



Positive Psychology Overview:

Practical tips for managing stress, anxiety and worry

# Agenda

- 1 Introduction
- 2 The monumental importance of mental health and substance misuse support services:
  - In general
  - COVID-19 Specific
- 3 Positive Psychology as a foundation
- 4 A Personal Plan: Tools and techniques
- 5 Questions/concerns and more information

# Rich Jones, CEO FAVOR Greenville, Co-founder youturn



- Licensed Clinical SUD Specialist (“LCAS”)
- DOT Substance Abuse Professional (“SAP”)
- Certified Clinical Supervisor (“CCS”)
- Co-Occurring Disorder Professional (“CCDP”)
- Certified Employee Assistance Professional
- EMDR Certified Trauma Therapist
- Certified ARISE Interventionist

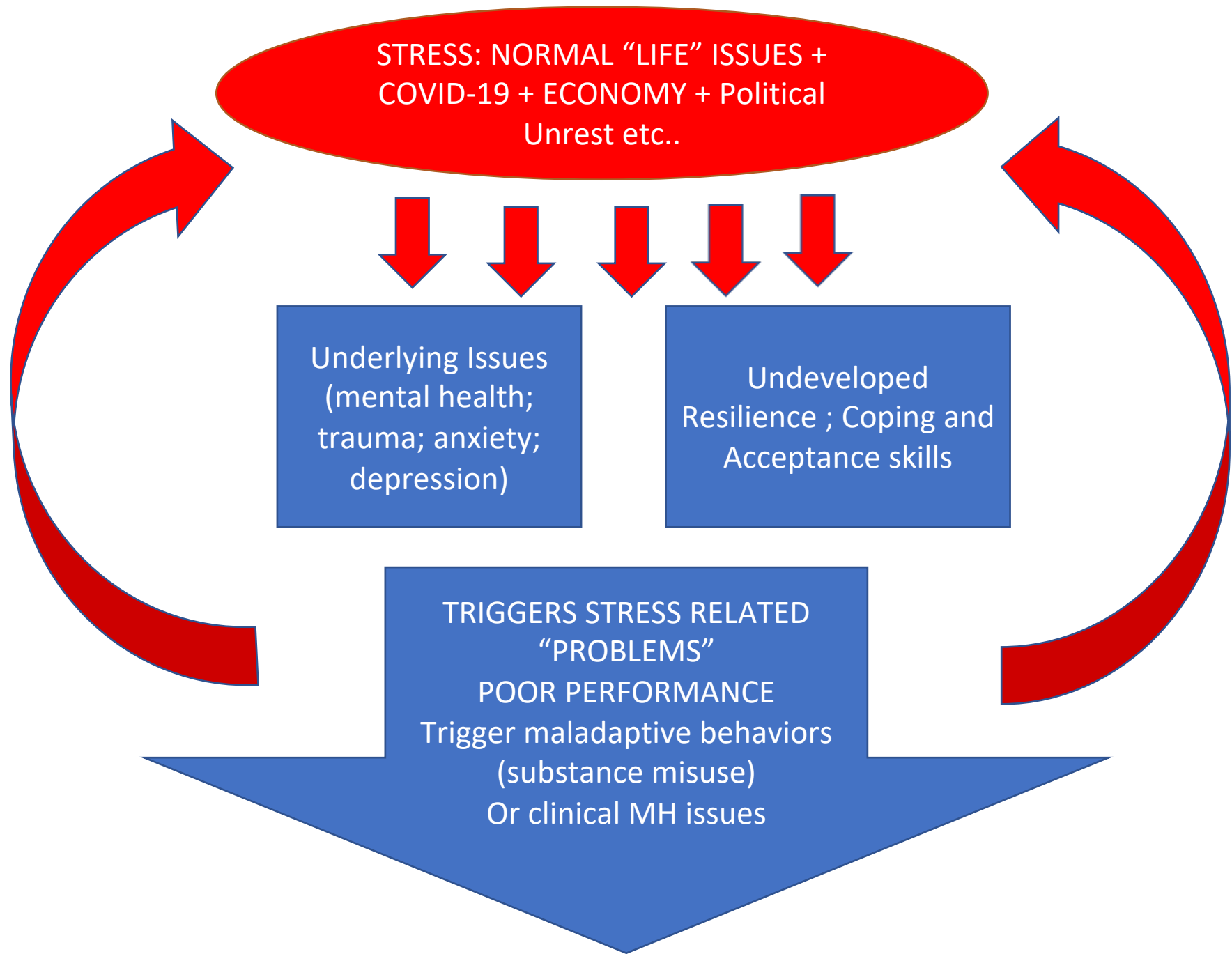
40,000+ Coaching hours

Why bother with emotional health, mental health and substance misuse?

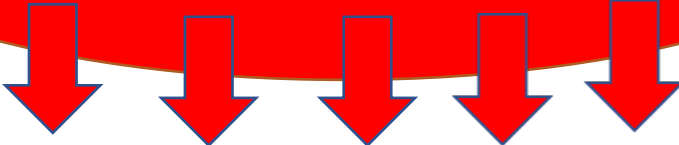
Pay me now...or pay me later...  
You can not ignore mental health.  
Personal, and professionally, you will  
pay the price.

# Stress and “burn-out” (W.H.O.):

- The World Health Organization (WHO) has weighed in on the problem by taking the significant step of adding burnout to its [International Classification of Diseases](#). (Not an “official” diagnosis)
- According to Gallup, 23% of employees report feeling burnout at work very often or always, while an additional 44% reported feeling it sometimes.
- Burnout costs between [\\$125 billion and \\$190 billion every year](#) in healthcare costs. Researchers estimate that [workplace stress accounts for 8% of national spending on healthcare](#).
- Burnout is responsible for a [significant amount of employee turnover](#), between 20% and 50% or more, depending on the organization.

