

Positive Psychology in the Eye ward

NCON Malmø 22-24 May 2024

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Hospital

Why am I here today?:

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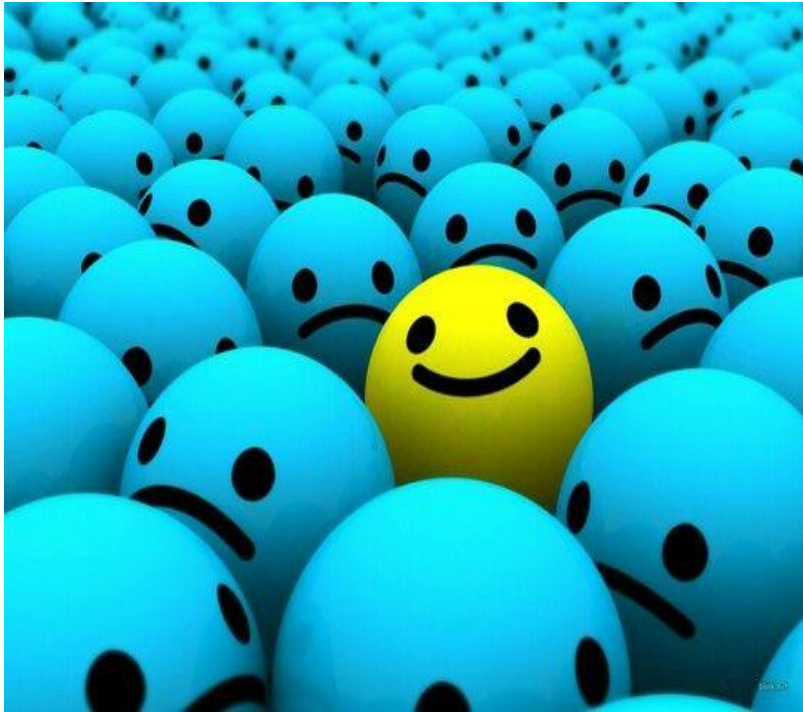
Region Syddanmark



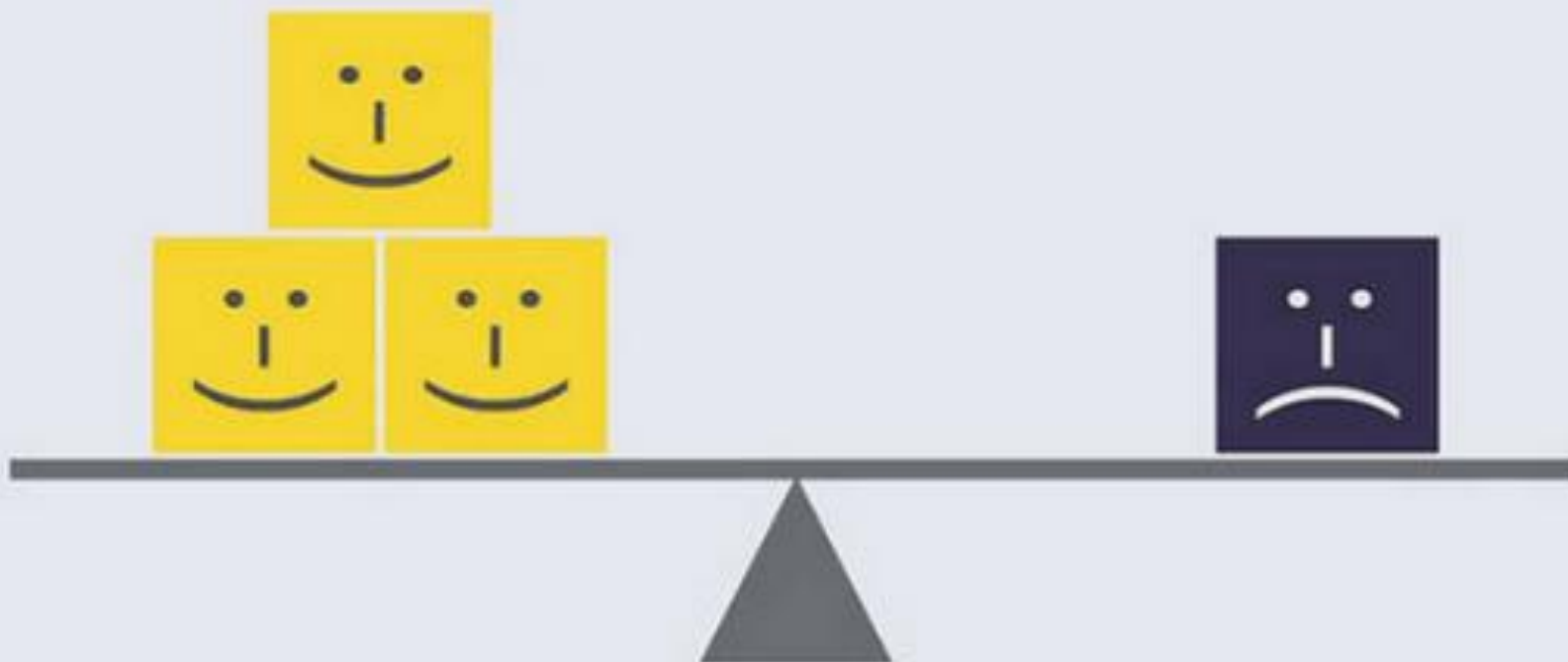
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Does it matter ?

