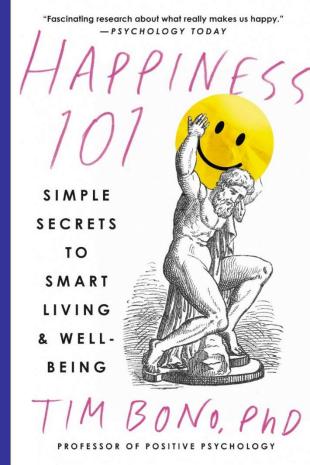


Positive Psychology: Perspectives on Mindset and Resilience

Timothy J. Bono, Ph.D.

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THE WALL STREET JOURNAL **WSJ**

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Chicago Tribune

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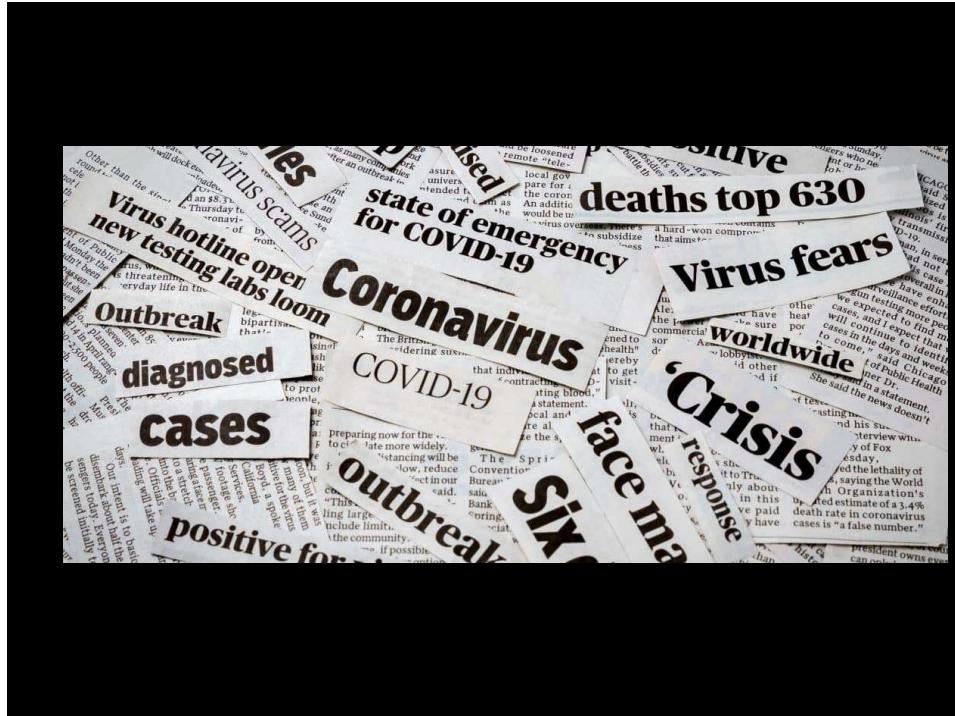
Northwestern announces cost-cutting measures amid growing financial pressures



By **ZAREEN SYED** | zsyed@chicagotribune.com | Chicago Tribune and
IKRAM MOHAMED | imohamed@chicagotribune.com | Chicago Tribune

