

Positive Mindsets, Resilient Communities



Dr. Paul Fairlie, Founder/CEO, Heliosophy
10th Annual Brantford/Brant Housing Forum
“Building On Our Success”

The low income milieu

- ↑ Adverse events and trauma
- ↑ Stress and daily hassles
- ↓ Nutrition
- ↓ Social supports
- ↓ Access to books and computers





The risks of low income

↓ Brain and intellectual development

↓ Academic achievement

↓ Socioemotional functioning

↑ Behavioural problems

↑ Two to five times the mental disorders

Living in 'non-mixed' neighbourhoods is a known factor

Helping them, helping us

Estimated annual burden of
mental health problems in
Canada (e.g., treatment,
reduced GDP):

\$19.9 billion

(Stephens & Joubert, 2001)

Q: What does it mean when someone is **positive**?

Positive...

traits
thoughts
goals & strivings
behaviours & habits
states (e.g., emotions)

What attributes do happy and successful people have?

Meaning-Making

Reward Focus

Goal-Focused Hope

Optimism

Need for Achievement

Challenge-Seeking

Effecta

The search for the 'god particles'
of the positive person.

Grit

ways

Novelty-Seeking

Commitment to Experience

Self-Regulation


Adaptability

Growth Initiative

Proactivity

Emotional Control



A photograph of a long, straight asphalt road stretching towards a bright horizon. The sky is filled with dramatic, dark clouds, and the sun is low on the horizon, creating a strong glow and lens flare effect. The road is flanked by green fields.

“I’m a good and able person, so
I’ll create a good future.”

Good Self & Future

Perceived Control
Self-Esteem
Goal-Focused Hope
Optimism
Reward Focus

Ability-Driven Goal Focus

"I proactively set, strive for, and persist in meeting goals."

Self-Efficacy
Proactivity
Mindfulness-Attention
Self-Regulation
Perseverance
Grit

Engagement in the World

"I deeply interact with the world and its challenges, and I grow as a result."

*Commitment to Experience
Novelty-Seeking
Need for Achievement
Challenge-Seeking
Growth Initiative
Hope Pathways*

Coping with Negativity

“When bad things
happen, I control my
thoughts and feelings
and adapt to the
circumstances.”

Adaptability
Emotional Control
Resilience
Mindfulness-Acceptance
Meaning-Making

High positive mindset people

74% ↑

- Positive Affect



High positive mindset people



63% ↑

- Overall
- Well-Being



47% ↑

• Work
Performance

High positive mindset people

High positive mindset people

39% ↓

- Depression Symptoms

How do positive mindsets work?



Notice
Rewards
Approach
Action
Proactive
Effort
Engagement
Synergy



Growth
Adaptation

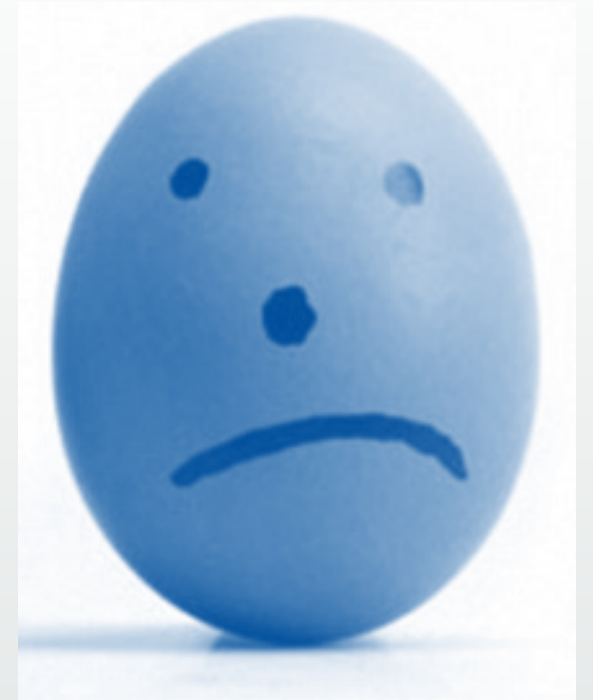


vs.

Overlook
Punishments
Avoidance
Inaction
Reactive
Non-Effort
Disengagement
Dysergy



Stasis/Stagnation
Maladaptation



Resources

e.g., skills, knowledge, relationships, social support, opportunities, power, influence, money

Vibrant cities and communities



Healthy and high-performing people



Positive mindsets

Get resources

How to develop?

At risk?

Give Resources



**“RESILIENCE
IS AS MUCH
ABOUT
WHAT WE
HAVE (OUR
INDIVIDUAL
AND
COLLECTIVE
RESOURCES)
AS WHAT WE
THINK (OUR
MINDSET).”**

#1: Environmental resources

- ✓ Affordable, safe, sustainable housing.
- Maslow’s hierarchy.
- ✓ Supportive relationships and networks, competent caregivers, effective schooling.
- ✓ Programs.

