

IDEAS FOR MEDIATORS: ACHIEVING MENTAL & SPIRITUAL HEALTH

TELECONFERENCE SPEAKER:



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IDEAS FROM PSYCHOLOGY, THEOLOGY, PHILOSOPHY, & RECOVERY PROGRAMS

- Toolbox of key suggestions for how anyone can choose to have a more healthy mental and spiritual life, in any circumstances.
- Overview of key suggestions. Choose your favorites, leave the rest!
- List of websites, books and resources for you to explore later.



IDEAS FOR MENTAL AND SPIRITUAL HEALTH

- Positive Psychology:
 - Latest theory for happiness in life: P.E.R.M.A.:
 - P = Positive emotions.
 - E = Engagement in work, volunteerism and play.
 - R = Relationships that are mutually supportive.
 - M = Meaning and purpose in your life.
 - A = Accomplishments in work, volunteerism and play.
 - Post-Traumatic Growth (contrast to PTSD):
 - Recovering and flourishing after adversity.
 - Being diligent, generous, loving, grateful, and humble.
 - Finding a way to grow from difficult experiences.



IDEAS FOR MENTAL AND SPIRITUAL HEALTH

- Positive Psychology wisdom:
 - Resilience:
 - Identifying and nurturing your strongest qualities.
 - Figuring out what you are best at, to help you cope.
 - Finding opportunities for living out these strengths.
 - Adapting to changing conditions and set-backs.
 - Regulating your emotions when feeling disappointed.
 - Establishing a few people to be your social supports.
 - Letting go of what you absolutely cannot control.



IDEAS FOR MENTAL AND SPIRITUAL HEALTH

- Positive Psychology wisdom:
 - Gratitude:
 - Cultivating an attitude of gratitude, as a daily practice.
 - Showing positive emotions broadens your scope of attention.
 - Focusing on an upward spiral, more than a downward spiral.
 - Expressing gratitude, specifically, to other people.
 - Focusing on being thankful helps cardiovascular health.
 - Gratitude builds loyalty between people.
 - Gratitude helps prevent employee “burnout”.



IDEAS FOR MENTAL AND SPIRITUAL HEALTH

- Positive Psychology wisdom:
 - Flow:
 - A way of describing a joyful state of mind.
 - Can happen during your work or in your hobbies.
 - Ordering your consciousness: leads to happiness.
 - Flow happens when you lose track of time.
 - You can transform work to experience flow.
 - Focusing more on the moment, than past or future.
 - Making life meaningful by your mental emphasis.
 - Enjoying life in spite of tragedies or difficulties.
 - Doing things that are not too hard or too easy.



IDEAS FOR MENTAL AND SPIRITUAL HEALTH

- Positive Psychology wisdom:
 - Happiness:
 - Not the same as hedonism (instant entertainment).
 - Meaningful + Pleasurable + What I am good at.
 - Offering unconditional love to someone.
 - Cultivating your relationships with appreciation.
 - Practicing being calm inside, rather than anxious.
 - Counting the blessings that you already have.
 - Focusing less on what you hope to gain in the future.
 - Learning something new to keep your mind fresh.
 - Forgetting about dreams of winning the lottery.



IDEAS FOR MENTAL AND SPIRITUAL HEALTH

- Positive Psychology wisdom:
 - Qualities of happiness:
 - Loving others: do not just wait for others to love you.
 - Being altruistic: enjoying the sweetness of helping.
 - Developing optimism and find a sense of purpose.
 - Being spiritual = practicing not being afraid to die.
 - Being courageous and proactive when solving problems.
 - Accepting that there is actually not much security in life.
 - Taking steps to be physically and mentally healthy.
 - Keeping the long term perspective in mind, during trouble.



IDEAS FOR MENTAL AND SPIRITUAL HEALTH

- Swedenborg's Enlightenment-era wisdom:
 - Inviting love and wisdom into our hearts and minds.
 - Keeping in mind that we actually do not know if others will change for the better in the future...might happen.
 - Staying calm in a crisis, asking questions, listening patiently, and stating the truth without condemnation.
 - Using discernment: selecting aspects of other people that you appreciate and focusing on that.
 - Exploring how to be useful to others in ways that they really need. This is where true happiness occurs.
 - Acknowledging that goodness actually comes from God.