UPDATED: June 11, 2025 at 6:13 AM CDT

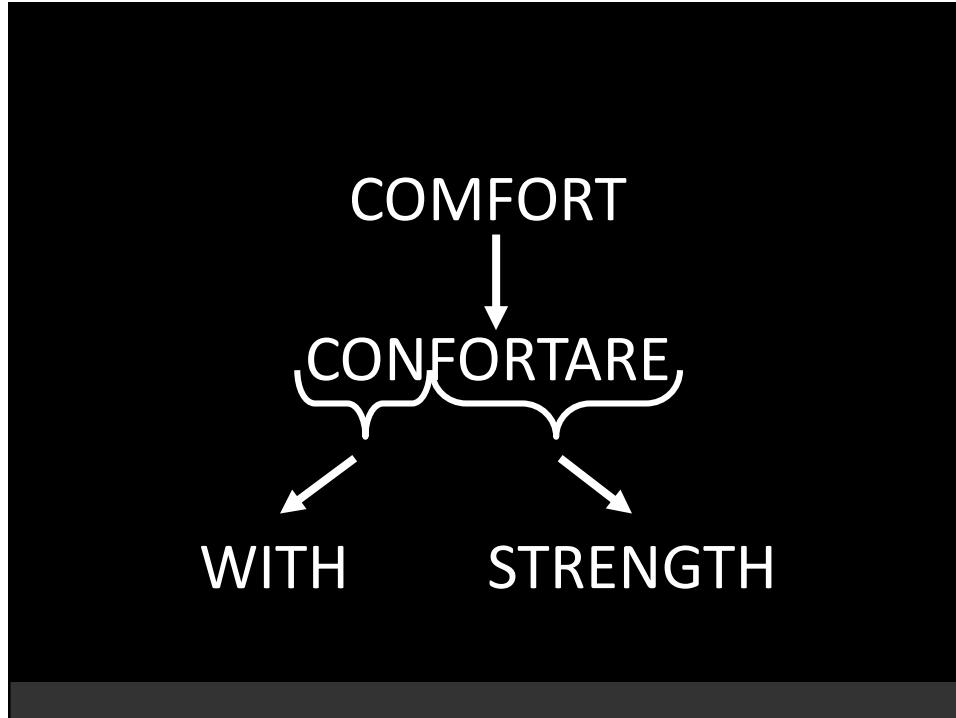
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PERSONALITY PROCESSES AND INDIVIDUAL DIFFERENCES

Psychological Resilience, Positive Emotions, and Successful Adaptation to Stress in Later Life

Anthony D. Ong and C. S. Bergeman
University of Notre Dame

Toni L. Biscotti
University of New Hampshire

Kimberly A. Wallace
University of New Hampshire

In 5 studies, the authors investigated the functional role of psychological resilience and positive emotion in the stress process. Studies 1 and 1b explored naturally occurring daily stressors. Study 2 examined data from a sample of recently bereaved widows. Across studies, modified random coefficient modeling analyses indicated that positive emotion was associated with resilience and that resilience was associated with moderate stress recovery. Findings also indicated that differences in psychological resilience accounted for unique variance in positive emotion. In Studies 3 and 4, resilience was associated with positive emotion, but a weaker association between positive and negative emotions, particularly on days characterized by heightened stress. Finally, findings indicated over time, the experience of positive emotions functions to reduce stress. The authors conclude that resilience and positive emotion are important for research into protective factors that serve to inhibit the scope, severity, and duration of daily stressors in late adulthood are discussed.

Keywords: resilience, aging, positive emotion, resilience, methods

CURRENT DIRECTIONS IN PSYCHOLOGICAL SCIENCE

Resilience in the Face of Potential Trauma

George A. Bonanno
Teachers College, Columbia University

Although emotions have long been the focus in times of stress (Follett, 1986, 1987, 1988; Levenson, 1988), if emotions have focused on how people feel in the face of stress, and not on the stress process itself, this is not surprising (see, e.g., Wright, 1990; Wright & Ong, 2003). With little exception (i.e., see, e.g., Wright, 1990; Wright & Ong, 2003), these researches few counterbalancing positive emotions in the stress process (both positive and negative emotions are norm (Ong & Bergeman, 2004; Ryff, 1989); studies that shed light on the many v

ABSTRACT In a recent study, resilience among adults exposed to potentially traumatic events was thought to occur early and in either pathological or exceptionally healthy individuals. This article challenges this view by showing that resilience is a common reaction among adults exposed to such events as natural disasters, terrorism, and the death of a loved one, and is associated with the enduring capacity for positive emotion and positive experiences. A surprising finding is that there is a small number of adults who are highly resilient, but who also feel negative emotions and sometimes unexpected ways to be resilient, and who are more likely to be resilient than those who are less resilient, but more adaptive under normal circumstances. For example, people who are highly resilient to natural disasters are more likely to have social support but show resilience outcomes when confronted with extreme adversity. Directions for further research are discussed.