Dr. Michael Ungar, Dalhousie University
<http://resilienceresearch.org/>

Programs, we got programs...

Kids Can Fly

YMCA Child Care programs

EarlyON

Wesley Live Well

Spring Planting Days

Back-to-School Carnivals

Senior Housing Programs

Rogers' *Connected for Success*

New Beginnings Resource Ctr.

Northland Gardens Resource Ctr.

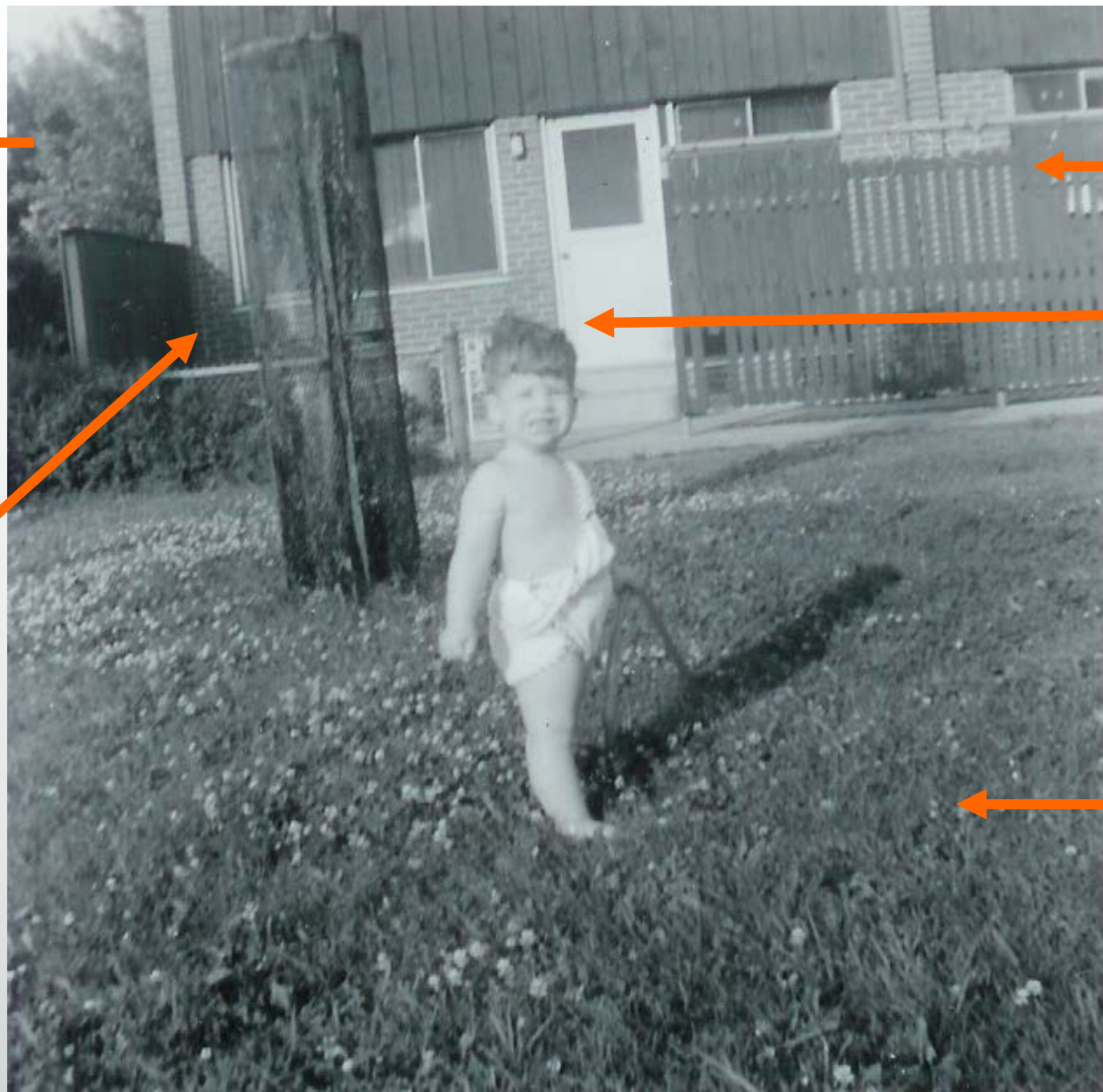
Stepping Stones Resource Ctr.

"I'm a worthy person."
"I can do things well."
"I can impact things."
"I can control my emotions."
"I can bounce back from setbacks."
"I can achieve goals."
"I can change who I am."
"I'm proud of myself."
"I like challenges now."
"I think less of bad things in the past."
"I have hope for the future."

Diversity

The hair I
used to have

British Bulldog
Red Rover
Ghost in the
Graveyard
Community
Clean-Up's



'Mixed'
neighbourhood

Affordable
housing

Thank You!

Happy National Housing Day November 22

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