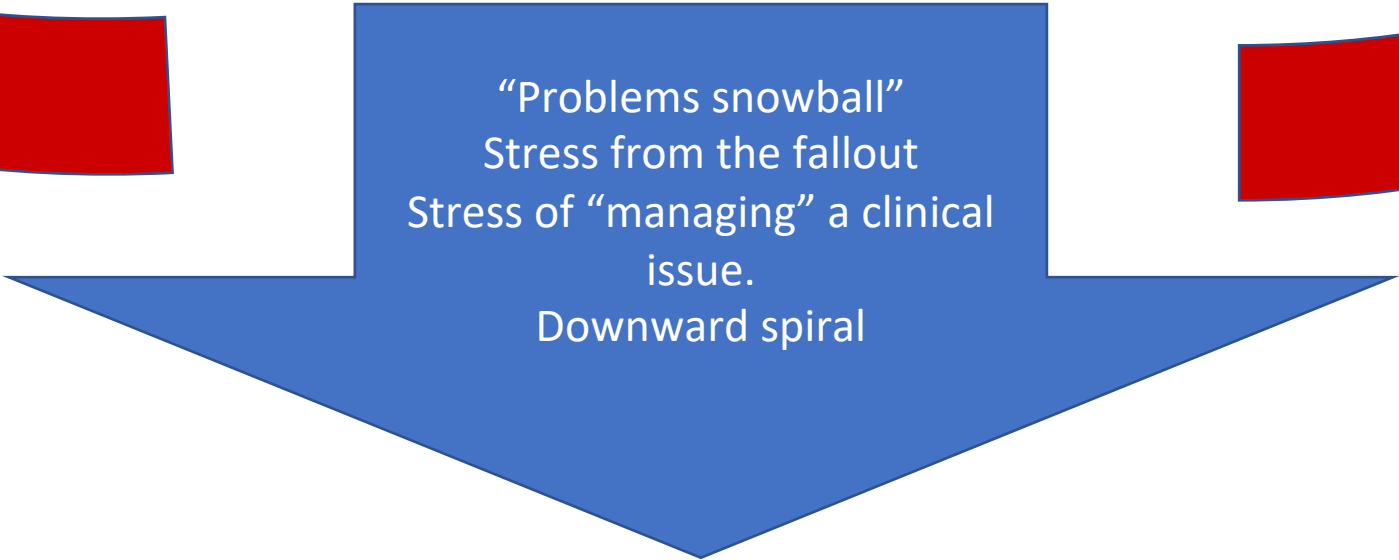


EVEN MORE STRESS: ADD IN  
PERFORMANCE WORRIES;  
INTERPERSONAL PROBLEMS;

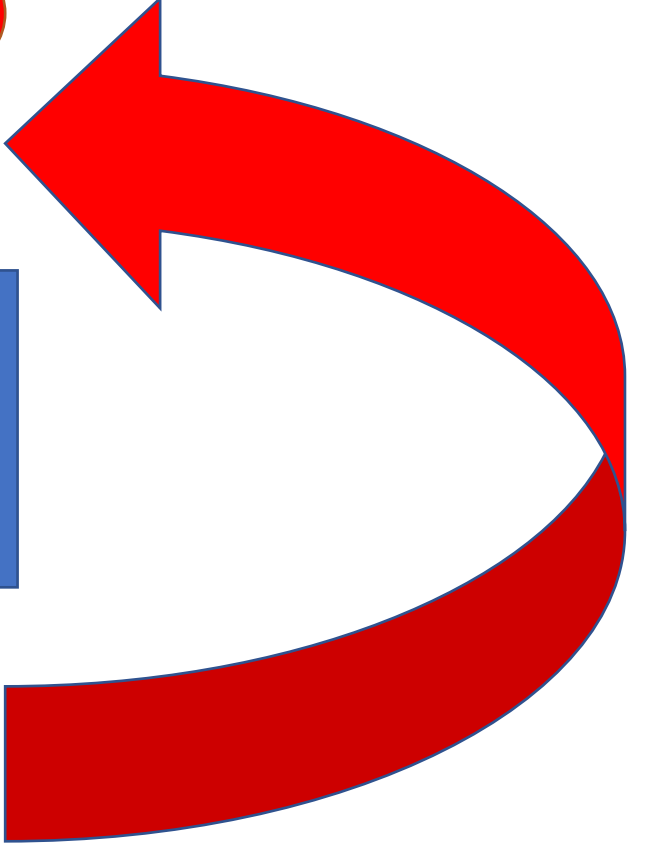
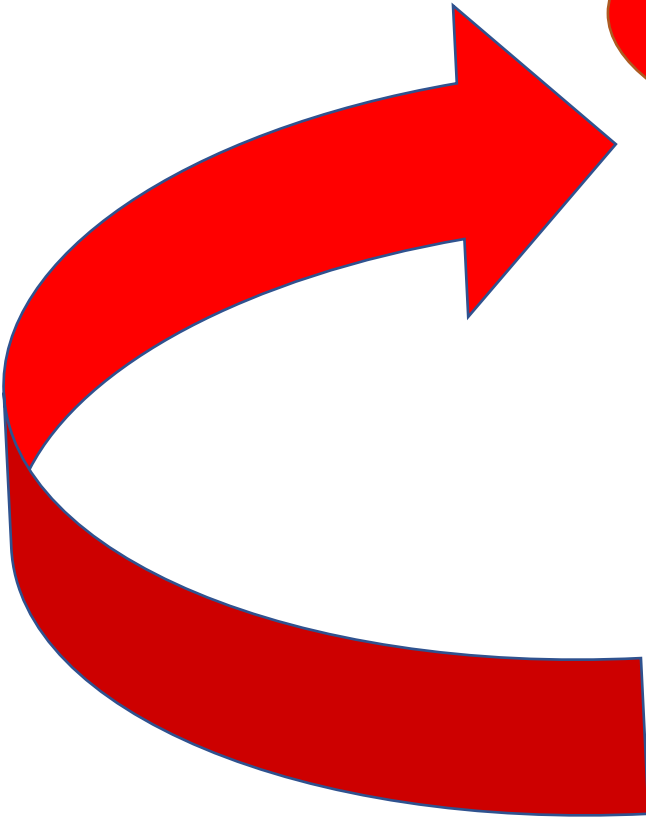


Underlying Issues  
(mental health;  
trauma; anxiety;  
depression)

