Introduction

Feelings of depression can have a great impact on ones’ well-being. It can stop one from engaging in activities that they use to love, stop them from engaging with friends and loved ones. As well as cause thoughts of suicide. Depression can stunt ones’ growth emotionally, because it limits interactions with the people and the world around them. Positive psychology is one of many ways to help treat depression. It uses positive tools to teach coping mechanism “Several studies have shown that **increased positive emotion**are a promising way of fighting depressive symptoms. Lightsey (1994) showed that positive cognition could predict future happiness and depression, and Wood and colleagues (2008) found that practicing gratitude improved well-being and prevented individuals from experiencing depression”. But to get a clear understanding of well-being we look to positive psychology to define these terms. What is positive psychology? What is well-being? What is gratitude. Can the Three Good Things have a positive impact on your well-being.

Literature Review

We can define positive psychology as “what makes life worth living”

positive psychology is a scientific approach to studying human thoughts, feelings, and behavior with a [focus on strengths](https://positivepsychologyprogram.com/what-are-your-strengths/) instead of weakness, building the good in life instead of repairing the bad and taking the lives of average people up to “great” instead of focusing solely on moving those who are struggling up to “normal” (Peterson, 2008).

When looking into well-being Dr. Stephen Joseph defines it as Happiness, vitality, calmness, optimism, involvement, self-awareness, self-acceptance, self-worth, completeness, development, purpose, significance, congruence, and connection. (Joseph 08). Digging into well-being in greater depth the acronym Perma Model is a widely recognized and influential model in positive psychology. Seligman proposed this model to help explain and define well-being in greater depth. P: Positive Emotion, E: Engagement, R: Relationships, M: Meaning, A: Accomplishments.

Showing gratitude seems easy, but what does it really mean? Gratitude is an emotion, like appreciation that most people are familiar with. What many people do not know is that gratitude plays an important role in several historical movements and that gratitude is now becoming an important part of psychology research, and especially, positive psychology research. Research suggest that people gratitude is intrinsically rewarding which can aide in one well-being. Three Good Things is a great example and exercise of showing gratitude. One must keep a journal of three things that went well and provide an explanation for why it went well giving as much detail as possible and describing how it made you feel. Completing this exercise over a weeks’ time, will create positive thinking, emotions which ultimately add to ones well- being.

Findings

After taking part in the Three Good Things exercise, I would say that the Parts of Perma which I saw and felt the most development were Engagement and Relationship. I found that I made more eye contact with individuals greeted more people individually, as well has had more open conversations with strangers. Which is something that I would never do willingly. On the relationship side I found myself thinking more about my personal relationship with my immediate family, sharing more of myself and wanted them to share themselves with me. Wanting to improve some of those relationship became a big motivation to me. Going forward I believe that I will continue doing Three good things because I would like to improve several relationships, as well as engaged more with the people around me. During this exercise I experience daily looking forward to changing my routine of in and out as fast as possible. Smiling when I greeted strangers and being more welcoming to the people around me.

Doing this exercise allowed me to look for more ways to get out my shell be more active and present. To talk openly in group settings and be open to the feelings of others. It gave me great excitement some days more than others but still a feeling a haven’t experienced before. This is tool I will take with me and continue to do. Can Three Good Things improve well-being. The answer is yes.

Resource Page

[www.authentichappiness.sas.upen.edu](http://www.authentichappiness.sas.upen.edu)

[www.psychologytoday.com](http://www.psychologytoday.com)

<https://positivepsychologyprogram.com/what-is-positive-psychology-definition/#definition-positive-psychology>