

# Episode 3 – Embracing a Positive Psychology Growing Stronger: Rising Beyond Fear Podcast



*“P is positive emotion, E is engagement, R is relationships, M is meaning and A is accomplishment. Those are the five elements of what free people choose to do. Pretty much everything else is in service of one or more these goals. That’s the human dashboard.”*

**Martin Seligman**

## Key Insights from this Episode

1. Let “This too shall pass” become your mantra for greater peace
2. It’s important to maintain ‘hope’ in a better tomorrow
3. Keep a list of ‘positive aspects’ and it will help you appreciate your life
4. Find novel ways to stay in touch and connected to your loved ones
5. Move your body, and your mind and spirit will follow
6. Our greatest gift in this experience is the human need for ‘connection’
7. We need to find our voice and speak up at this time



## Questions for Awakening

1. What can I do to connect more deeply with myself and those I love?
2. How can I nourish my body/mind with healthy exercise and food?
3. How can I embrace more of my creative nature today?
4. What am I choosing to focus on that gives me hope? Strength?

## Core Message from this Episode

There are numerous strategies we can all embrace at this time to better look after our own mental health and resilience. Nourishing our mind, body, spirit and creativity is something that is within our own control, and by choosing to take a ‘positive psychology’ approach we can create and find opportunities to not only survive this time, but to thrive.

The one insight I’ll implement this week is ...

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