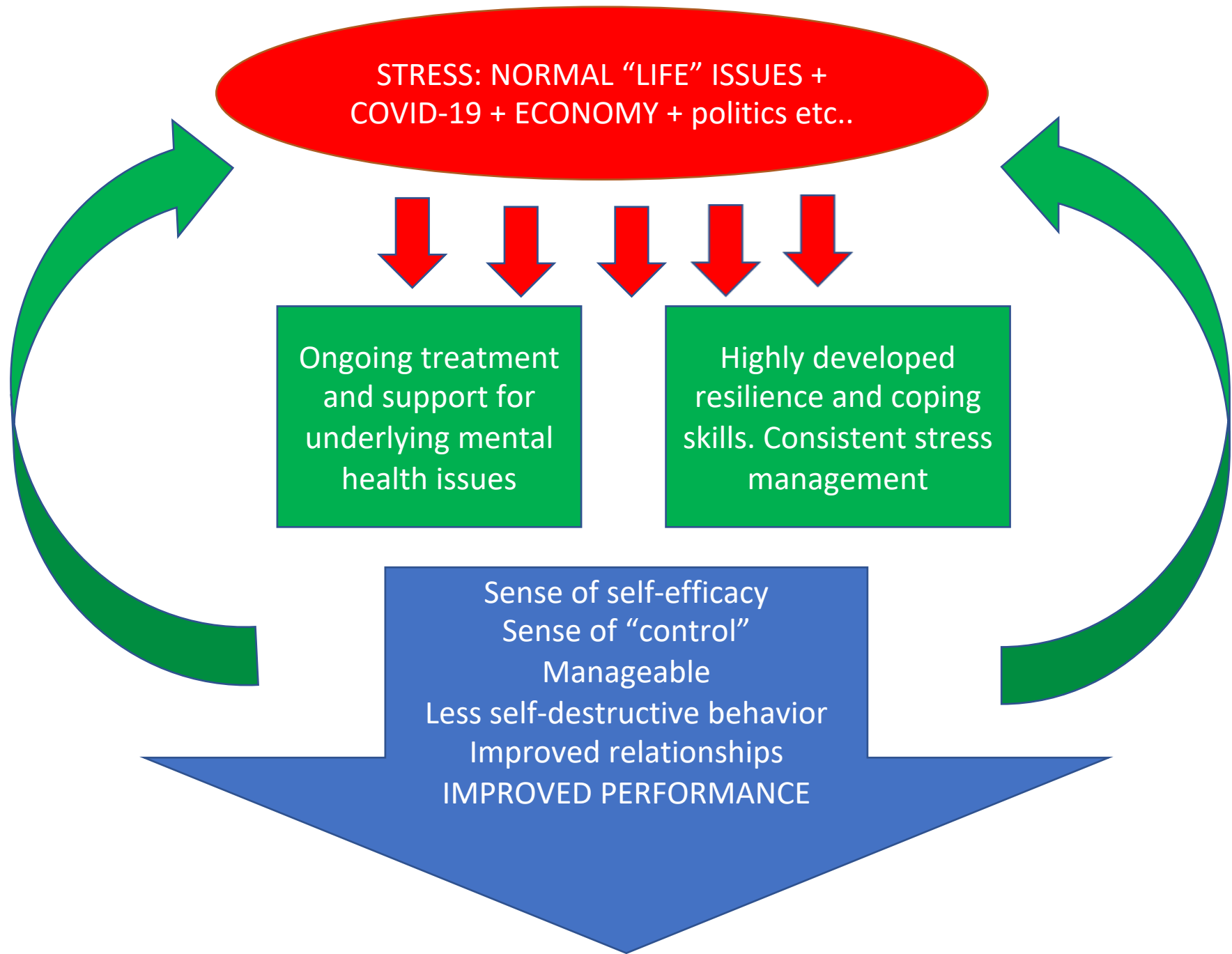
Undeveloped  
Resilience ; Coping and  
Acceptance skills



“Problems snowball”  
Stress from the fallout  
Stress of “managing” a clinical  
issue.  
Downward spiral







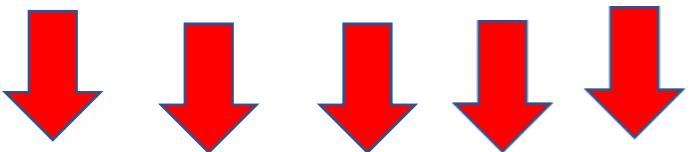
STRESS: NORMAL "LIFE" ISSUES + COVID-19 + ECONOMY + politics etc..

Ongoing treatment and support for underlying mental health issues

Highly developed resilience and coping skills. Consistent stress management

Sense of self-efficacy  
Sense of "control"  
Manageable  
Less self-destructive behavior  
Improved relationships  
IMPROVED PERFORMANCE

Less Stress; Sense of accomplishment;  
improved performance



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IMPROVED PERFORMANCE





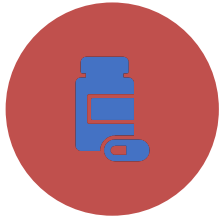
## Good stress: Eustress

- Activates
- Physiological response
- Gets you moving



## Bad stress: Distress

- Chronic stress: “busyness”
- Toxic stress: “people”
- Acute stress: “event”
- Stress “of the unknown”



Maladaptive coping:  
substance misuse



Absenteeism



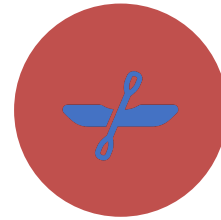
Irritability



Depressive symptoms



“Generalized  
incompetence”



“Fight, flight or freeze”



Long term health  
implications are significant:  
70 plus conditions result of  
stress