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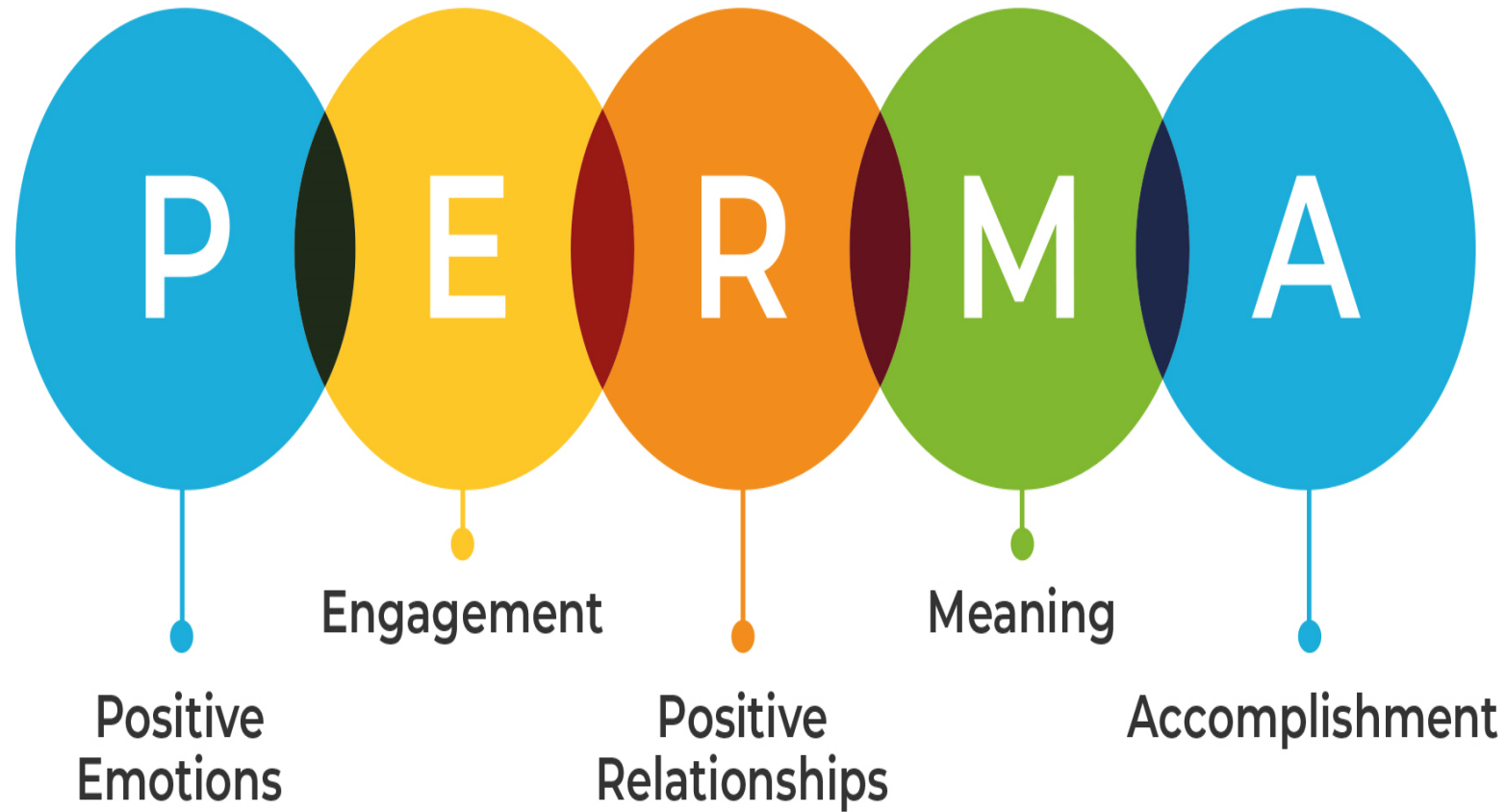


