



## Positive Education

Newsletter 03 – Feb 2012

LOVE ♥

### In brief

2<sup>nd</sup> Positive Psychology Singapore Meetup!

Our next meetup is happening this Thurs 16 Feb 2012, 7pm, at The School of Positive Psychology! Prof Nick Powdthavee will be speaking about how the things we *think* make us happy actually don't! See you there!

Just read!

*How pleasure works* by Paul Bloom. If you want to find out why Darwin said marriage is a must, you might want to read this!

Did you know?

Love changes the inner chemistry of our bodies by raising oxytocin levels. These biological responses are linked with lifelong bonds and intimacy.

### Happy Valentines!



"No one can make you feel inferior if you don't." These words were uttered to me by my teacher when I was in secondary school. I was not getting along well with my classmates and struggling with Maths. I remember thinking "I'm not smart enough" and "no one wants to be friends with me". I wished that I didn't have to go to school. Thankfully, I was blessed with the *love* and dedication of my teacher, who not only tutored me in Maths but showed me how to believe in and *love* myself, and treat setbacks as feedback. I eventually got an A for Maths and made good friends I still meet up with till this day. And since then, I've never let myself believe again that I am in any way inferior. Thank you Mrs Tang!

### Research nuggets

Love is a positive emotion that broadens and builds.

Love broadens what we:

- ♥ See; we have more perspective
- ♥ Think about ; we become more creative
- ♥ Do; we become adventurous

That, in turn builds:

- ♥ Social relationships and bonds
- ♥ Psychological and mental strengths

Fredrickson, 2009

### 3 Good tips

- ♥ Show love by giving time. Set aside time to listen to your children and they will see that you care and support them.
- ♥ Play the 'I Spy' game. Walk around the house pretending to be a detective looking for images or things that show love.
- ♥ Practice loving-kindness meditation. Before bedtime every night, repeat these words together while holding their hands, "May you be well, may you be happy, may you be at peace, may you be at ease, may you be healthy."

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