Keywords: loss, grief, trauma, resilience, coping

Life is filled with grief. During the normal course of their lives, most adults face one or more potentially traumatic events (e.g., natural disasters, terrorism, and the death of a loved one). Traumatic events can be overwhelming and extremely difficult to concentrate; they may feel anxious, confused, and hopeless, and the need to protect and help people. Some people will feel a sense of grief and resilience, and others will feel

RESILIENCE, NOT RECOVERY, IS THE MOST COMMON RESPONSE TO POTENTIAL TRAUMA

Over a decade ago, my colleagues and I began an ongoing investigation of this supposedly rare response, and the reasons by which it occurs. We found that resilience is not only a rare response, but exemplifies functioning in the aftermath of potentially traumatic events. This finding has been extremely challenging to the prevailing view on the subject. We look at our findings and point the burgeoning developmental literature on resilience. Trends in the literature are discussed, and the implications of our findings are highlighted. Various protective factors (e.g., resilience, the capacity to form social support, and the capacity to self-soothe) protect against children exposed to unfavorable life circumstances, and resilience is associated with positive outcomes. We sought to add to the body of research in the study of resilient outcomes among adults in otherwise normal circumstances who have experienced a range of negative life events, including bereavement.

Our research led to three primary conclusions, each raising important questions for future research, and each leading to further research. First, resilience following potentially traumatic events is not a rare response, but is a typical response, and is associated with recovery from trauma. Historically, there have been few attempts to distinguish subgroups within the broad category of individuals exposed to potentially traumatic events (e.g., PTSD). What this research has

What Predicts Psychological Resilience After Disaster? The Role of Demographics, Resources, and Life Stress

George A. Bonanno
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Sandro Galea
University of Michigan School of Public Health

Angela Bucuvalas and David Vlahov
New York Academy of Medicine

A growing body of evidence suggests that most adults exposed to potentially traumatic events are resilient. However, research on the factors that may promote or deter adult resilience has been limited. The authors used data from a random-digit-dial phone survey ($n = 2,725$) conducted in the New York City area following the September 11, 2001, terrorist attacks to examine the association between adult resilience and disaster exposure and as being associated with low levels of depression and substance abuse. Multivariate analyses indicated that the prevalence of resilience was uniquely predicted by participant gender, age, education, and income, and that resilience was associated with lower levels of depression, frequency of chronic disease, and recent and past life stressors. Implications for future research and practice are discussed.

Keywords: resilience, trauma, resources, social support, ethnicity

Adult Resilience in the Face of Potential Trauma

Resilience is a concept that has been developed by developmental psychologists on resilience in children (e.g., Garmezy, 1971; Rutter, 1979; Sonnega, Brotman, Hughes, & Nelson, 1993).

Factors and Processes Contributing to Resilience

The Resilience Framework

Karol L. Kumpfer

Introduction

Resilience is becoming an increasingly popular concept for research and application in the field of prevention. Because of reduced funding for services to help at-risk children and families, information on low cost methods for increasing resilience to negative life events is especially needed. A better understanding of ways to increase resilience in all children holds great promise for improving the effectiveness of preventive community, school, and family services.

