

Applied Positive Psychology

The High Field at Highfield



Welcome to “Highfield Estate” Sutton Forest NSW Australia



The Vision

What?

Educate children and adults about “what makes us happy?” based on the scientific findings of Positive Psychology. Specifically, the findings of Sonja Lyubomirsky regarding “intentional activities” to increase happiness - inspired by her book “The How of Happiness”
www.thehowofhappiness.com

How?

Create a playground (The High Field) that serves as a tangible metaphor of some of the key intentional activities of happy people.

Why?

Thereby allow children and adults to discover and embody the scientific findings of Positive Psychology in an edu-taining way. (It will be accessible and memorable therefore then applicable in their lives).

Here is the intended location for The High Field...

The field is approx. 6000m/sq



Key Foundational Points:

1. **Happiness has genuine positive benefits** (happy people cope better with stress, more productive and creative at work, make more money and have superior jobs, better leaders and negotiators, more likely to marry and have fulfilling marriages and less likely to divorce, have more friends and social support, more philanthropic and helpful, have stronger immune systems, physical health and live longer)*
2. **Our happiness can be enhanced by intentional activity** (beyond genetics and circumstances = about 40% of the happiness determination pie)*
3. **Happiness enhancement is teachable** (Positive Education e.g. Martin Seligman's work at Geelong Grammar School)**

*Sonja Lyubomirsky IPPA Leadership Series Presentation (conference call 11/12/2008)

**Martin Seligman's presentation at the IPPA First World Congress 2009

Positive Psychology Research shows Happy People:

1. Nurture and enjoy their social relationships
2. Are often the first to help others (acts of kindness)
3. Are comfortable expressing gratitude
4. Savor pleasures and live in the present moment
5. Practice optimism about the future
6. Are often spiritual or religious (have a philosophy on life)
7. Are deeply committed to meaningful goals (engaging/“flow”-promoting)
8. Make physical activity a habit

These 8 factors will be captured at “The High Field”...

Sonja Lyubomirsky IPPA Leadership Series Presentation (conference call 11/12/2008)

() - added by Suzanne Saad

- Happy people:**
- 1. nurture and enjoy their social relationships**
 - 2. are often the first to help others**



Use equipment that requires the interaction and help of others to maximise the fun!



Happy people are: 3. comfortable expressing gratitude



Instead of a wishing well we have a Gratitude Fountain. Individuals throw in a charitable coin as they think of something they are most grateful for in their life.

Engraved quote on the chalice-shaped fountain:

“If the only prayer you said in your whole life was ‘thank you’, that would suffice.”

- Meister Eckhart

The chalice shape is to invoke the idea of “my cup runneth over.”

Happy people:

4. Savor pleasures and live in the present moment



A tree house platform,
hammock
and benches for a place to
“just BE” and savor
outdoors.

**Happy people:
5. practice optimism about the future**



Jumping on a trampoline captures the idea of always bouncing back and feeling things are looking “up”!

Happy people are: 6. often spiritual or religious



A labyrinth will be built as it symbolizes a sacred path of inner-wisdom and peace.

Happy people are:

7. Deeply committed to meaningful goals

Use play equipment to spell the word “HEART”. Also, include symbols of the journey of goal-pursuit such as bridges and climbing.

The pursuit of goals implies seeing, valuing and expressing one’s unique strengths and talents and recognising how individualised our goal choice can be based on our own “heart’s desire” as distinct from that of others. Hence the centrality of the word “heart”.

*This links directly with the vision of breathe:HR “...to encourage individuals to see their life and work as a process of creating with passion their own work of heART to contribute to the world.” (breathe = be heart).

Spelling “heart”



H in heart = flying fox - the idea of taking a leap of faith to get from your goal's start to finish.

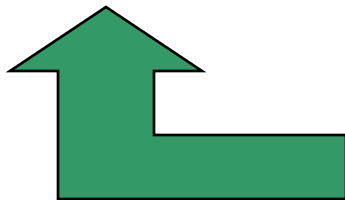


The fingerprint as an external representation of our internal uniqueness will also be used. Perhaps featured on a flag on the first pole of the “H”

Spelling “heart” cont.



E in heart = bridge and
across the slats are quotes
of inspiration.