IDEAS FOR MENTAL AND SPIRITUAL HEALTH

- Ancient Greek wisdom:
 - Many kinds of love that you can experience:
 - Philia love: Affectionate friendship between equals.
 - Philautia love: Self-respect and care for yourself.
 - Pragma love: Enduring, between old friends.
 - Thelema love: Passion to do a task with great joy.
 - Agape love: Develops between humans and God(s).
 - Xenia love: Kindness as you welcome a newcomer.
 - Storge love: Special affection from parents to children.
 - Eros love: Physical passion between partners.
 - Activating these loves may enrich your life.



IDEAS FOR MENTAL AND SPIRITUAL HEALTH

- Ancient Greek wisdom:
 - Eudaimonia:
 - Greek word translates to “goodness” and “spirit”.
 - Inviting positive spirits/God/Goddess into our hearts.
 - Living a useful life.
 - Receiving feelings of joy and genuine happiness.
 - Not the same as hedonism (instant gratification).
 - Recognizing that the source of true joy is not originating in ourselves, but from the spiritual world.



IDEAS FOR MENTAL AND SPIRITUAL HEALTH

- Buddhist wisdom:
 - Developing compassion for all other people.
 - Striving for enlightenment through meditation.
 - Eliminating delusions → Ultimate well-being.
 - Focusing on interdependence between all of us.
 - Finding the power to free yourself from unhappiness.
 - Contemplating what the world needs.
 - Redirecting your focus away from your own suffering.
 - Building your strength to weather life's storms.
 - Observing what is happening; taking a breath.



IDEAS FOR MENTAL AND SPIRITUAL HEALTH

- 12 Step program wisdom:
 - Shifting the focus away from self pity.
 - Doing an honest self-appraisal.
 - Making amends with people you have harmed.
 - Reaching out to people who are struggling.
 - Looking to a Higher Power or God.
 - Asking God to remove your flaws.



CONCLUSION: TOOLBOX

- Build a toolbox for your own mental & spiritual health.
- Ideas included here are borrowed from:
 - Ancient philosophies
 - Enlightenment-era theology
 - Modern psychology
 - Recovery programs
- Select your favorites, leave the rest.
- Consider exploring the resources listed below.
- Be well.



RESOURCES

- <https://www.linkedin.com/in/sonia-werner-6875a38>
- <http://www.swedenborg.com/emanuel-swedenborg/explore/use/>
- <http://www.swedenborg.com/scholars-how-usefulness-became-a-swedenborgian-spiritual-growth-method/>
- www.12step.org
- <http://buddhaimonia.com/12-pieces-of-buddhist-wisdom-transform-your-life/>
- www.positivepsychology.org
- <https://www.authentic happiness.sas.upenn.edu/learn>
- <https://www.psychologytoday.com/blog/hide-and-seek/201606/the-7-types-love>

RESOURCES

- Youtube: “Three ways to love everyone”
<https://www.youtube.com/watch?v=pl7s8kiLrhE>
- Youtube: “The purpose for spiritual struggles”
<https://www.youtube.com/watch?v=SvezrGTR-rE>
- Youtube: “Everyday spirituality”
<https://www.youtube.com/watch?v=CtCEAiCq4JU>
- Youtube: “The effect of gratitude”
<https://www.youtube.com/watch?v=WluBvWDAPKk>
- Youtube: “How to love” <https://www.youtube.com/watch?v=i1vLrF-BeGY>
- <http://www.heavenlydoctrines.org/>
- www.brynathyn.edu

RESOURCES

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- Lawson, R.F. & Lawson, C.S. (2003). *Eternal wellness*. West Chester, PA: Chrysalis/Swedenborg Foundation.
<http://www.swedenborg.com/product/eternal-wellness/#full>
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