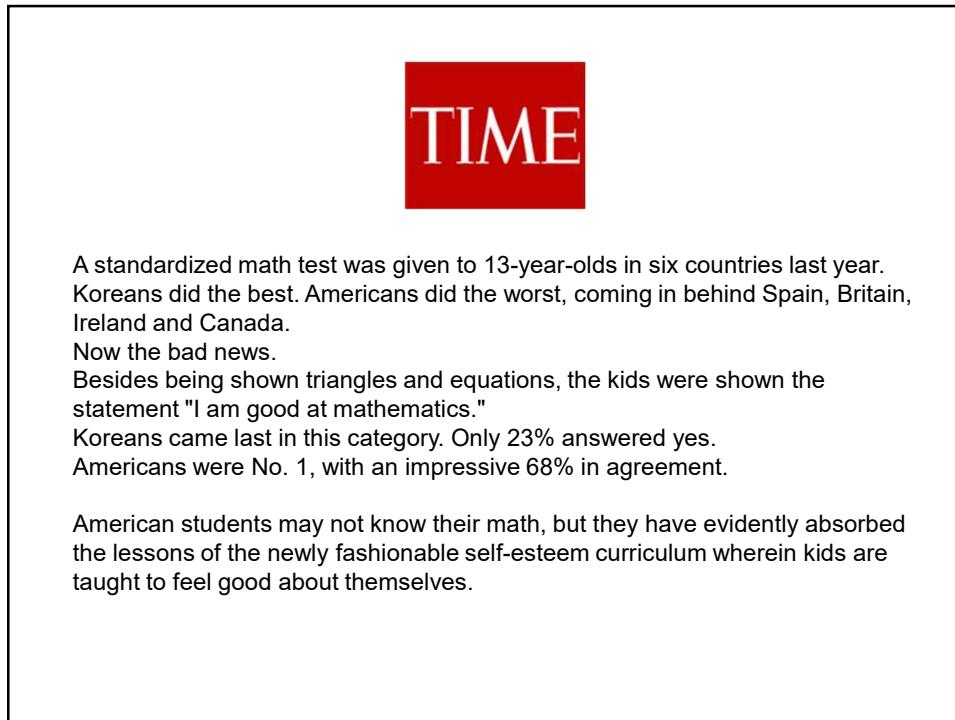
A shift in focus from resilience to resilience, according to Turner (1995), has developed partially from a frustration with such a pervasive emphasis on the identification of risk factors. While a risk-focussed approach has been very helpful in the public health field in the reduction of infectious diseases, more complex diseases of life style require a more comprehensive approach including protective and resilience mechanisms (Rutter, 1993). A paradigm-

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Outline

- 1) Extracting Meaning from Adversity
- 2) Taking care of our Mental Health in its aftermath

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A standardized math test was given to 13-year-olds in six countries last year. Koreans did the best. Americans did the worst, coming in behind Spain, Britain, Ireland and Canada.

Now the bad news.

Besides being shown triangles and equations, the kids were shown the statement "I am good at mathematics."

Koreans came last in this category. Only 23% answered yes.

Americans were No. 1, with an impressive 68% in agreement.

American students may not know their math, but they have evidently absorbed the lessons of the newly fashionable self-esteem curriculum wherein kids are taught to feel good about themselves.

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The Self Esteem Movement



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The Self Esteem Movement



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“I’ve learned that you can tell a lot about a person by the way they handle these three things: a rainy day, lost luggage, and tangled Christmas tree lights.”

-Maya Angelou



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Seery, Holman & Silver (2010)

Representative sample of the adult U.S. population

Participants reported adverse life events they had encountered
-*Illness or injury, Bereavement, Financial difficulties, Relationship stress*

Outcome measures

Over four years, participants reported annually:

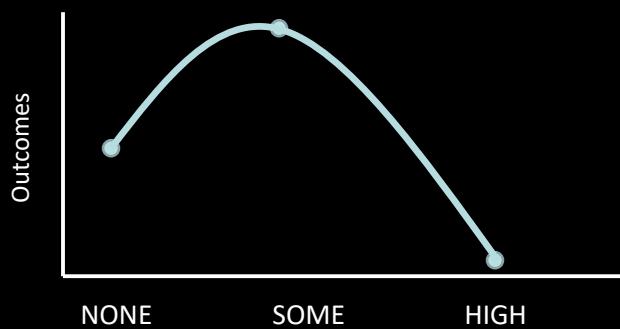
- Stress levels
- Life Satisfaction
- Functional Impairment

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Seery, Holman & Silver (2010)

Participants fell into one of three groups:

- 1) No adversity; 2) Some adversity; 3) High adversity



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Seery, Holman & Silver (2010)

Overcoming those obstacles **“could teach effective coping skills**, help engage social support networks, create a sense of mastery over past adversity, and foster beliefs in the ability to cope successfully in the future.”



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“The past can hurt. But the way I see it, you can either run from it, or *learn* from it.”