“It is only with the heart that one can see rightly; what is essential is invisible to the eye.” - Antoine De Saint-Exupery
“To thine own self be true.” - Shakespeare
“Follow your bliss.” - Joseph Campbell
“To be what we are, and to become what we are capable of becoming, is the only end of life.” - Robert Louis Stevenson
“I trust all joy. - Theodore Roethke
“The sole meaning of life is to serve humanity.”
“Work while you have the light. You are responsible for the talent that has been entrusted to you. -Henri Frederic Amiel
“A person’s world is only as big as their heart..”-Tanya Moore
“Wheresoever you go, go with all your heart.” -Confucius
“Give me beauty in the inward soul; may the outward and the inward man be at one.”-Socrates
“Some men see things as they are and say why...I dream of things that never were and say why not.” - George Bernard Shaw

Spelling “heart” cont.



A in heart = swings - sometimes you feel like your going forward sometimes you feel like you are going backward!

Spelling “heart” cont.



R in heart = slide -
there are ups and
downs as we face
the challenge of
pursuing our goals.

Spelling “heart” cont.



T in heart = monkey bars/
climber - it is a step by step
challenge to make it to the
Top!

Happy people: 8. make physical activity a habit



Have an outdoor dance floor to inspire physical movement with a sense of fun and freedom.

After all:

“There are shortcuts to happiness, and dancing is one of them.” - Vicki Baum



The whole of High-Field
requires and inspires
physical activity!

Where to from here?

- I have the vision/concept, the location and the willing investor.
- I want to share the vision and make it the best possible before it enters stage 2 of creating the actual playground.
- Stage 3 is supporting “High-Field” with a explanatory booklet and workshops for children and adults targeted at a personal and school/workplace level.

Breathe:HR - extending the conversation...

Sonja Lyubomirsky in her IPPA World Congress presentation mentioned she was interested in what are the activity ingredients in the success of intentional activities that make us happy - how and why do the happiness-enhancing strategies work? She mentioned increased positive events, relatedness and autonomy as possible mediators.

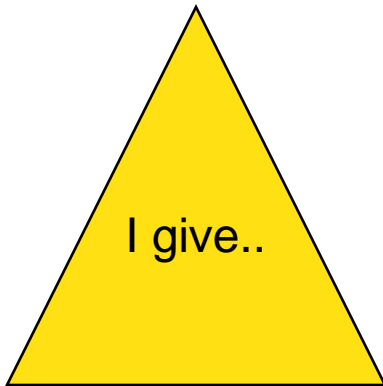
The Y.O.U. Framework of Meaning is my proposed answer/contribution to this important question... The intentional activities that promote happiness are those of which meet our compound desires for contribution, identity and worldview through meeting our paradoxical desires for connection, distinction, expression, developmen as well as for the known, and unknown.

THE Y.O.U. FRAMEWORK OF MEANING

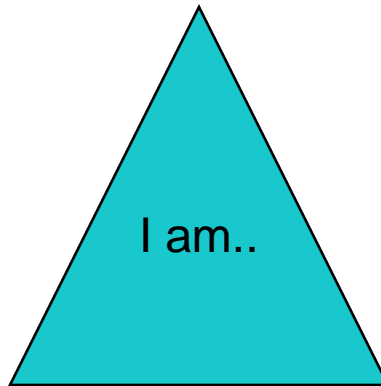
Meaning is experienced within three key relationships, that with **Yourself**, **Others** and the **Universe**:



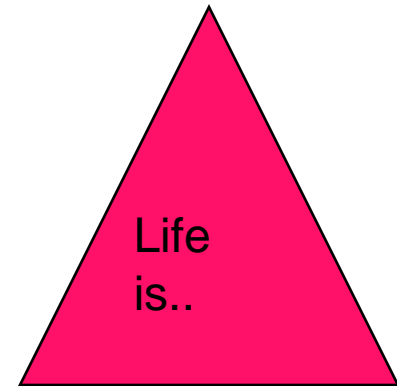
CONTRIBUTION



IDENTITY



WORLDVIEW



DISTINCTION



CONNECTION



DEVELOPMENT



EXPRESSION



KNOWN



UNKNOWN



Summary of Terms - Relationship with Yourself

Development - Experiencing personal growth and having the opportunity to challenge yourself

Expression - Demonstrating your unique strengths, opinions, interests and personality openly

Identity - Who I am and who I choose to become/my potential

Summary of Terms - Relationship with Others

Distinction - Feeling a sense of importance and being able to make a valuable impact

Connection - Having a sense of acceptance and belonging as well as genuine interactions

Contribution - What unique gift I would like to give to others and ideally receive

Summary of Terms - Relationship with the Universe

Known - Having a sense of familiarity and control and being true to your own ideology

Unknown - Exploring new territory and seeing/respecting different possibilities outside the “comfort zone”

Worldview - My ultimate conception/ perception of life and what is a priority for me

Now let the FUN begin of bringing
THE HIGH FIELD to life...