**LIFE**  
IS IN THE  
TRANSITIONS

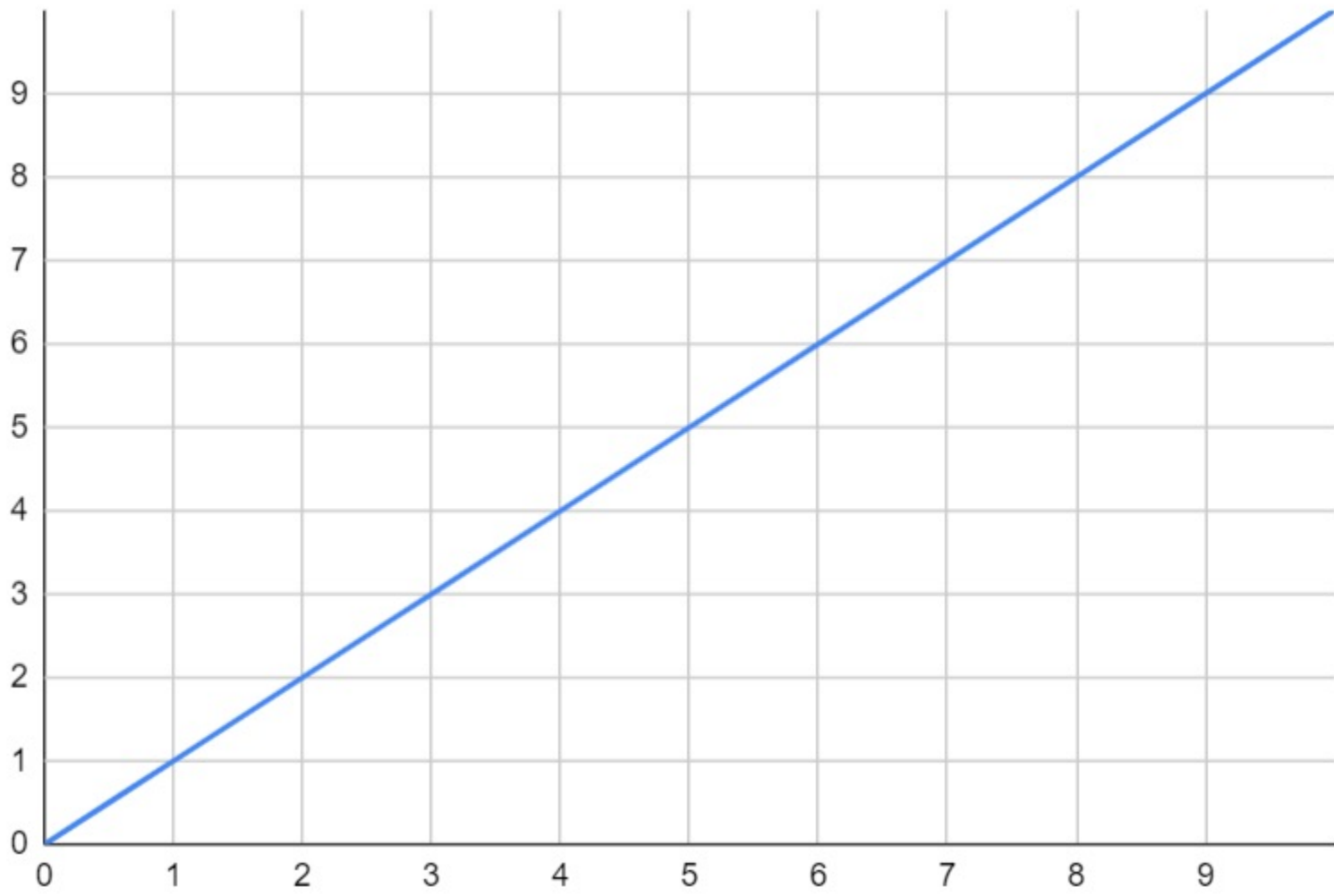
Mastering Change

at Any Age

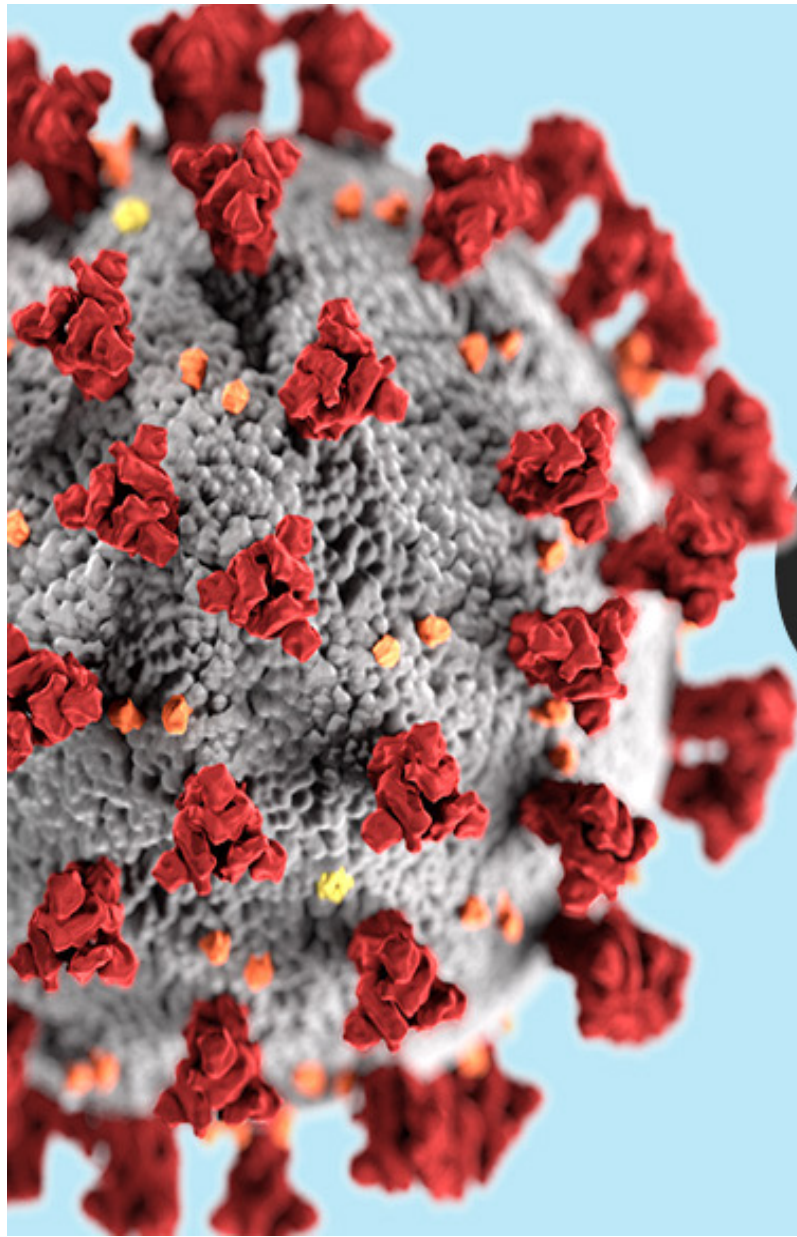
Bruce Feiler

*New York Times Bestselling Author of COUNCIL OF DADS*

Progress/milestones



time

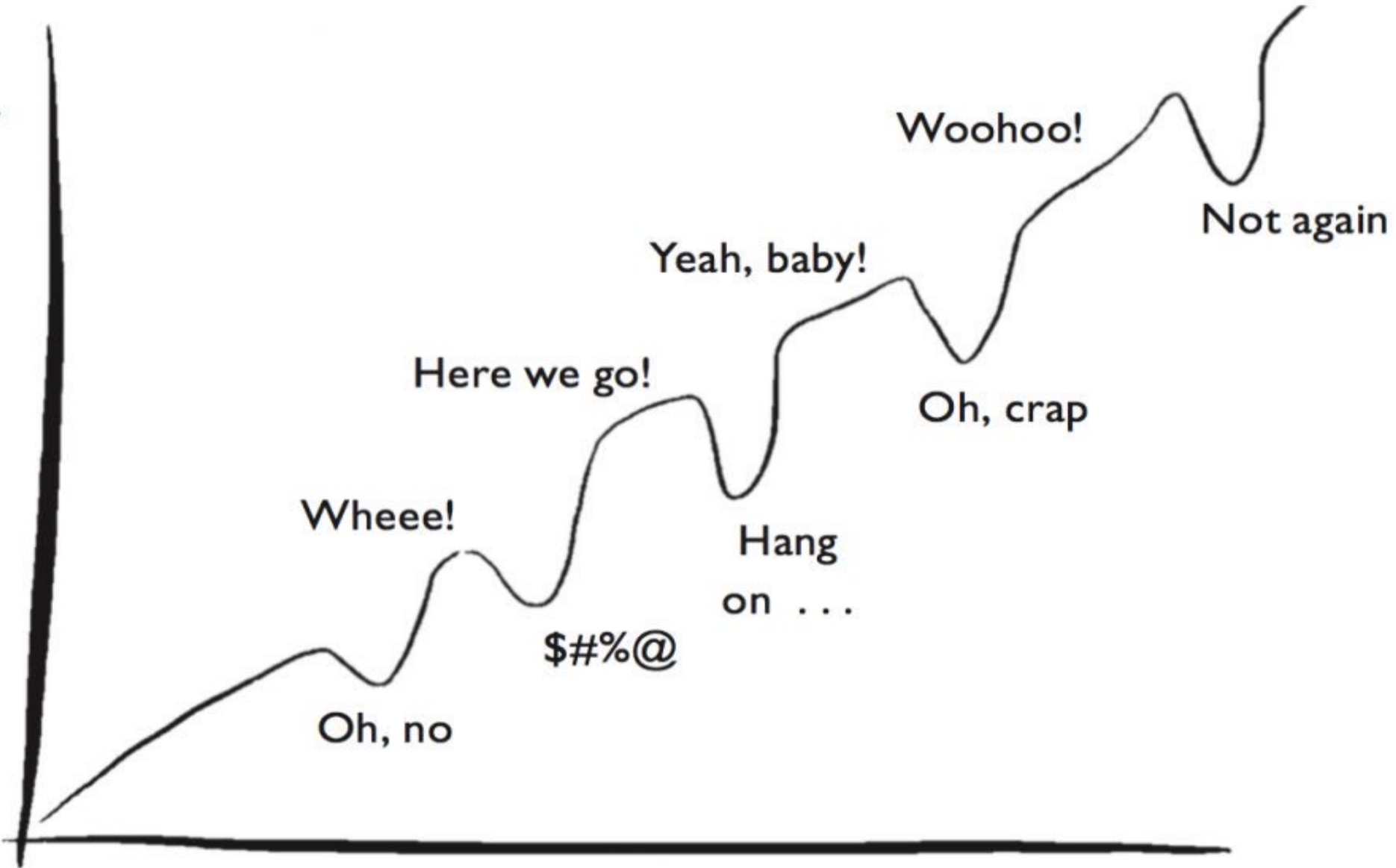


# COVID-19

CORONAVIRUS PANDEMIC



Quality  
of Life



Oh, no

Wheeee!

Here we go!

\$#%@

Hang  
on ...

Yeah, baby!

Oh, crap

Woohoo!

Not again

Time



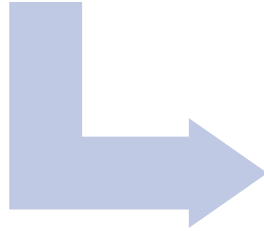


“Life-quake” events are frequently traumatic.

Trauma presents its own unique challenge

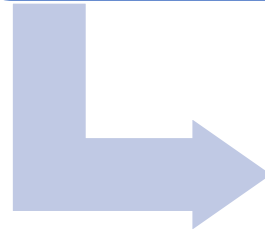
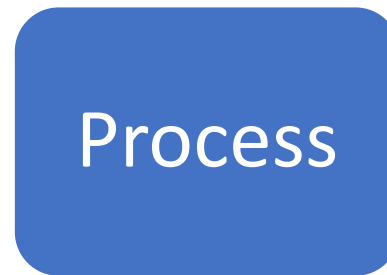
# The information processing system...

event



- “trauma event” is subjective. Bad thing happens. TOUGH TIMES

Process



- “talk” to people. Get support. Feel the love. Etc...

“settled”