Source: Fredrickson, Barbara (2009)

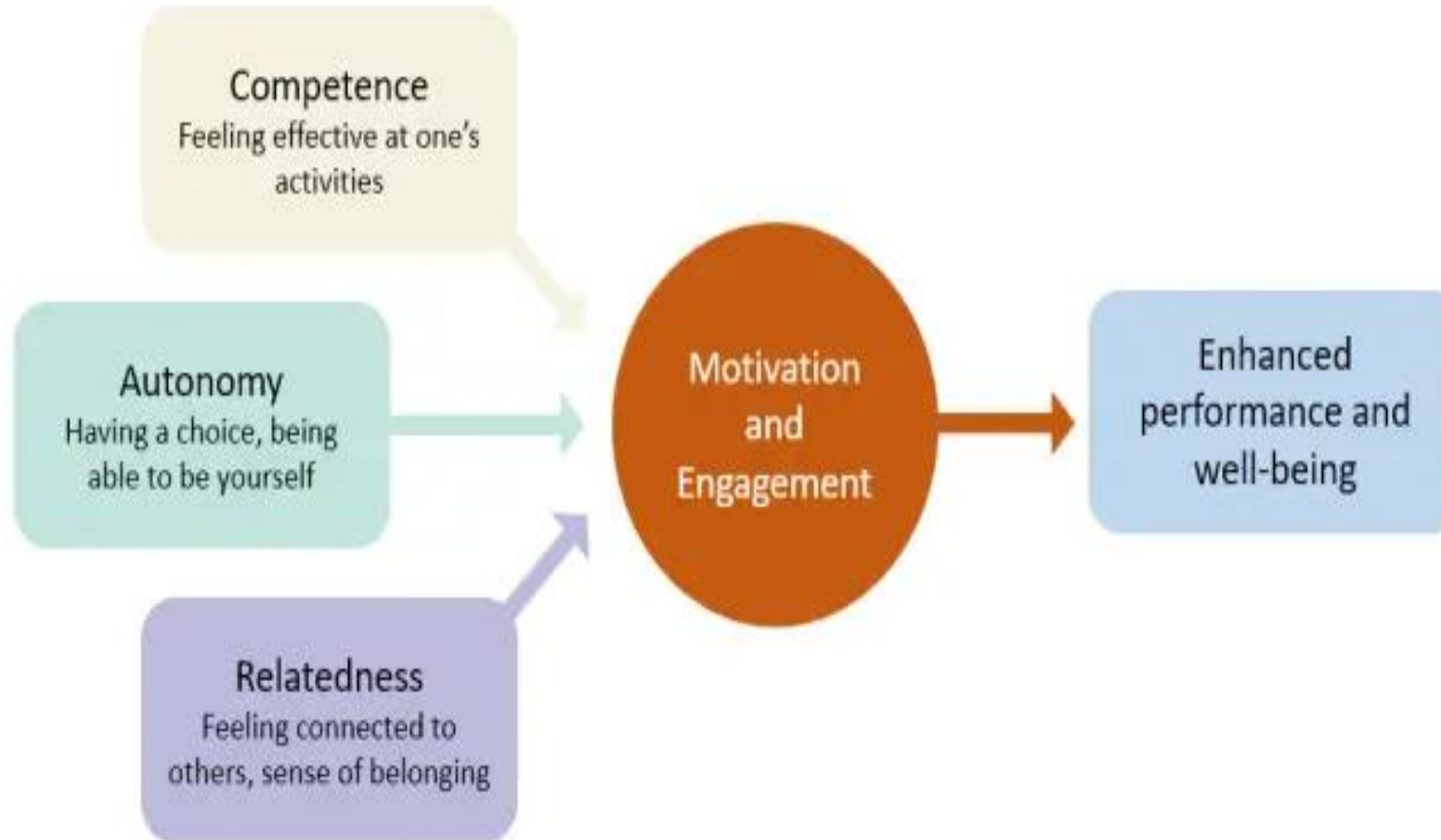
3 POSITIVES TO 1 NEGATIVE



PERMA model of well-being



Self-determination Theory (Ryan & Deci, 2017)



