



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY

(UGC Approved)

Gurugram, Delhi-NCR

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Positive Psychology and Mindfulness

Outcomes

1. Gratitude: Practicing gratitude is a powerful way to improve mental well-being and overall happiness. Positive Psychology emphasizes the importance of cultivating gratitude by helping individuals to focus on what they are thankful for in their lives.
2. Resilience: Mindfulness practices can help individuals to build resilience and cope with difficult situations. By learning to stay present in the moment and accepting their thoughts and feelings without judgment, individuals can learn to bounce back from adversity.
3. Mindfulness: Mindfulness is the practice of paying attention to the present moment with curiosity and without judgment. Mindfulness techniques, such as meditation and breathing exercises, can help individuals to reduce stress and anxiety.
4. Self-compassion: Positive Psychology encourages individuals to practice self-compassion and self-care. This means treating oneself with kindness and understanding, especially during challenging times.
5. Positive relationships: Positive Psychology emphasizes the importance of building positive relationships with others. By fostering positive connections with friends, family, and colleagues, individuals can improve their overall well-being and happiness.


Registrar
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