- Not happy about it but able to move along

# Coping with bad things and the importance of processing things...

event

```
graph TD; A[event] --> B[Process]; B --> C["STUCK"]; style A fill:#336699,color:#fff; style B fill:#336699,color:#fff; style C fill:#336699,color:#ff0000; linkStyle 0,1 stroke:#ccc,stroke-width:2px; linkStyle 2 stroke:#ccc,stroke-width:2px;
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- “trauma event” is subjective. Bad thing happens. Death of a loved one. Details (who, how, etc...)

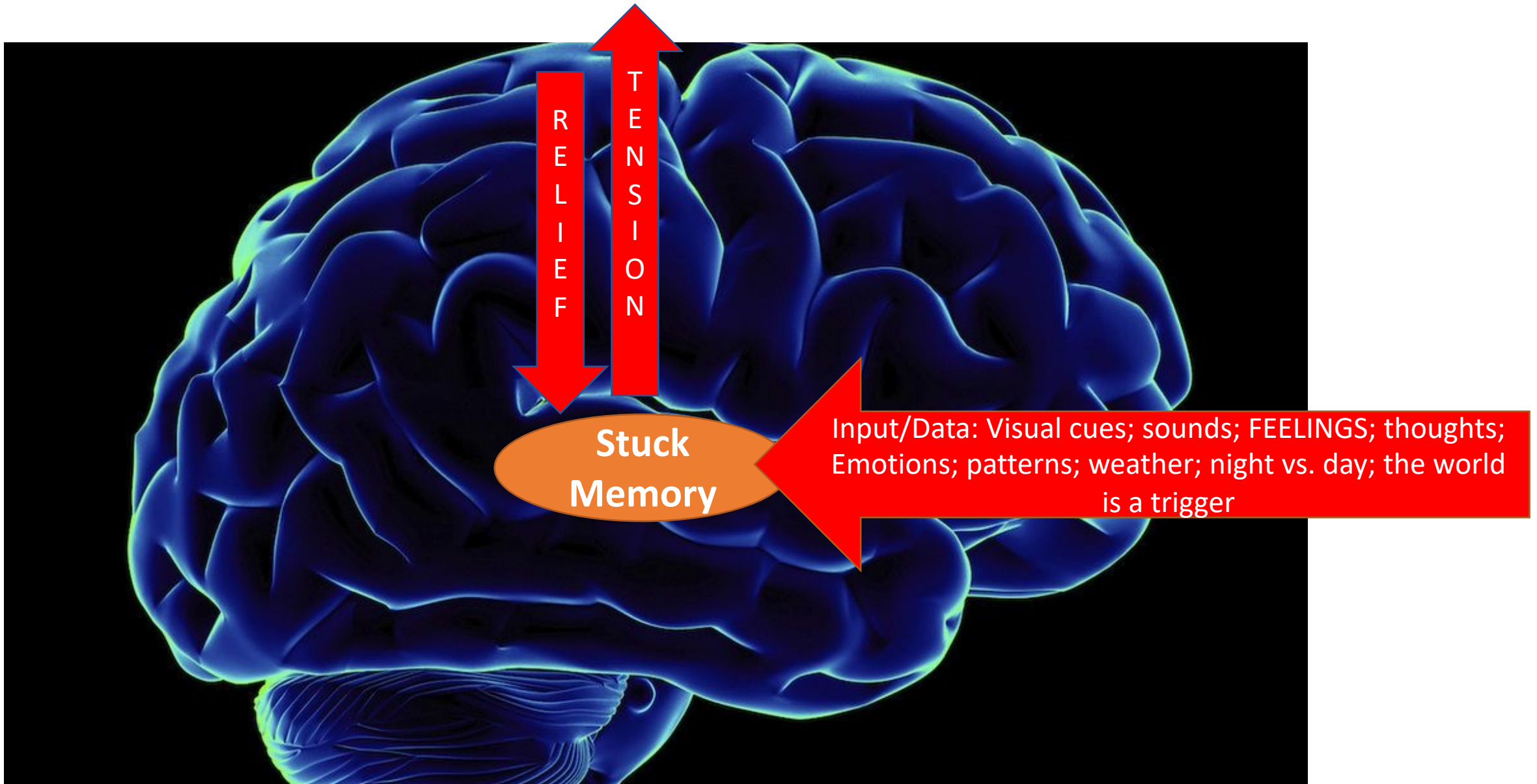
Process

- No one to talk to. Or maybe you are even “shamed”. SUD death.

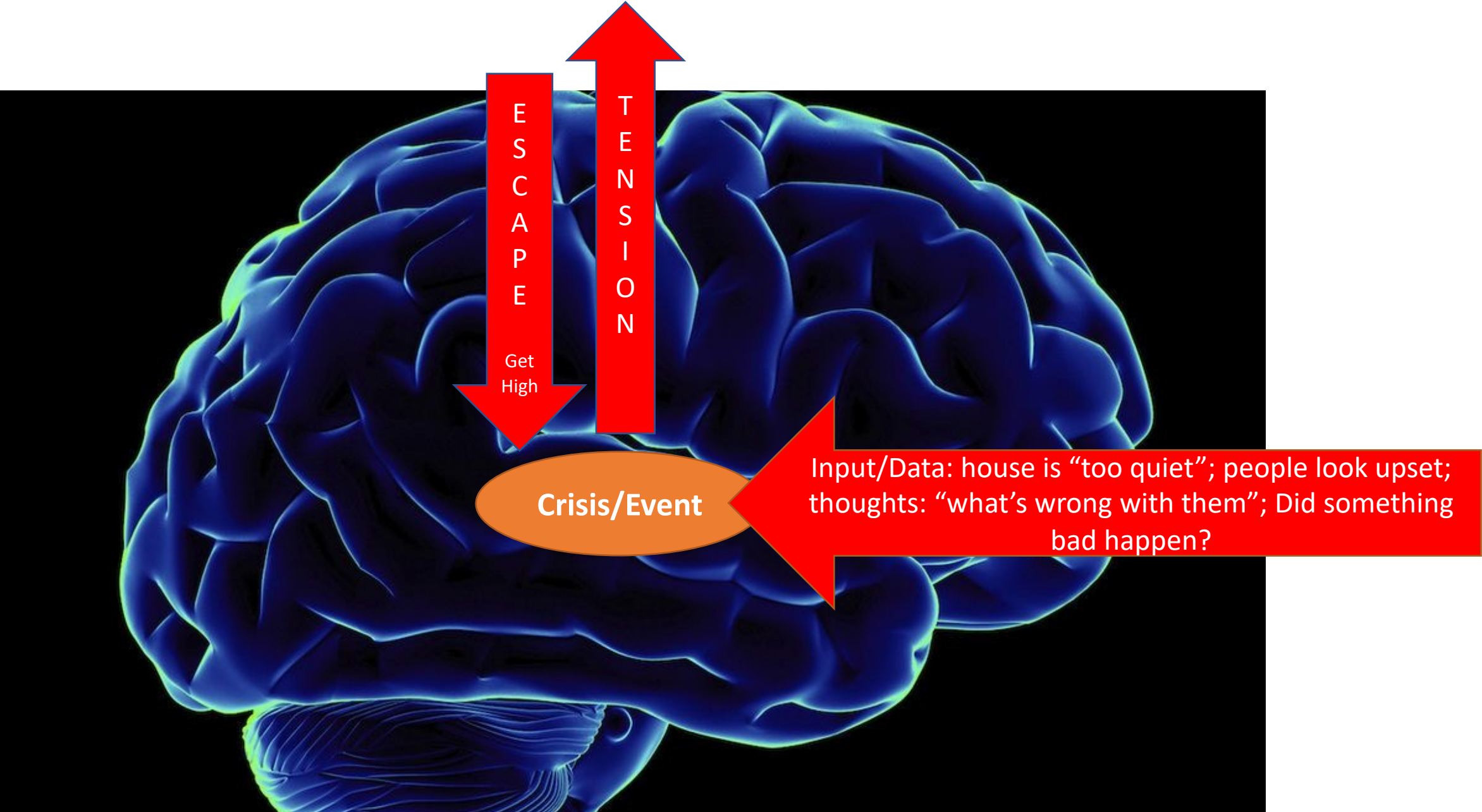
“STUCK”

- ACTED OUT; SELF-DEFEATING BEHAVIORS; COPING/RELIEF...

Remember: Memories are not “just images”. All senses are involved and EMOTIONS TRIGGER MEMORIES

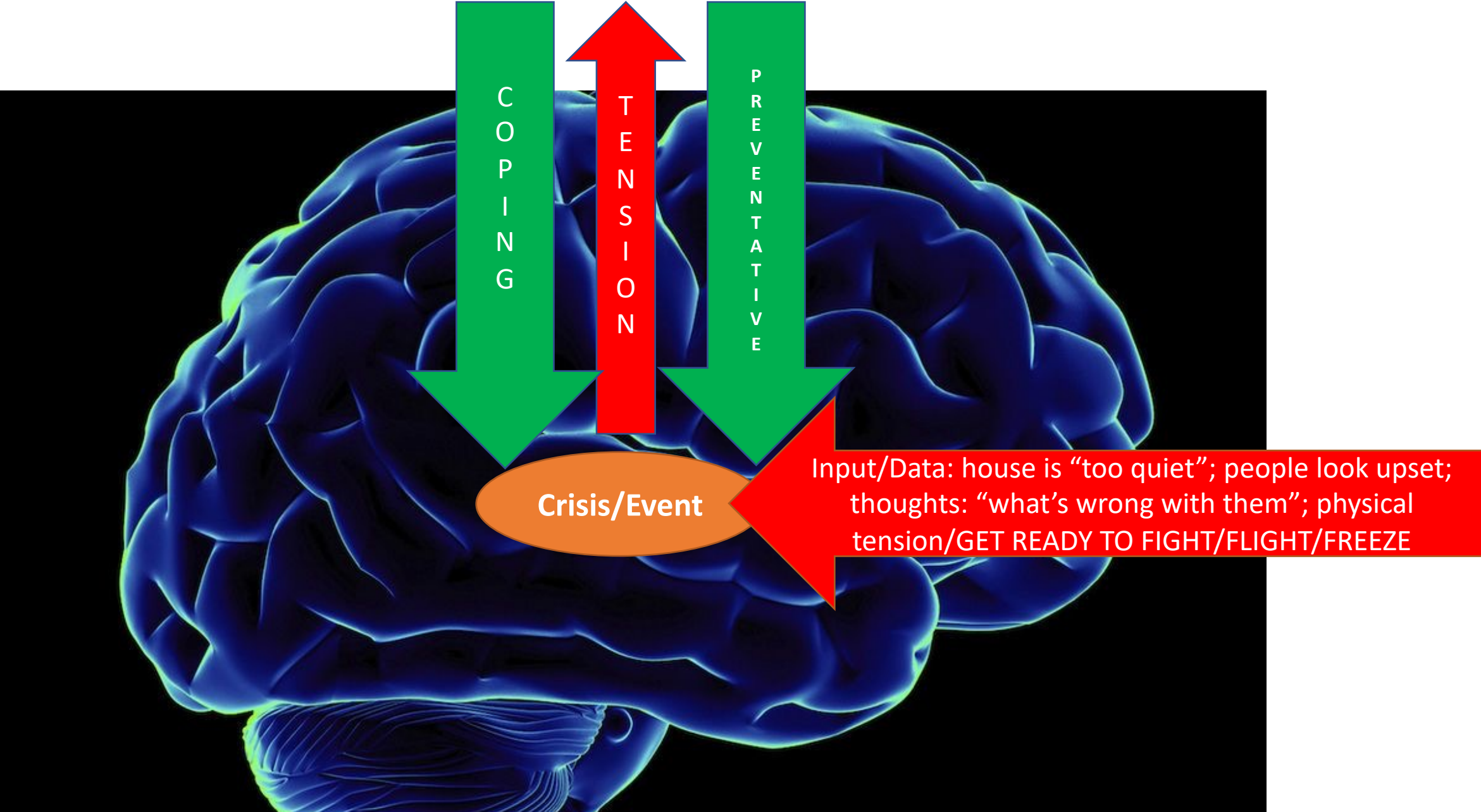


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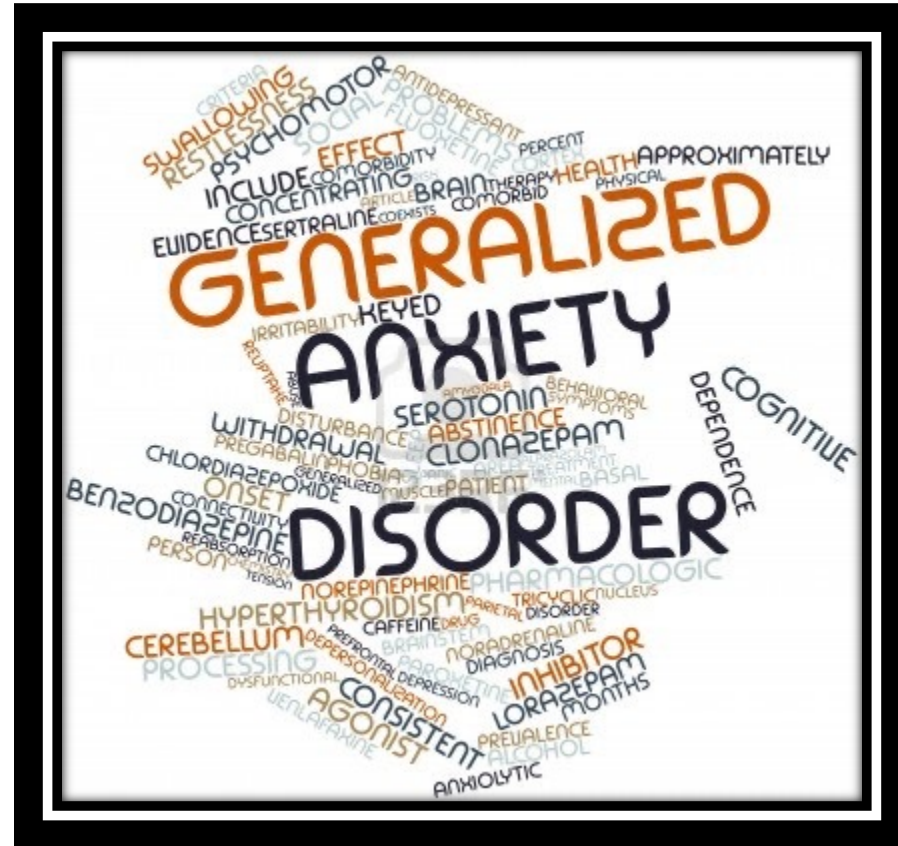


Sad is not bad.

Anxiety is not bad.



