





In conjunction with 2024 Public Service Psychology Conference



DATE: 1<sup>SI</sup>-2<sup>ND</sup> OCTOBER 2024 **VENUE: GRAND BALLROOM, HILTON KUCHING** 

GOALS SUPPORTING:

















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

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In conjunction with 2024 Public Service Psychology Conference





STRATEGIC PARTNERS :













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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.





## **Global Mental Health Crisis**

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#### 1

#### Alarming Statistics

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

#### 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**



#### Good Life

Finding flow through engagement in meaningful activities.



## Happiness in Communal Societies

#### Social Harmony

Happiness tied to maintaining positive relationships within the community.

#### **Religious Practices**

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

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#### Community Well-being

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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.

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#### Pride

Fostering a sense of pride in one's accomplishments.



#### Personal Growth

Continuous self-improvement and skill development.



## **Broaden-and-Build Theory**

#### Positive Emotions

Experiencing joy, gratitude, and contentment.

#### **Broadened Thinking**

Expanded cognitive resources and increased creativity.

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#### **Built Resources**

Enhanced resilience and ability to cope with challenges.

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## Psychological Capital (PsyCap)



#### Hope

Belief in the ability to persevere towards goals.



#### Efficacy

Confidence in one's abilities to succeed.



#### Resilience

Capacity to bounce back from adversity.



#### Optimism

Positive outlook on future outcomes.

## Developing Psychological Capital

#### **Goal Setting**

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Establish clear, achievable objectives to foster hope and direction.

#### Strength Identification

Recognize and leverage personal strengths to build efficacy.

#### **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.

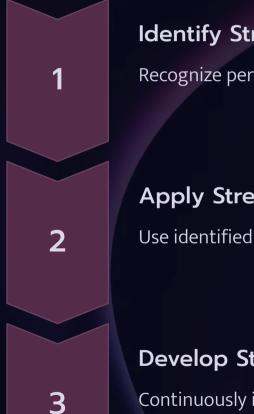
#### Savoring Experiences

Fully enjoy and appreciate positive moments in life.

#### Mindful Eating

Pay attention to flavors and textures during meals.

## **Strengths-Based** Interventions



#### **Identify Strengths**

Recognize personal qualities and talents.

#### **Apply Strengths**

Use identified strengths in daily tasks and challenges.

#### **Develop Strengths**

Continuously improve and expand on personal strengths.





## Acts of Kindness

#### **Helping Others**

Perform kind deeds to boost personal and others' happiness.

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#### 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 strengthbased 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**

#### Assessment

Integrate positive psychology measures in mental health evaluations.

#### Treatment

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IN MOMENTURE

Combine traditional therapy with positive psychology interventions.

#### Recovery

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

## Measuring Impact

Intervention Outcome Gratitude Practice Mindfulness Reduced Anxiety Strength-Based Approach

Increased Life Satisfaction

Improved Self-Esteem





## **Real-Life Examples**

### 1

#### Community Programs

Mental health initiatives in Brunei showing positive outcomes.

#### **Spiritual Practices**

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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

# 2 3

#### Western Focus

Individual practices like meditation and personal time.

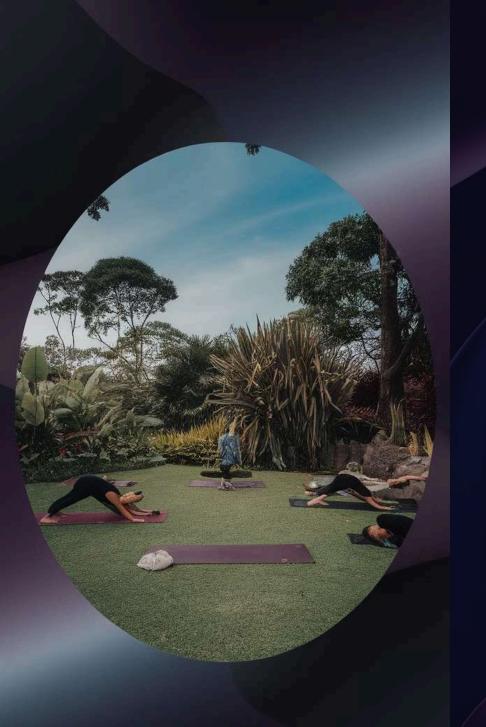
#### Islamic Teaching

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

#### 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)

#### Dopamine

Reward and pleasure hormone, boosted by achieving goals.

#### Oxytocin

"Love hormone" released through social bonding and touch.

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#### Serotonin

Mood stabilizer, increased by sunlight and exercise.

#### 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.