Using the Flourishing through Leisure Model to Cultivate Well-Being

Anderson & Heyne 2018
“Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead.”

*Louisa May Alcott,*

*American author*

The Golden Currant is a highly adaptable plant that provides many benefits, from its beautiful blooms to abundant fruit. It provides sustenance to many living beings, and has been used to create art by native peoples.
A Flourishing Life

Environmental resources and personal strengths that cultivate growth, adaptation, and inclusion

Outcomes the Participant Experiences

Well-Being

I experience a state of successful, satisfying, and productive engagement with my life.

Leisure Well-Being

I find enjoyment in my leisure experiences and they positively impact other aspects of my life.

Cognitive Well-Being

I think in a focused way and learn eagerly.

Psychological & Emotional Well-Being

I feel happy and perceive I am in control of my life.

Social Well-Being

I relate well to others and belong to valued social groups.

Spiritual Well-Being

I live my life hopefully, in harmony with my values and beliefs.

Physical Well-Being

I do and act in my daily life with vitality and no barriers.

Anderson & Heyne 2018
"I find enjoyment in my leisure experiences and they positively impact other aspects of my life."

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Leisure Well-Being

- Savoring leisure
- Authentic leisure
- Leisure gratifications
- Mindful leisure
- Virtuous leisure
- Talents, passions
- Skills, knowledge
- Leisure aspirations

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Savoring Leisure

Defined as paying attention to the positive aspects of and emotions associated with leisure involvement and purposefully seeking leisure experiences that give rise to positive emotions

(Hood & Carruthers)

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Authentic Leisure

Defined as the purposive selection of leisure involvement that is reflective of essential aspects of self or that facilitates the development of self-knowledge

(Carruthers & Hood)
Leisure Gratifications

Defined as leisure experiences that are optimally challenging and engaging, optimally enjoyable, and lead to sustained personal effort and commitment to the experience

(Carruthers & Hood)
Flow (and Micro-Flow)

- Flow model
- Csikszentmihalyi
- Micro-flow
Conditions of Flow

- Focused
- Control
- Sense of mastery
- Instant feedback
- Lose track of time; immersion

Self-consciousness disappears
Feeling of harmony
Doing activity for its own sake
Joy, personal growth
Mindful Leisure

Defined as leisure experience that either facilitates nonjudgmental full engagement and conscious awareness of one’s unfolding present experiences with a simultaneous disengagement from concerns about daily life

(Hood & Carruthers )
Virtuous Leisure

Defined as the capacity to engage in leisure experiences that develop and/or mobilize personal strengths, capacities, interests, and abilities in the service of something larger than oneself

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Leisure Well-Being

- Savoring leisure
- Authentic leisure
- Leisure gratifications
- Mindful leisure
- Virtuous leisure
- Talents, passions
- Skills, knowledge
- Leisure aspirations
Environmental Considerations

- Real choices for leisure
- Typical lifestyle rhythms
- Social supports
- Inclusive recreation environments
  - Physical
  - Administrative
  - Programmatic

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Enhancing Leisure Experiences

Facilitation of leisure skills and knowledge:
- Savoring leisure
- Authentic leisure
- Leisure gratifications
- Mindful leisure
- Virtuous leisure
- Interests, preferences
- Talents, abilities
- Skills and competencies
- Leisure knowledge
- Aspirations

Facilitation of leisure environments:
- Real choices for leisure
- Typical lifestyle rhythms
- Social supports
- Inclusive environments
  - Physical accessibility
  - Administrative inclusivity
  - Programming inclusivity

Play
Recreate

Developing Strengths and Resources

Goals, dreams, and aspirations

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Psychological/Emotional Well-Being

“I feel happy and perceive I am in control of my life.”

Anderson & Heyne 2018
PERSON in the ENVIRONMENT

ENHANCING LEISURE EXPERIENCES

DEVELOPING STRENGTHS AND RESOURCES: PSYCHOLOGICAL AND EMOTIONAL

Facilitation of psychological and emotional strengths:
- Capacity for happiness
- Emotion regulation
- Self-awareness/self-acceptance/self-congruence
- Autonomy/self-determination/goal directedness
- Competence
- Optimism

Facilitation of psychological and emotional resources:
- Positive behavioral supports
- Natural cues
- Quiet spaces in public areas
- High expectations and positive attitudes
- Other supports and accommodations

Perceive Feel

Goals, dreams, and aspirations

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Psychological/Emotional Well-Being
What does the research say?

