

AGENDA

Using Positive Emotions to Manage Stress and Become More Resilient Christian Waugh, Ph.D.

Note: All times are Pacific Time

9:00 - 9:10 Welcome and Introduction

9:10 – 10:30 A modern conceptualization of stress
Chronic vs. acute stress
What it means to be resilient
Why 'better stress' and well-being are our goals

10:30 -10:40 Break

10:40 -12:10 A model of positive emotions
Positive appraisals and the brain
The evolutionary functions of positive emotions
Overview of the three-pronged model of positive emotions and stress regulation

12:10 – 12:50 Lunch

12:50 - 2: 20 Overview of the first arm of the model – positive emotions as the target
Different tactics in positive reappraisal
Overview of the second arm of the model – positive emotions as mediator
Positive Distraction as an adaptive strategy
Power of humor

2:20 - 2:30 Break

2:30 – 4:00 Overview of the third arm of the model – positive emotions as facilitator
Positive anticipation of the future helps stress in the present
Complex positive identities as a stress buffer
Taking care of the mind for positive emotions and resilience
Taking care of the body for positive emotions and resilience