

Mindfulness-based Positive Psychology Interventions

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INTRODUCTION

Positive psychology is the most rewarding scientific study of living a life focused on the well-being of both the individual and society. It studies "positive subjective experiences, positive personal characteristics, and positive institutions...it aims to improve quality of life". This is a field of study that has been growing steadily over the years as individuals or researchers follow in search of common ground for better happiness.

Positive Psychology began as a new field of psychology in 1998 when Martin Seligman chose it as a theme for his tenure as president of the American Psychological Association. It focuses on mental illness, and is a response to past practices that have tended to emphasize maladaptive behaviors or negative thoughts. It is based on the Humanity Movement by Abraham Maslow, Rollo May, James Bugental, and Carl Rogers, which promotes an emphasis on happiness, well-being, and activeness and lays the foundation for what is now known as positive psychology.

Positive Psychology focuses on the ancient Greek word *eudaimonia*, which means "good life," and is a concept of reflection on the factors that make the most of living well and contributing to a fulfilling life. Positive psychologists often use the terms subjective happiness and happiness interchangeably.

Positive psychologists have suggested that many factors can contribute to well-being and subjective well-being. For example, social cohesion between spouses, family, friends, colleagues and a wider network; membership in clubs and social groups;

physical movements, meditation. Spirituality can also be seen as a factor that increases an individual's well-being and well-being. Mental practice and religious dedication are themes that researchers have studied as another possible source for improving health and adding some of the affirmative psychology. Happiness can increase as your financial income increases, but if you don't make any more profits or exceed a certain amount, you can get stuck or even fall.

CONCLUSION

Positive psychology is associated with *Eudaimonia*, which means "good life" and prosperity. It focuses on living on the basis of the most valuable things in life and other factors that live well and contribute the most to a full life. Positive psychologists do not try to make a strict definition for a good life, but agree that in order to experience a "good life" they must be content, participate and live a meaningful life. Martin Seligman said that "good life" uses his characteristic strengths every day to obtain true happiness and abundant satisfaction.

Positive Psychology complements the traditional realm of psychology without replacing or ignoring it. By emphasizing positive human development research, this area helps to balance other approaches by focusing on disorders that can only be calculated with limited understanding. Positive psychology also places great emphasis on nurturing positive self-esteem and self-esteem, but positive psychologists with a low humanistic orientation are less likely to focus on such topics.

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