

## Cultivating Well-Being: Navigating a Void of Vulnerability

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## Research Request: Well-being Research Survey

Dear colleagues,

Could you give 10-30 minutes to complete an anonymous survey on the topic of well-being?

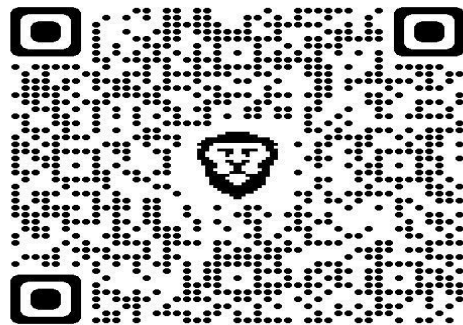
The survey is for the research of Lynsey Mori, Trevor Raichura, and Philip Gurney, which explores instructor's beliefs and perspectives on well-being. Well-being is a broad concept, and your input will help us understand and consider diverse viewpoints within our shared context.

To complete the survey, or to learn more, please use the link or QR code below.

### LINK

<https://forms.gle/2zqAirKQdGwrb2yF6>

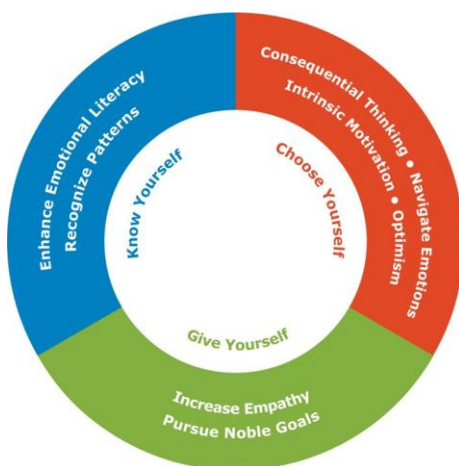
### QR CODE



Questions? Contact researchers at [sel.wellbeing.kufs@gmail.com](mailto:sel.wellbeing.kufs@gmail.com)

Here are some links and additional pieces of information for your perusal:

### Social Emotional Learning



CASEL:

<https://casel.org/fundamentals-of-sel/>

Six Seconds :

<https://www.6seconds.org/>

**Key Theorists:**

Peter Salovey, and John D.

Mayer:

Pursuit	Competency	Definition
Know Yourself	Enhance Emotional Literacy	Accurately identifying and interpreting both simple and compound feelings.
	Recognize Patterns	Acknowledging frequently recurring reactions and behaviors.
Choose Yourself	Apply Consequential Thinking	Evaluating the costs and benefits of your choices
	Navigate Emotions	Assessing, harnessing, and transforming emotions as a strategic resource.
	Engage Intrinsic Motivation	Gaining energy from personal values & commitments vs. being driven by external forces.
Give Yourself	Exercise Optimism	Taking a proactive perspective of hope and possibility.
	Increase Empathy	Recognizing and appropriately responding to others' emotions.
	Pursue Noble Goals	Connecting your daily choices with your overarching sense of purpose.

[https://scholars.unh.edu/psych\\_facpub/450/](https://scholars.unh.edu/psych_facpub/450/) , <https://president.yale.edu/>

Daniel Goleman: <https://www.danielgoleman.info/>

Carol Dweck: <https://profiles.stanford.edu/carol-dweck/>

Howard Gardner: <https://www.howardgardner.com/>

Matron Bauber - I and thou:

<https://www.sparknotes.com/philosophy/iandthou/summary/>

## Positive Psychology

From slides: AI is transforming well-being:

<https://medium.com/@johnnythedeveloper/how-ai-is-transforming-well-being-and-happiness-in-positive-psychology-b88cb46d0038>

**Key Theorists:**

Martin Seligman PERMA theory: <https://ppc.sas.upenn.edu/people/martin-ep-seligman>

<https://news.uchicago.edu/story/mihaly-csikszentmihalyi-pioneering-psychologist-and-father-flow-1934-2021>

Mihaly Csikszentmihalyi - Flow:

[https://www.ted.com/talks/mihaly\\_csikszentmihalyi\\_flow\\_the\\_secret\\_to\\_happiness?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/mihaly_csikszentmihalyi_flow_the_secret_to_happiness?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

Barbra Fredrickson - Love 2.0: <https://www.pursuit-of-happiness.org/history-of-happiness/barb-fredrickson/>

Ed Diener - subjective well-being: <https://www.pursuit-of-happiness.org/history-of-happiness/ed-diener/>

## **Conflict Resolution**

Morton Deutsch - cooperative and competitive conflicts and how relationships affect outcomes: <https://deutsch.socialpsychology.org/>

Herbert Kelman - Interactive problem solving

<https://psychology.fas.harvard.edu/people/herbert-kelman>

Roger Fisher, William Ury, and Bruce Patton - Getting to Yes

<https://www.pon.harvard.edu/shop/getting-to-yes-negotiating-agreement-without-giving-in/>

Reference mentioned by Dr. Gurney: Lax, D. A., & Sebenius, J. K. (1986). Interests: The measure of negotiation. *Negotiation Journal*, 2(1) 73-92.