

Articles and Presentation

[Simple Strategies to Stay Calm with Stress in Schools Increasing](#)

Websites

[International Positive Education Network \(IPEN\)](#) a fantastic website with lots of resources. Subscribe to their newsletter!

[Positive Psychology Center](#) - Martin Seligman founded this and it is part of the University of Pennsylvania. They have amazing resources and the most comprehensive source of evidence based-research and tools.

[Positivepsychology.com](#) - Website with a wealth of resources and training tools.

[40+ Positive Psychology Websites You Should Know About](#)

Books for Parents:

[Flourish](#) by [Martin Seligman](#), who is considered the founder of Positive Psychology.

[Authentic Happiness](#)

[Strength Switch: How the Science of Strength-Based Parenting Can Help Your Child & Teen to Flourish](#)

[Mindset: Changing the Way You Think to Fulfill Your Potential.](#)

Videos

[Go Zen! & Go Zen \(YouTube\)!](#)

[Growth Mindset Video Scribe](#)

Judy Moskowitz, Ph.D. – [How can positive emotions help us cope in the midst of stress?](#)

Roy Baumeister, Ph.D. – [Why do we avoid the bad in life rather than focus on the good?](#)

Sara Algoe, Ph.D. – [What happens when people witness expressions of gratitude?](#)

Pamela Nunez del Prado Chaves, Ph.D. – [What are some protective factors for post-traumatic growth?](#)

Lea Waters, Ph.D. – [What is strengths-based parenting?](#)

Jeanne Nakamura, Ph.D. – [What can engagement look like later in life?](#)

Lea Waters, Ph.D. – [How can you apply strengths-based parenting?](#)

Maria Elena Garassini, Ph.D. – [What can we support migrant families' well-being?](#)

Hector Escamilla, Ph.D. – [How do you build a positive university?](#)

Michael Steger, Ph.D. – [What can we do to find more meaning in life?](#)

James Pawelski, Ph.D. – [How can we collaborate with the humanities to advance the science and practice of well-being?](#)

Claudia Harzer, Ph.D. – [How can character strengths help managers at work?](#)

(Resource list adapted from International School Counselor's Association)