- Positivity (even feigned) “broadens and builds” us (Fredrickson, 2009)

- Optimism can be learned (Seligman, 1990, 2002)

- We enhance our psychological well-being when we engage in activities congruent with our character strengths and virtues (Peterson & Seligman, 2004)
Broaden & Build Theory

**Intellectual resources**
- develop problem-solving skills
- learn new information

**Physical resources**
- develop coordination
- develop strength and cardiovascular health

**Social resources**
- solidify bonds
- make new bonds

**Psychological resources**
- develop resilience and optimism
- develop sense of identity and goal orientation

Anderson & Heyne 2018
Cognitive Well-Being

“I think in a focused way and learn eagerly.”

Anderson & Heyne 2018
Mindfulness
Enhancing leisure experiences

Developing strengths and resources: cognitive

Facilitation of cognitive strengths:
- Ability to attend
- Concentration
- Following directions
- Memory
- Problem Solving
- Goal setting, aspiration discovery

Facilitation of cognitive resources:
- Environmental cues
- Environmental modifications
- Quiet spaces in public areas
- Activity adaptations
- Other supports and accommodations

Think
Learn

Goals, dreams, and aspirations

Anderson & Heyne 2018
Cognitive Well-Being

What does the research say?

❖ Avoiding overthinking boosts self-confidence and breaks cycle of pessimism and passivity (Lyubomirsky, 2008; Nolen-Hoeksema, 2003)

❖ Strengthening goal commitment, with deliberate cognitive focus, enhances happiness (Lyubomirsky, 2008)

❖ Remembering positive life events increases happiness and satisfaction with life (Bryant, Smart, & King, 2005; Lyubomirsky, 2008)

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Social Well-Being

“I relate well to others and belong to valued social groups.”

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Let’s assess your social network!

“Circle of Support”

1. Circle of intimacy (most intimate)
2. Circle of friendship (good friends)
3. Circle of participation (groups, work, clubs)
4. Circle of exchange (people you pay)

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(Forest & Pearpoint)
Uses of “Circle of Support”

1. Increase awareness of social relationships
2. Method of assessment
3. Track changes in social support over time
4. Use as a springboard to create a true “Circle of Support”

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Social Well-Being

What does the research say?

- If one lacks human relationship, one’s health and ability to resist disease will suffer (Lynch, 1977)

- Individuals with few or weak social ties are twice as likely to die (House, Umberson, & Landis, 1988)

- People with strong social support are healthier and live longer (Deiner & Seligman, 2002; Duck, 1991)

- Personal relationships are people’s greatest source of happiness (Peterson, 2005)
Physical Well-Being

“I do and act in my daily life with vitality and no barriers.”

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Let’s move!
ENHANCING LEISURE EXPERIENCES

DEVELOPING STRENGTHS AND RESOURCES:
- PHYSICAL

Facilitation of physical strengths:
- Physical health
- Mobility
- Fitness – endurance, strength, flexibility
- Energy and vitality
- Physical activity skills

Facilitation of physical resources:
- Safe environments
- Universal design
- Adapted equipment
- Affordability, equitable resource distribution
- Home recreation resource development
- Community recreation resource development

Act
Do

Goals, dreams, and aspirations

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Physical Well-Being

What does the research say?

- Physical activity:
  - Improves neuroplasticity and the ability of the brain to learn
  - Decreases anxiety and depression
  - Improves ability to concentration (esp. ADD)
  - Guards against negative effects of stress
  - Reverses aging process

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Spiritual Well-Being

“I live my life hopefully, in harmony with my values and beliefs.”

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What does spirituality mean?

- Having strong, coherent beliefs about the higher purpose and meaning of life

1. Incorporates – yet transcends – one’s biological, social, psychological, political and cultural aspects

2. Reflects our desire to find meaning and purpose beyond our own concerns

3. Joins us with the great complexities of life

4. Inspires reverence

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PERSON in the ENVIRONMENT

ENHANCING LEISURE EXPERIENCES

DEVELOPING STRENGTHS AND RESOURCES: SPIRITUAL

Facilitation of spiritual strengths:
- Hope and inspiration
- Sense of meaning and purpose
- Peace of mind
- Reflection and wisdom
- Self-actualization
- Sense of connectedness/feeling a part of something bigger
- Other character strengths and virtues

Facilitation of spiritual resources:
- Culture of hope, support and encouragement
- Proximity to nature
- Quiet places in public spaces
- Communities of worship/meditation
- Beauty and aesthetics in the environment

Believe Value
Goals, dreams, and aspirations

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Expressing gratitude is a pathway to spiritual well-being.

“What are you thankful for today?”

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Spiritual Well-Being
What does the research say?

- Aesthetic environments and access to nature strengthen spiritual well-being
- Belonging to a faith community or regularly practicing a form of spirituality promotes many benefits:
  - Live a healthy lifestyle
  - Have a sense of purpose
  - Enjoy a consistent social network
  - Cope effectively
  - Derive meaning from both ordinary and traumatic events

Lyubomirsky (2008)