Glossary of Terminology

Active-constructive responding A style of reacting to another person's good news by showing authentic support and asking positive questions

Adaptation The ability to adjust to new information and experiences

Adaptive systems The cognitive (mental) and behavioral processes that allow people to adjust well to new information and experiences. Examples are problem-solving, motivation to learn new skills, development of strong and secure relationships, and cultural traditions

Affect The observable expression of emotions or feelings

Behavioral health The mental and emotional aspects of wellness, in addition to habits, substance use and abuse, and ways of expressing mental and emotional states through actions

Capitalization The act of sharing personal positive news with another

Cognitive behavioral therapy A form of psychological treatment that helps people see the relationship between beliefs, thoughts, and emotions, and resulting behavior patterns and actions. The assumption is that by adjusting our perceptions, we can directly influence our emotions and behaviors to be more productive

Collective efficacy People's ability to work collaboratively and effectively together for a common good

Compassion satisfaction Pleasure derived from being able to help those who are suffering

Compassion fatigue Secondary work-related trauma resulting from helping those who are in distress. It tends to result in a decrease in compassion over time

Coping How one faces and deals with responsibilities, problems, and stresses. **Active or approach coping**—Using one's own resources to recognize and deal with a situation, by seeking solutions to problems or seeking help from others, for example. **Avoidant coping**—Dealing with a problem by denying, ignoring

or trying to get away from it. Usually results in behaviors that encourage distracting one's focus from the situation at hand, such as substance abuse, excessive sleeping, or withdrawal from others

Coping self-efficacy A belief in one's own ability to handle and deal effectively with the responsibilities, problems, and stresses that arise

Eudaimonia Virtuous living and fulfillment of human potential and excellence as characterized by the Greek philosopher Aristotle

Eudaimonic well-being Satisfaction from cultivating the best in oneself and realizing a deeper purpose and meaning in life

Hedonic well-being Pleasure, positive emotions, self-gratification, and the absence of pain and distress

Intervention Action performed with the intention of bringing about change

Learned helplessness A state brought on by the perception of not being able to control a situation and the belief that one's actions to try to exert control do not make a difference. It expresses itself as depression and passivity

Learned optimism Mastering the ability to interpret situations positively, disputing pessimistic thoughts when appropriate

Negative self-appraisal Unfavorable evaluations about oneself or how one performs in a situation

Mediator A variable that explains the relationship between two other variables. For example, coping self-efficacy mediates the relationship between a stressful situation and the development of psychological distress

Mindset How one thinks about things; the beliefs and expectations that shape one's reality and through which one filters experiences

Moderator A variable that influences the strength of the relationship between two other variables. For example, social support is a protective factor that moderates the relationship between an adverse situation and a resilient response

Motivation The desire or willingness to do something. **Intrinsic motivation**—Behavior driven by enjoyment of the activity itself. **Extrinsic motivation**—Behavior driven by external rewards such as money or fame

Optimism Confidence and hopefulness about the success of future outcomes. **Dispositional optimism**—Hopefulness about future events and believing that things can change for the better. **Realistic (or flexible) optimism**—Maintaining hopefulness within the constraints of what is true in a specific situation

Perceived prosocial impact The belief and judgment that one's actions are helpful to others

Positive psychology A field of scientific study into the mechanisms of positive human emotions and strengths, with a focus on the application and measurement of interventions to increase well-being, life satisfaction, physical health, and other conditions that lead to human thriving

Post-traumatic growth The experience of positive psychological change and transformation as the result of struggling with traumatic life situations

Prevention The action of stopping something from happening. **Primary prevention**—Stopping something undesirable from happening in the first place. **Secondary prevention**—Reducing the impact of an undesirable event that has already occurred to minimize adverse reactions. **Tertiary prevention**—Alleviating negative long-term effects of an undesirable situation that has already occurred and produced a lasting adverse reaction

Prosocial behavior Actions intended to benefit others

Reliability Repeatability and consistency of results of an approach or measure upon repeated application

Resilience The process of adapting in a positive way during or after stressful situations that involve adversity or risk

Self-efficacy The belief and confidence in one's ability to act in a way that brings about a desired outcome

Stress paradox The fact that stress can lead to both good and bad effects

Stress reappraisal Reinterpreting emotions, thoughts, and physical expressions of a stressful situation in a way that changes one's mindset about stress from negative to positive

Validity The degree to which an instrument or approach measures what it intends to measure