

Positive living tools from international gurus

Wellness experts met, in a **virtual space**, during the [Wellbeing 360](#) event organized by the **Institute of Wellbeing and Happiness Sciences** at Tecmilenio.

At the event, **wellbeingtrends** were unveiled, as well as **workshops**, **talks** and **tools** to promote them.

The event featured **experts** such as **Martin Seligman**, the father of positive psychology, **Tal Ben-Shahar**, a Harvard professor, and [Michael Steger](#), a psychologist and professor at the University of Colorado, among other internationally recognized experts.



CONECTA presents some of the wellbeing tools that were shared with the audience:

You can learn and teach wellbeing

It is possible to **learn**, and **teach** people, how to improve **wellbeing**. So says American psychologist **Martin Seligman**.

The **tools** he mentions include having an attitude of **gratitude**, which can be developed through exercises such as **listing** reasons to feel grateful at the end of each day.

*“As a result, you can **sleep better** and lower levels of **depression**. Thinking about these things is an extremely powerful exercise”,* Seligman said.

Similarly, he mentioned that there are **studies** in which it has been found that **people** who **learn** to have a **positive attitude** not only **improve their lives** but also get **better results at work and school**.

*“You can predict that those with **positive emotions** will be **more successful**,”* Seligman said.

According to the psychologist, both **people** and **societies** with **more positive attitudes** may be more **resistant** to adversity, including **pandemics** such as **COVID-19**.

*“Those who are **resilient** and who are going to be able to **rebuild** are the people who have **hope**. Optimism is what is needed to reconstruct,” he said.*



Learn the five aspects of happiness

Another **trend**, shared by Tal Ben-Shahar during the event, is the **need** for **happiness** in the **development** of a society.

Tal Ben-Shahar shared a **model** of the **pursuit** of **happiness** that incorporated the work of psychologists and philosophers from **Aristotle** to **Martin Seligman**.

This model is known as **SPIRE**, and the expert mentions that people can **work** on **one or more** of its aspects to be **happier**.

Spiritual, physical, intellectual, relationship and emotional wellbeing are the **5 aspects** that form **SPIRE**.

*“The **5 elements** are **interconnected**: we only need to focus on one or more of them and be **aware** and **constant** in our work.*

“I hope that we will take this path as a society, but for that to happen we must take the path individually,” added Tal Ben-Shahar.



Learn the formula to find a purpose

Another **trend** that **Wellbeing 360** focused on was the **search** for **one or more purposes** in life.

This topic was introduced by psychologist **Michael Steger**, founder and director of the **Center for Meaning and Purpose** at **Colorado State University**.

Steger mentioned that the **pursuit** of **purpose** should not be taken lightly, as purpose can **help** people to **take decisions** throughout their lives.

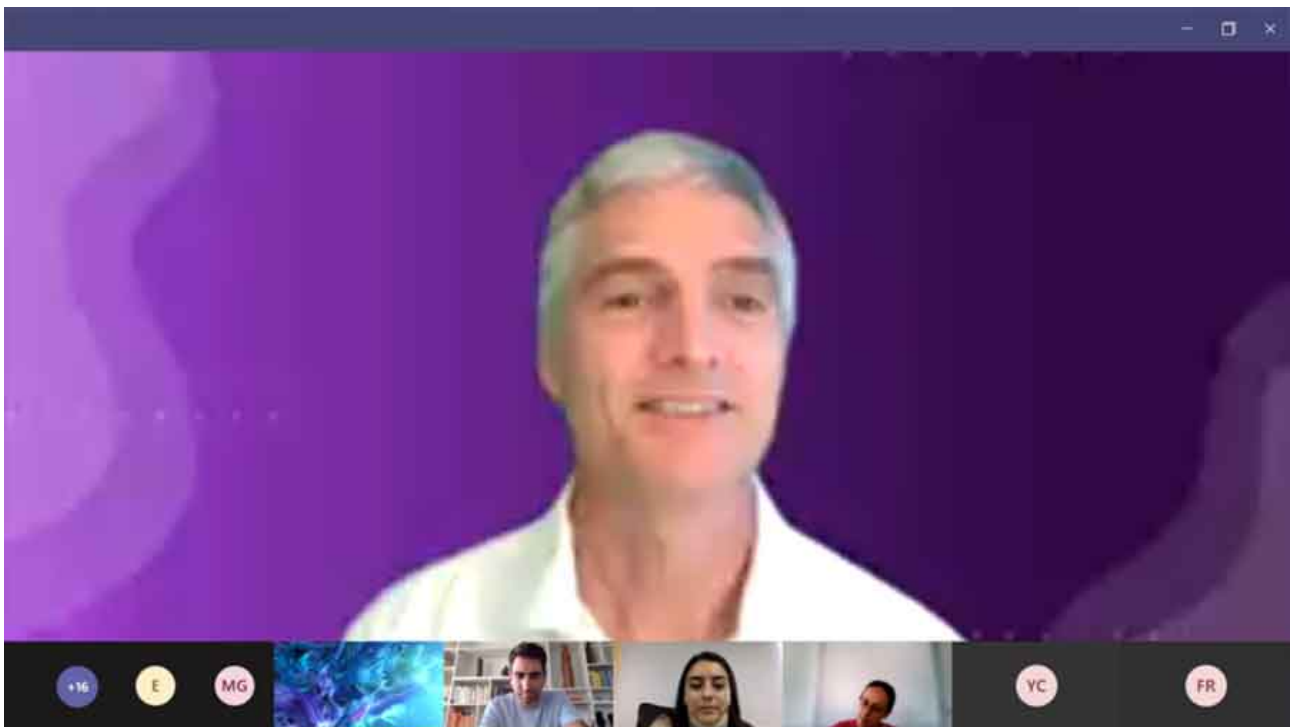
He also provided some **exercises** to help people seek a **purpose** in a **less formal** way than going to **therapy**, which is **simpler** and also **scalable**.

