivating Happiness and Well-Being"

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President,
Brunei Darussalam Counselling Association



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Positive Psychology: Cultivating Happiness and Well-Being

Explore techniques for cultivating happiness and well-being. Learn how positive psychology can transform lives and combat the global mental health crisis.



by **Rusli Bujang**



Global Mental Health Crisis

1

Alarming Statistics

300% rise in antidepressant use. 1 in 5 show signs of mental health disorders.

2

Indoor Living

67% of people spend time indoors, affecting mental well-being.

3

Medication Increase

274% increase in ADHD medication use globally.

Mental Health in Brunei and Malaysia

Stigma

Mental health issues often stigmatized, making it difficult to seek help.

Urbanization

Growing urbanization compounds mental health challenges.

Technology

Increased technology dependency further affects mental well-being.



What is Positive Psychology?

Focus

Emphasizes human strengths and positive experiences rather than just addressing weaknesses.

Approach

Shifts from "fixing" what's wrong to cultivating what's right.

Benefits

Leads to better mental and physical health, greater resilience, improved relationships.



Dimensions of Happiness

Pleasant Life
Maximizing positive emotions like joy and contentment.

1

Good Life
Finding flow through engagement in meaningful activities.

2

Meaningful Life
Living for a purpose beyond oneself, contributing to community.

3



Happiness in Communal Societies

1

Social Harmony

Happiness tied to maintaining positive relationships within the community.

2

Religious Practices

Well-being often connected to spiritual fulfillment and religious observance.

3

Community Well-being

Personal happiness intertwined with the prosperity of the larger group.



The PERMA Model

Positive Emotion

Experiencing joy, gratitude, and optimism in daily life.

Engagement

Fully immersing in activities that utilize personal strengths.

Relationships

Building and maintaining strong, positive connections with others.

Meaning

Finding purpose through religion, spirituality, or community service.



Accomplishment in PERMA



Goal Achievement

Setting and reaching personal and professional milestones.



Pride

Fostering a sense of pride in one's accomplishments.



Personal Growth

Continuous self-improvement and skill development.



Broaden-and-Build Theory

1

Positive Emotions

Experiencing joy, gratitude, and contentment.

2

Broadened Thinking

Expanded cognitive resources and increased creativity.

3

Built Resources

Enhanced resilience and ability to cope with challenges.

Psychological Capital (PsyCap)

1

Hope

Belief in the ability to persevere towards goals.

2

Efficacy

Confidence in one's abilities to succeed.

3

Resilience

Capacity to bounce back from adversity.

4

Optimism

Positive outlook on future outcomes.



Developing Psychological Capital

1

Goal Setting

Establish clear, achievable objectives to foster hope and direction.

2

Strength Identification

Recognize and leverage personal strengths to build efficacy.

3

Resilience Training

Practice overcoming obstacles to enhance adaptability.





Gratitude Practices

Gratitude Journaling

Write down things you're thankful for daily.

Gratitude Visits

Express thanks directly to someone who made a positive impact.

Gratitude Meditation

Reflect on blessings during mindfulness practice.

Mindfulness and Savoring

Mindfulness Meditation

Practice staying present and aware in the moment.

Savoring Experiences

Fully enjoy and appreciate positive moments in life.

Mindful Eating

Pay attention to flavors and textures during meals.

Strengths-Based Interventions

1

Identify Strengths

Recognize personal qualities and talents.

2

Apply Strengths

Use identified strengths in daily tasks and challenges.

3

Develop Strengths

Continuously improve and expand on personal strengths.





Acts of Kindness



Helping Others

Perform kind deeds to boost personal and others' happiness.



Volunteering

Engage in community service to create positive impact.



Random Acts

Surprise others with unexpected kindness and generosity.



Positive Psychology in Education

Student Engagement

Enhance learning through positive reinforcement and strength-based approaches.

Resilience Building

Teach coping skills to help students navigate challenges.

Mindfulness in Schools

Introduce mindfulness practices to improve focus and reduce anxiety.



Clinical Applications

1

Assessment

Integrate positive psychology measures in mental health evaluations.

2

Treatment

Combine traditional therapy with positive psychology interventions.

3

Recovery

Focus on building strengths and resilience for long-term well-being.

Measuring Impact

Intervention	Outcome
Gratitude Practice	Increased Life Satisfaction
Mindfulness	Reduced Anxiety
Strength-Based Approach	Improved Self-Esteem





Real-Life Examples

1

Community Programs

Mental health initiatives in Brunei showing positive outcomes.

2

Spiritual Practices

Malaysian communities benefiting from integrating spiritual well-being practices.

3

Workplace Wellness

Companies in both countries implementing positive psychology for employee satisfaction.

Islamic Perspective vs. Western Approach

Western Approach

Focuses on individual self-care, meditation, and "me-time".

Islamic Perspective

Emphasizes connection with God and community, balancing various life aspects.

Holistic View

Combines mental, spiritual, social, financial, emotional, and physical well-being.

Qalbu-Oriented Approach

Trusting God (Sabar, Rida', Syukur)

Placing trust in God alleviates stress and fear.

Way of the Prophets

Following prophetic teachings for balanced living through hardships and ease.

Love, Hope, and Fear

Balancing love for God, hope for mercy, and fear of displeasing Him.



The Qalbu vs. Western Mindset

1

Western Focus

Individual practices like meditation and personal time.

2

Islamic Teaching

Well-being connected to others, community service, and higher purpose.

3

Holistic Approach

Integrating spiritual, communal, and individual aspects of life.



Key Techniques for Happiness



Gratitude

Practice daily appreciation for life's blessings.



Mindfulness

Stay present and aware in daily activities.



PsyCap

Develop hope, efficacy, resilience, and optimism.





Happy Hormones (DOSE)

1

Dopamine

Reward and pleasure hormone, boosted by achieving goals.

2

Oxytocin

"Love hormone" released through social bonding and touch.

3

Serotonin

Mood stabilizer, increased by sunlight and exercise.

4

Endorphins

Natural pain relievers, stimulated by laughter and physical activity.



Call to Action

Daily Practice

Incorporate positive psychology techniques into your routine.

Community Engagement

Strengthen communal and religious ties for emotional balance.

Continuous Learning

Stay informed about positive psychology developments.