

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, **wellbeing trends** 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.



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CONNECTA 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.*



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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.



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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.

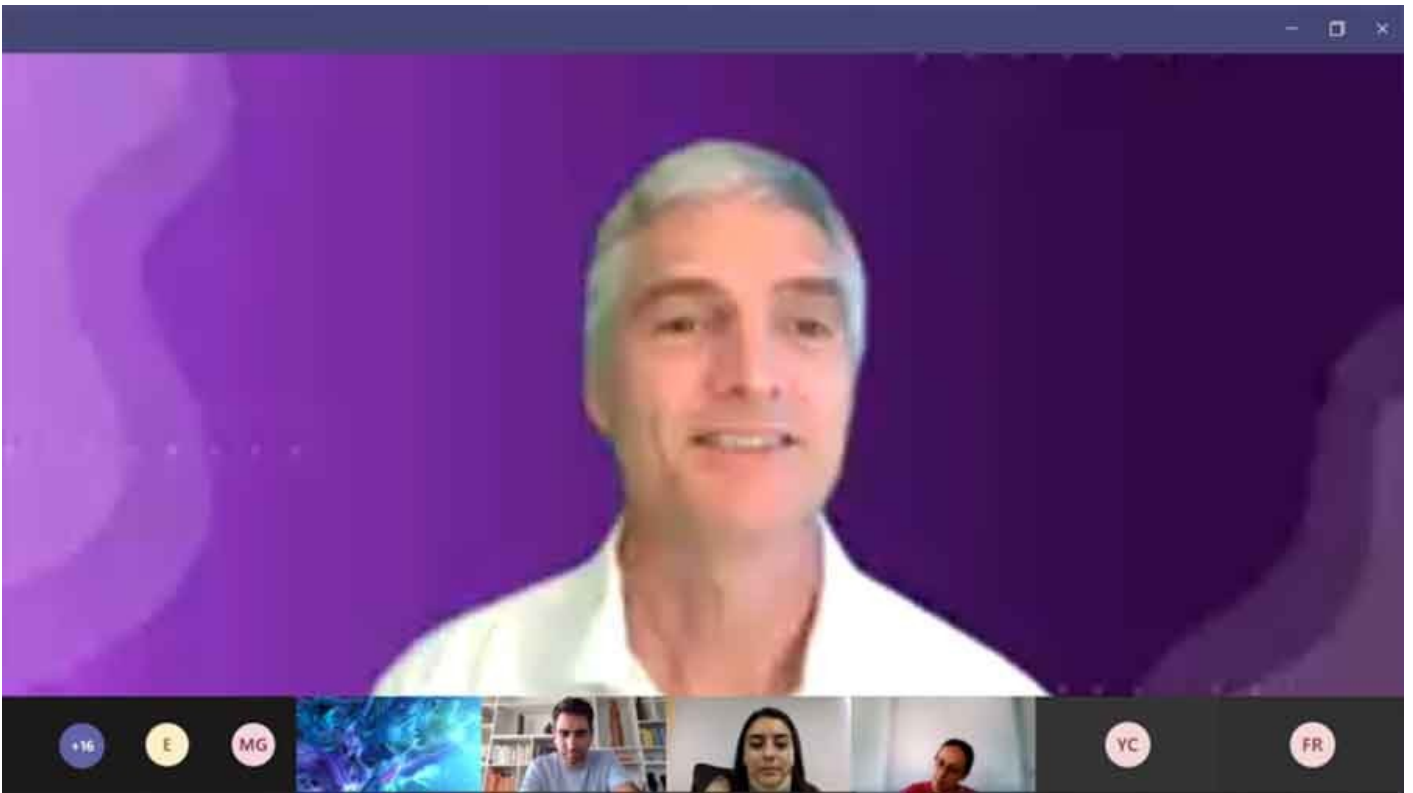
He also provided some **exercises** to help people seek a **purpose** in a **less formal** way than going to **therapy**, which is **simpler** and also **scalable**.

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.*



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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](#).

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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 **sick as often** as people who have an angry state of mind,”* he said.



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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 **purposeful lives**, 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.



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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**.

*“**Tecnilenio** 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.

YOU’LL DEFINITELY WANT TO READ:

<https://tec.mx/en/news/national/health/expert-advice-help-you-find-your-purpose-life>