



Increasing positivity in everyday life

Positive psychology is a rapidly expanding area of research defined as *“the scientific study of the strengths and virtues that enable individuals and communities to thrive”* (1).

With mental health problems currently being the biggest contributor to poor wellbeing in the UK, Positive Psychology (PP) is now at the centre of government policy in the UK and focusses on the factors which promote happiness & can create optimal health.

- Mental health rather than mental illness
- Strengths - what's working well rather than what needs 'fixing'
- Increasing positive emotion - upward spirals

Building-what's-strong-not-fixing-what's-wrong

***Positive Psychology helps us to live
happier, healthier and more
meaningful lives***

Positive Psychology: The Science of Happiness

According to Martin Seligman – the founder of Positive Psychology (PP) – a full & happy life consists of 3 parts: **a pleasant life** (positive feelings from pleasurable activities); **a good life** (using strengths in work & relationships), and **a meaningful life** (applying strengths to serve something larger than the self).

The **Upward Spirals** (US) core programme includes character strengths development – the ‘backbone’ of positive psychology – combined with mindfulness plus current trends in nutrition, exercise & sleep forming a truly integrated approach to physical & psychological well-being.



Building strengths & increasing positive emotions can also improve psychological & physical resilience, reduce sickness absence & increase productivity at work. In young people, these skills can support them to become happy, healthy & fulfilled adults.

About US



Maggie Bevington, MSc (Applied Positive Psychology); SRN, NDn Cert., RSHom is a passionate PP advocate with an MSc in Applied Positive Psychology. Having worked in nursing for 20 years she went on to complete five years training in complementary medicine & has been in private practice in Newcastle since 1994. With her

background both in conventional & complementary medicine, *plus* psychological science, she has a truly rounded perspective on health & the importance of integrating physical, emotional, mental & spiritual aspects to achieve optimal wellbeing.

“I see PP as a forward-thinking science. With a growth mindset, we can bridge the gap between traditional & complementary health care systems. By combining the strengths of both approaches to health, adding in a large measure of positive psychology & a pinch of neuroscience, an exciting recipe for positive health is created. Positive psychology can promote flourishing health & wellbeing in individuals, families & communities in all areas of life.”

Maggie from Positive Health *Plus* has designed and delivered workshops & lectures at natural health practices, schools & universities throughout Staffordshire. She loves sharing her knowledge & experience with a relaxed, informal teaching style & lots of humour.

Working With Strengths

The combination of Maggie’s professional experience, skills & personal strengths has led to an exciting venture in ***Upward Spirals***.

Upward Spirals will show you how to develop a positive mindset, build character strengths, develop mindfulness & have a healthier body, enabling flourishing at work, home, in relationships & everyday life.



Using evidence-based interventions such as mindfulness, positive psychology tools & with a holistic approach to health & wellbeing, Upward Spirals offers a unique, innovative training & development package for any organisation, large or small.

Workshops are normally 2-3 hours or a full day; bespoke talks or short courses can be tailored to the needs of your organisation; residential & weekend workshops are also available. Please ask Maggie for further details.

Workshops & courses available with Upward Spirals include:

- **Working Well:** *Identifying & developing individual and group character strengths to create a more positive, happier & productive workplace*
- **Changing Minds** – *understanding stress, mindset & discovering positive coping strategies: includes mindfulness training*
- **Positive Appraisals:** *applying positive psychology tools in appraisal interviews to get the best from and for your staff*
- **Positive Living** – *practical steps for health & happiness in everyday life*
- **Happy Families** – *a practical approach to living in harmony with those we love*
- **Positive Recovery** – *a holistic approach to help you to deal with health challenges positively.*
- **Healthy mind, happy body:** *The holistic approach to regaining a healthy body weight and staying well: includes the psychology of eating and choosing the right food for you*

For details of the first US Foundation course, check out the website

Contacting US

To contact Maggie to arrange your bespoke training programme, please telephone: 01782 620514 or Email: info@upwardspirals.org.uk

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References

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1. Seligman, M. (2002). *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential Lasting Fulfilment*. The Free Press. New York.
 2. CentreForum Mental Health Commission (2014). *The pursuit of Happiness: a new ambition for our mental health*.