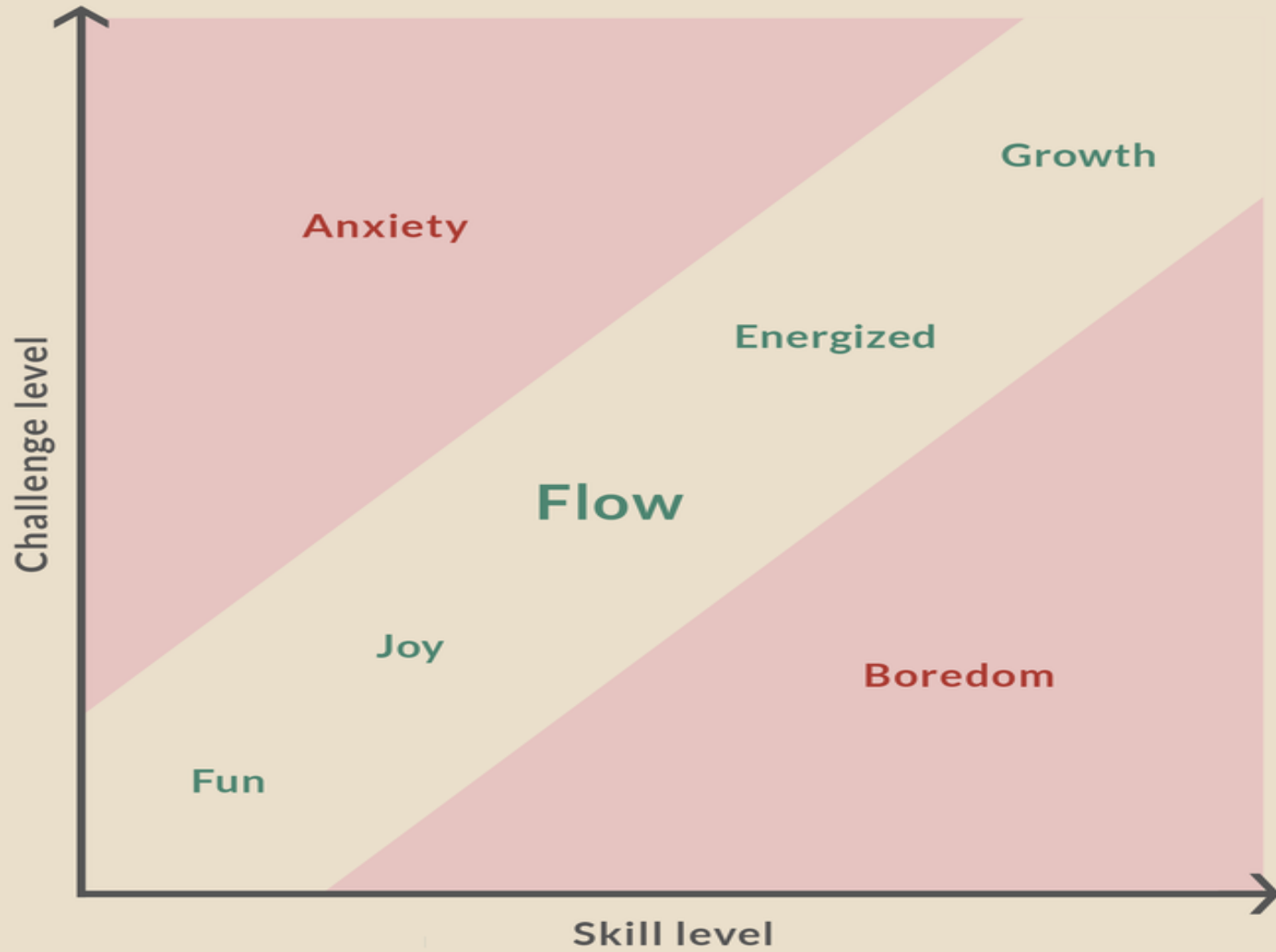
Motivation –intrinsic or extrinsic

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FLOW STATE

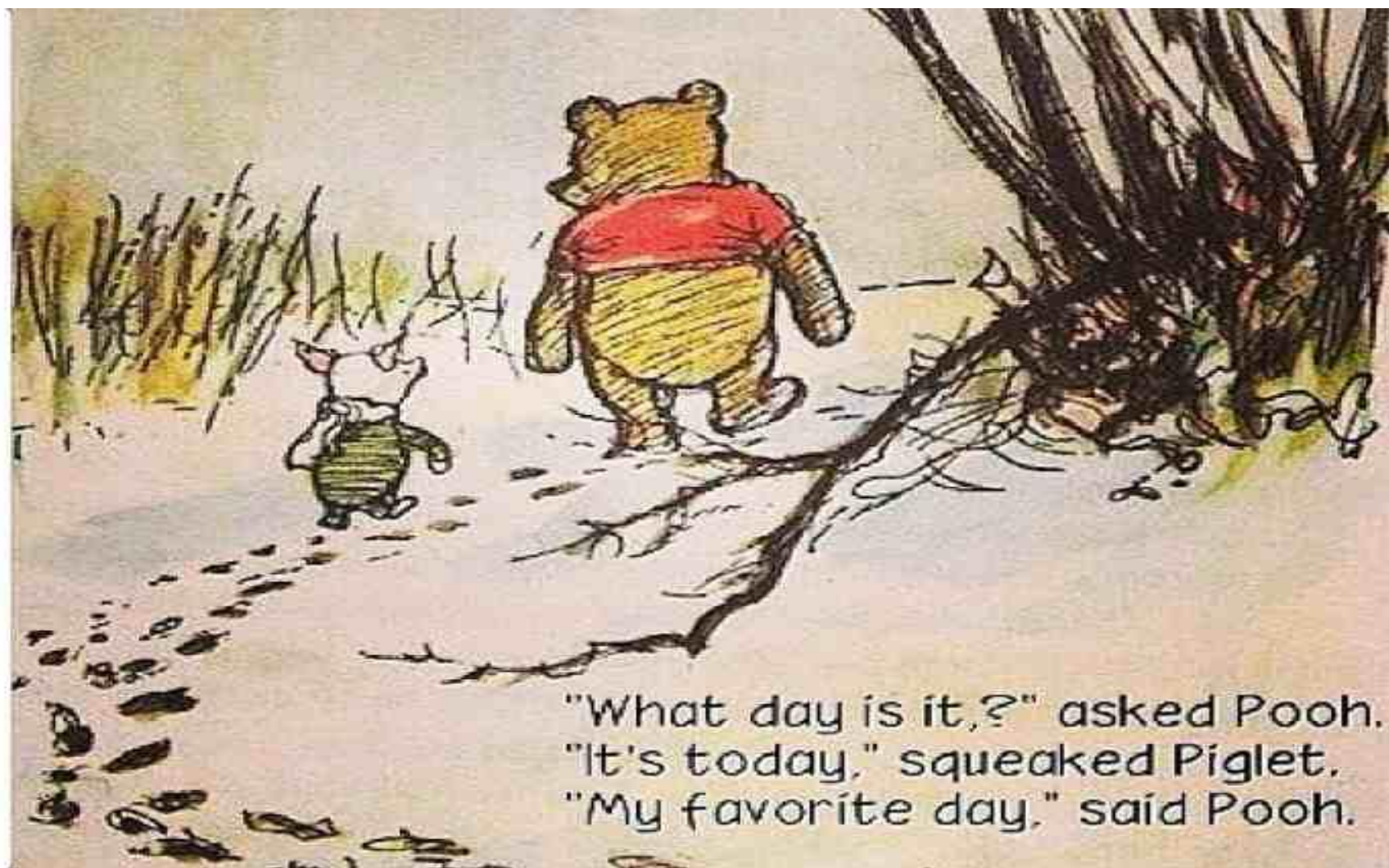


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"What day is it,?" asked Pooh.
"It's today," squeaked Piglet.
"My favorite day," said Pooh.

Any questions?



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