



**National
Multiple Sclerosis
Society**

Everyday Matters: Living Your Best Life with MS
USING THE PRINCIPLES OF POSITIVE PSYCHOLOGY TO MANAGE THE
CHALLENGES OF LIVING WITH A CHRONIC ILLNESS

Section 1 – Discussion Kick-Off

Use for all discussions

- Basic overview of “Positive Psychology”

Section 2 – Principles of Positive Psychology

Choose to focus on one principle or more at one meeting or over the course of several meetings

- Principle 1: Happiness As A Habit = The Happiness Advantage
- Principle 2: Building Your Community = Social Investment
- Principle 3: Adjusting Our Mindset = The Fulcrum & the Lever
- Principle 4: Identifying Patterns of Possibility = Tetris Effect
- Principle 5: Success Through Resiliency = Falling Up
- Principle 6: Building Out From a Smaller Center = The Zorro Circle
- Principle 7: The Path of Least Resistance = The 20-second Rule

Section 3 – Discussion Wrap-Up

Use for all discussions

- Links to workbook and website
- Survey links

Use to wrap-up discussions that were offered over the course of several meetings

- Keeping the Momentum Going = The Ripple Effect