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life or your situation rather than on the negative. This seems simple enough but I think it depends on what exactly your issues are, and the severity of them.

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Positive psychology interventions focus on building resources and preventing resource loss, and include activities that

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aim to cultivate positive feelings, behaviors and cognitions. In this blog post, we highlight three approaches that can help employees to build their resources and foster well-being at work.

Positive psychology interventions at work - Practical ...

Positive psychology (PP) is the empirical study of how people thrive and flourish; it is the study of the ordinary human strengths and virtues that make life good (Csikszentmihalyi & Nakamura, 2011; Lopez & Snyder, 2009; Peterson,

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This Practical Guide uses positive psychology to show you how to identify--and play on--your character strengths, how to change your mindset, how to boost your positive emotions, and how to become more resilient.

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