# Anxiety vs G.A.D.



# Sadness vs. Depression



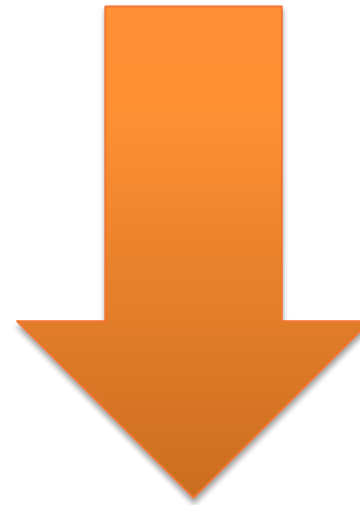
[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

The positive psychology story!

My positive psychology story!



Increased  
happiness and  
well being



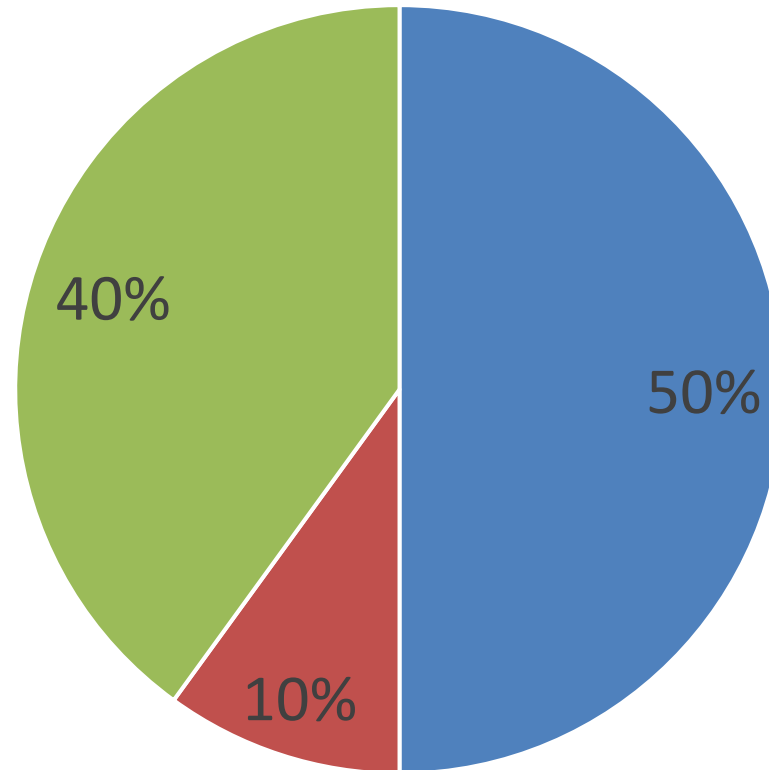
Decreased “stress  
overload” and related  
problems

# How does it work?

First, understand the science...

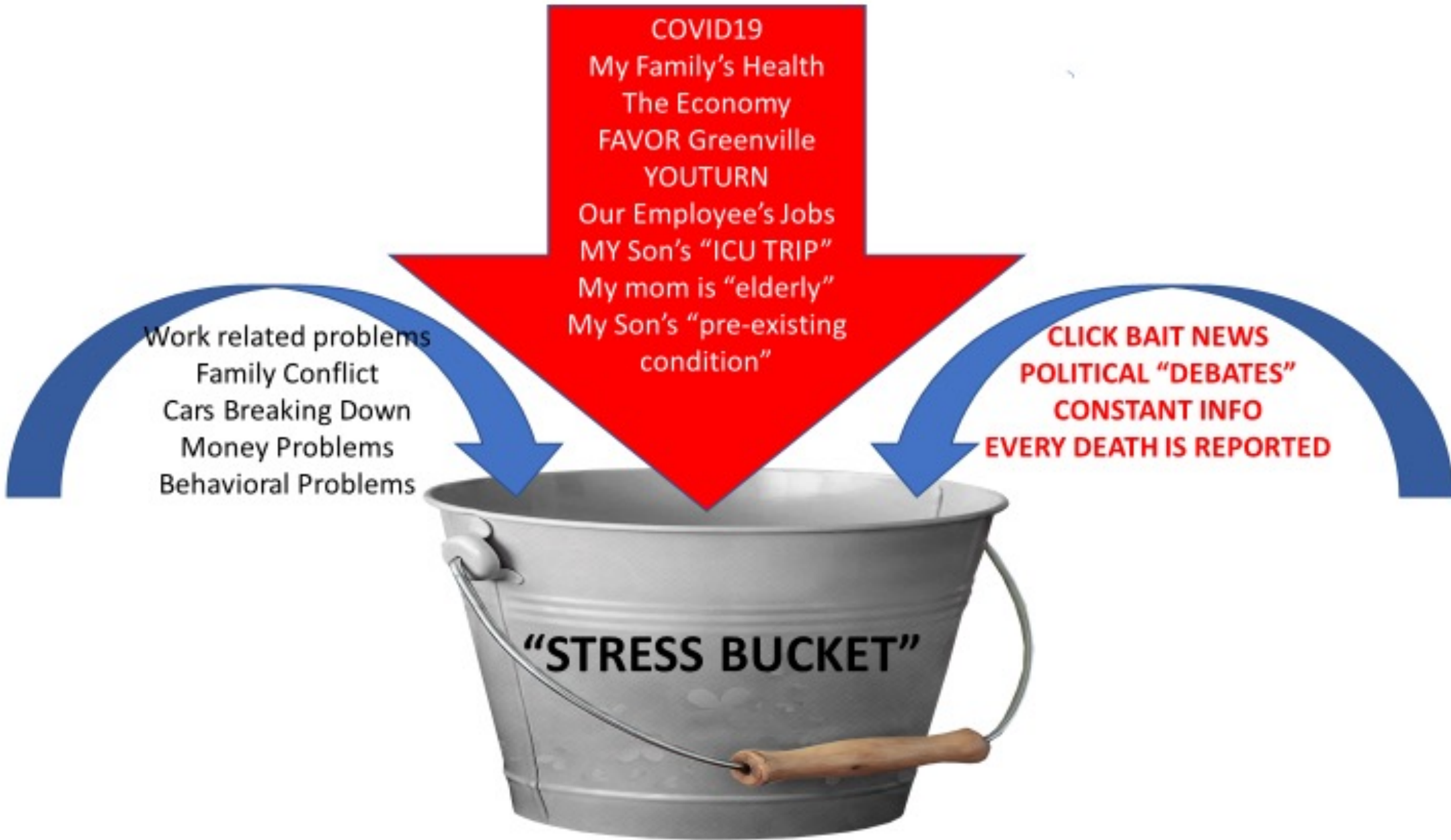
# Happiness (Subjective Well Being: SWB)

50% = Set Point  
10% = Circumstance  
40% = VOLUNTARY CONTROL



## Tip#1 Manage your bucket list

What can you stop pouring in and what can you pour out?





Work related problems  
Family Conflict  
Cars Breaking Down  
Money Problems  
Behavioral Problems

COVID FACTS  
THINK IT  
THROUGH  
LISTEN  
DIRECTLY TO  
"EXPERT"  
ELIMINATE  
THE  
MIDDLEMAN  
VETT  
RESOURCES

~~CLICK BAIT NEWS  
POLITICAL "DEBATES"  
CONSTANT INFO  
EVERY DEATH IS REPORTED~~



Release stress/minimize "buildup"

## Tip #2: Money back guarantee

The Free Three...