Steger shared what he believes is the **formula** for **finding a purpose**: ***Strengths+Values +Tribe=Purpose***.

By listing these **3 attributes** based on your **personal circumstances**, you can develop one or more purposes in life.

“Purpose defines where you can **advance** in your life and helps you to build bridges for a better future.

“This can be applied to anyone, of any age. A purpose is *important*, even for **children at school,” Steger said.**



Identify your character strengths

Ryan Niemec is **Director of Education** at the **VIA Institute of Character**. He shared **tips** for using **character strengths** to improve **wellbeing**.

These strengths can be **helpful** in the face of **adversities** such as **stress, depression, or anxiety**.

“Strengths are **connected** to whatever **positive outcomes** you might be seeking, **such as personal development, meaning, and purpose in life**,” Niemec commented.

These character strengths can be grouped into **six categories: wisdom, courage, humanity, justice, temperance, and improvement.**

People can learn about their character strengths and measure their **qualities** by taking [the VIA survey](#).

MEANINGFULL LIFE

RYAN NIEMIEC

**MINDFULNESS-BASED STRENGTHS PRACTICE (MBSP):
A SUMMARY OF ONE OF POSITIVE
PSYCHOLOGY'S BEST PROGRAMS**

Wellbeing 360 | Tecmilenio University
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Put the heliotropic effect into practice for happiness

Kim Cameron, founder of the [Center for Positive Organizations at the University of Michigan](#), explained how he wields the **heliotropic effect** in his struggle against negative emotions.

The heliotropic effect is the idea that **humans** can **flourish** in the **light of positive energy** and that, in turn, can help **organizations grow**.

*“The definition of this effect is that all living things have the **tendency to move towards light and away from darkness**, or to move towards positive energy and away from negative energy,”* commented Cameron.

The expert also mentioned that focusing on the **positive aspect** of **psychology** helps people to react in better ways.

*“**People** who are in a positive situation, who are **compassionate** and **generous**, don’t get **sickas often** as people who have an angry state of mind,”* he said.



Discover the molecule of meaning

Simone Rosati, international consultant on soft and strategic skills, and creator of the Super Star Humans movement.

Simone claims that a **meaningful life** requires the “molecule of meaning”, which encompasses **acceptance**, **ambition**, and **personal improvement**.

Rosati believes that it is necessary to **increase** both levels of **complexity** and **awareness** in order to have a life with meaning within a future interplanetary sociocultural setting.

*“To lead **purposefullives**, we need to be **meaningful beings**,”* Rosati said.

This partnership between humanity and the future is defined by Rosati as **Sin Topia**, and he lists **5 ways** to practice it:

Focus your **attention**. Develop **new required skills**. Get through the **difficult times**. **Contribute** instead of complying. Build **positive chemistry**.

*“Given what is happening in the world, we should not be overly dramatic: it is better to **face** the **challenge**, and to do the **right thing**,”* he added.



What is Wellbeing 360?

The Wellbeing 360 conference, previously known as **Foro Felicidad 360** (Happiness 360 Conference), is organized by [Tecnilenio](#) and aims for virtual attendees to acquire **tools** that they can use to **improve their health** and maintain a **positive emotional state**.

David Garza, Executive President of the [Tecnológico de Monterrey](#), highlighted that in the current context, individual wellbeing **is key to facing the new** educational, labor, and social **challenges**.

*“**Tecmilenio** has been doing a great job to promote wellbeing in its students, teachers, and collaborators and, through this event, it makes **practical tools** available to the international community for the **integral wellbeing** of all people,”* he said.

*“**At Wellbeing 360**, we want to give people the tools they need to be able to flourish and grow during this time of so many challenges,”* says Rosalinda Ballesteros, Director of the [Institute of Wellbeing and Happiness Sciences](#) at Tecmilenio.

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