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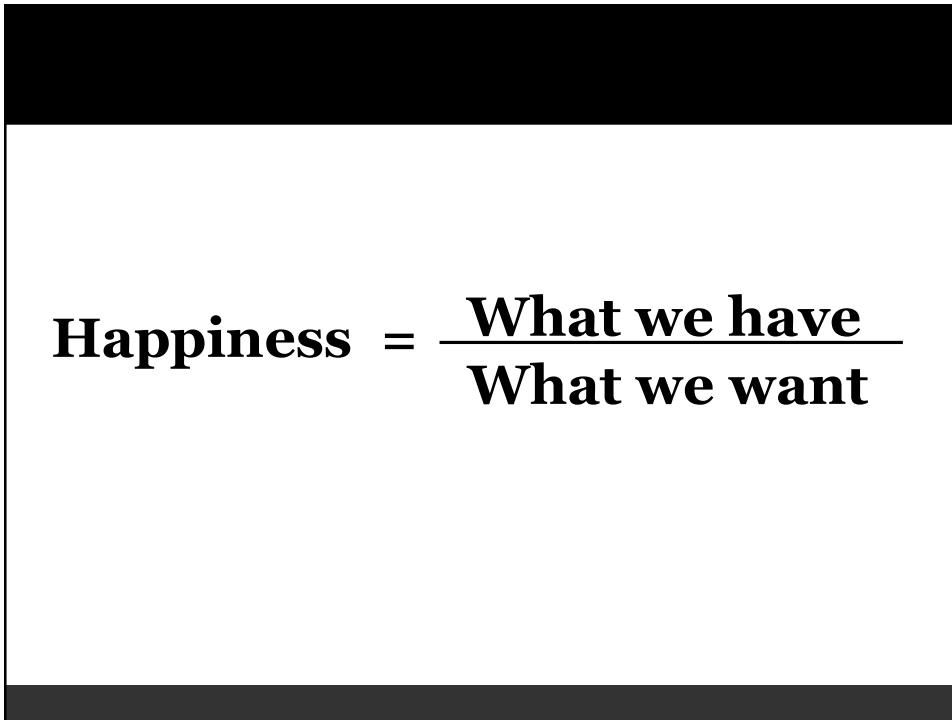
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$$\text{Happiness} = \frac{\text{What we have}}{\text{What we want}}$$

18



19



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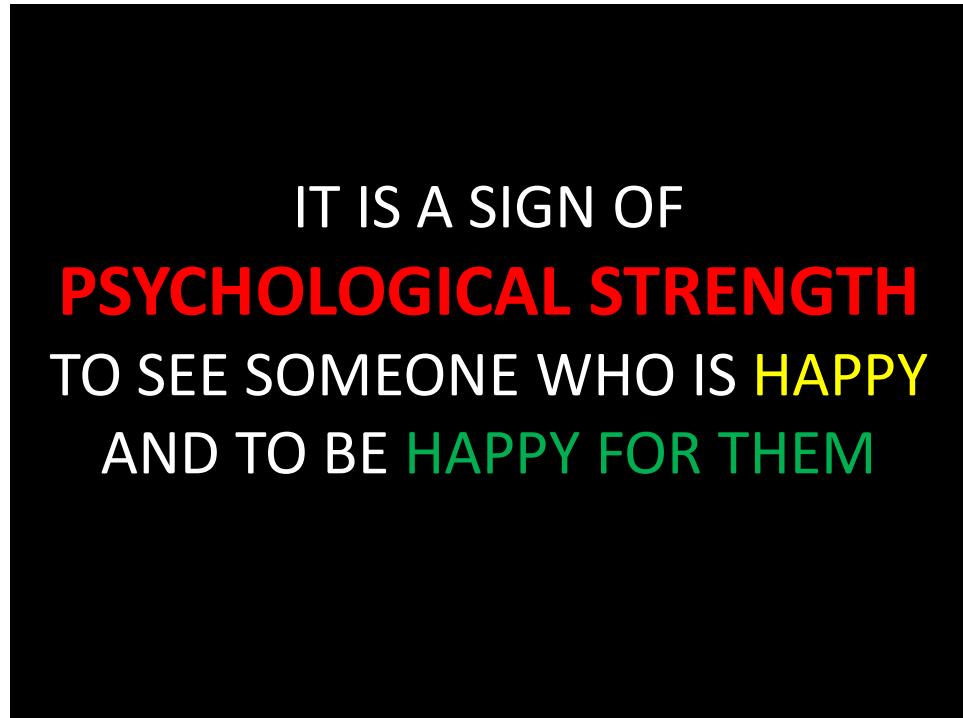


Comparison is the
thief of joy.