## Tip #3: Go on a social media “fast” for 7 days...or maybe 3?

We compare ourselves to an ideal that does not exist.



## Tip #4 : Tighten up your “PERMA”...

P.E.R.M.A.

- **P = Pleasure**
- **E = Engagement**
- **R = Relationships**
- **M = Meaning**
- **A = Attitude**



Tip #5: Turn the  
Teflon into Velcro  
3 GOOD THINGS!!

## Rich' plan:

### For the next 30 days I commit to the following plan of action

- I will use tip # 2: the FREE THREE
- I will use tip # 5: “3 GOOD THINGS”
- I will use tip # 4: PERMA: Improve/increase MEANING. More spiritual reading and journaling about the “virus”. What is the meaning of suffering? NOTE: the “action” is journaling.
- I will use tip #1: Bucket list: ELIMINATE THE CLICK BAIT MEDIA

# To get in touch with us. More information

- Rich Jones MA, MBA AT: [rich@youturn.net](mailto:rich@youturn.net)
- Website: [www.youturn.net](http://www.youturn.net)
- WE WILL BE ROLLING OUT OUR SELF-PACED STRESS MANAGEMENT COURSE 1<sup>ST</sup> WEEK OF FEBRUARY. WITH OPTIONAL COACHING.

Thank you! Questions?