



# CECT L!brary

## Reader's Digest

Greetings, cadre!

This month we thought we would focus on the positives. Things have been tough with a variety of disasters, social injustices, and the resulting mental health struggles from both, so we want to use July to uplift ourselves and you, our wonderful cadre. Below you'll find a smattering of articles on the psychology of happiness, positivity, and post-traumatic growth, even—and especially—in the face of adversity.

Many of us may be struggling, but remember that there is always good to be found in the world. We need to remember to take care of ourselves as well as others, to take time out of our day to do things that bring us and our loved ones joy, and push back against the seemingly constant barrage of news to worry about. As the first article linked below shows us, we need to learn from the positives at least as much as the negatives.

Find the joy with us,

Crisis Emotional Care Team

### **Latest Additions**

Hanson, R., Shapiro, S., Hutton-Thamm, E., Hagerty, M. R., & Sullivan, K. P. (2021). Learning to learn from positive experiences. *The Journal of Positive Psychology, 18*(1), 142-153. <https://doi.org/10.1080/17439760.2021.2006759>

This interesting article explores the framework called HEAL and the course developed to teach people how to use the framework. The purpose of the framework is to encourage people to reframe negative experiences and emotions by finding the positive and creating a link between the positive and negative aspects of situations, whether everyday life or major events. This is intended to increase awareness of and sensitivity to positive experiences while compensating for negativity bias—i.e., instead of solely focusing on the bad to learn from, it encourages us to also take in the good.

Paterson, J., & Park, M. S.-A. (2023). "It's allowed me to be a lot kinder to myself": Exploration of the self-transformative properties of solitude during COVID-19 lockdowns. *Journal of Humanistic Psychology, 0*(0).

<https://doi.org/10.1177/00221678231157796>

Many of us struggled during lockdown in 2020, and a lot of research has been done on the negative mental health effects of that time. This study takes a different tact, looking at how solitude during lockdown led to positive changes in the lives of young adults in the UK. They found their participants experienced growth in self-discovery, self-congruence, and self-transformation.

Waters, L., Algoe, S. B., Dutton, J., Emmons, R., Fredrickson, B. L., Heaphy, E., ... & Steger, M. (2022). Positive psychology in a pandemic: Buffering, bolstering, and building mental health. *The Journal of Positive Psychology, 17*(3), 303-323. <https://doi.org/10.1080/17439760.2021.1871945>

Similar to the previous two articles, this research looked at ways that negative and positive effects on mental health interact with each other and how positive psychology may help people cope and grow through the pandemic rather than getting bogged down by negative narratives. Going through the literature on mental health pre-pandemic and during, they show how nine areas of mental well-being can be buffered, bolstered, and built upon through positive psychology tenets.

### **Open Access Reads**

Nadkarni, L., & Borden, K. A. (2023). Socially responsive health service psychology: Implications of the 2020 CCTC conference for practitioners. *Professional Psychology: Research and Practice, 54*(1), 14–16.

<https://doi.org/10.1037/pro0000504>

Salomon-Gimmon, M., Orkibi, H., & Elefant, C. (2022). The contribution of a music and arts rehabilitation program to the creative identity, well-being, and community integration of people with mental health conditions. *Journal of Humanistic Psychology, 0*(0).

<https://doi.org/10.1177/00221678221105719>

### **Paywalled Articles**

Hammer, K., & Van Gordon, W. (2023). Joyful stoic death writing: An interpretative phenomenological analysis of newcomers contemplating death in an online group. *Journal of Humanistic Psychology, 0*(0), 1-30.

<https://doi.org/10.1177/00221678231178051>

Lomas, T., & VanderWeele, T. J. (2023). Toward an expanded taxonomy of happiness: A conceptual analysis of 16 distinct forms of mental wellbeing. *Journal of Humanistic Psychology, 1-31*.

<https://doi.org/10.1177/00221678231155512>

Rose, L., Dezecache, G., Powell, T.,

van Zyl, L. E., & Donaldson, S. I. (2023). The critiques and criticisms of positive psychology: A systematic review. *Journal of Positive Psychology*, 1-30.  
<https://doi.org/10.1080/17439760.2023.2178956>

Chokron, S., & Kovarski, K. (2022). The emergency of prosociality: A developmental perspective on altruism and other prosocial behavior in the face of disaster. *Current Directions in Psychological Science*, 31(6), 486-492.  
<https://doi.org/10.1177/09637214221114090>

### **Books & Other Media**

Abumrad, J. (Host). (2019, March 21). Bliss [Audio podcast episode]. In *Radiolab*. WNYC Studios.  
<https://radiolab.org/podcast/bliss>

Ward, A. (Host). (2021, September 8). Eudemonology (HAPPINESS) with Dr. Laurie Santos. In *Ologies*.  
<https://www.alieward.com/ologies/eudemonology>

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