Theodore Roosevelt

quotabulary

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IT IS A SIGN OF
PSYCHOLOGICAL STRENGTH
TO SEE SOMEONE WHO IS **HAPPY**
AND TO BE **HAPPY FOR THEM**

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Outline

- 1) Extracting Meaning from Adversity
- 2) Taking care of our Mental Health in its aftermath
 - a) Take time for gratitude

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Emotional Intelligence

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Communicating with Emotional Intelligence



Cognitive Distortions: exaggerated or irrational thought patterns

1) Catastrophizing:

imagining the worst possible outcome is inevitable

2) All-or-nothing thinking:

believing that things are either *all good* or *all bad*

3) Negativity Bias:

fixating only on the negative aspects of a situation

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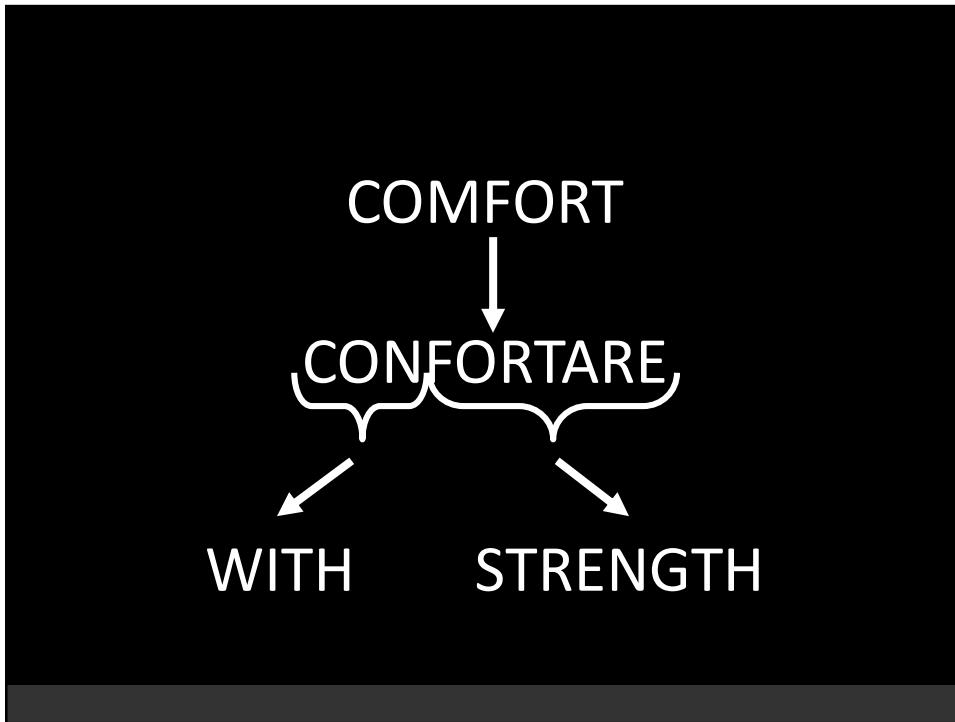


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Outline

- 1) Extracting Meaning from Adversity
- 2) Taking care of our Mental Health in its aftermath
 - a) Take time for gratitude
 - b) Practice Emotional Intelligence

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**You may not be
able to control
every situation
and its outcome,
but you can
control your
attitude and how
you deal with it.**

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Outline

- 1) Extracting Meaning from Adversity
- 2) Taking care of our Mental Health in its aftermath
 - a) Take time for gratitude
 - b) Practice Emotional Intelligence

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BREAK

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Resilience in a Nutshell

If you believe in yourself...

And if you keep practicing...

You will get the hang of it...

And then you can get better and better at it!

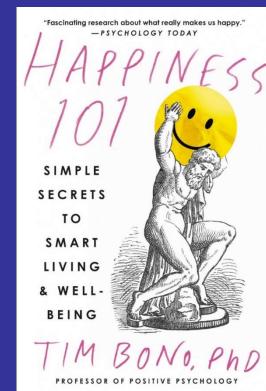
Thumbs up, everybody, for rock and roll!

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Thank You.

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 Dept of Psychological & Brain Sciences



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