**Positive Psychology:**

-Psychologically, it’s our thoughts that get us in trouble, meditation and prayer detatch us, more genes are expressed, slows down aging process

-There’s no depression gene; that belief is outdated and now hogwash

-Rossi (Harvard) 4 Stage Process:

1. Novelty

2. Incubation (frustration) (\*Most people give up here; most world leaders are stuck here).

3. A-ha!

(-When a teacher gives a 50, it’s a gift

-“I now have the exercise gene I was born without”)

4. Integrate the Learning

More students have anxiety now than ever before. Anxiety precedes clinical depression by 7 years. Anxiety is very treatable. Anxiety = WHAT IF. (i.e., always saying “what if this, what of that” etc. all the time). Teachers/parents need to train students to tolerate discomfort and uncertainty. So many of their Facebook status are personal negative affirmations like “It’s all my fault.” And “Things are never going to change.” The response should be: “Maybe your fear will come true, I don’t know, but that’s OK, you will be fine, you will live to fight another day. All is well.”

-mirror neurons

-Yearbook grad pics studies (people who are smiling 20 years later v. people who aren’t…

-Skill set Types:

1. The Pleasant Life

2. The Good Life

3. The meaningful Life

-Martin Selicman (“The Optimistic Child”) (lighting up different neural pathways= changing lives)

-learned helplessness (dogs & locked door analogy/ “Lucky” bound and determined (exception)

-Milton Erikson & The African Violet Lady