

# Costruire benessere e salute positiva nel luogo di lavoro


Sergio Ardis

Segretario Nazionale Gruppo Italiano Felicità e  
Salute Positiva



Salute positiva?





La psicologia  
clinica del secolo  
passato

# If Every Fifth Physician Is Affected by Burnout, What About the Other Four? Resilience Strategies of Experienced Physicians

Julika Zwack, PhD, and Jochen Schweitzer, PhD

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## Abstract

### **Purpose**

To identify health-promoting strategies employed by experienced physicians in

### **Results**

Analysis revealed 30 subcodes in three dimensions: (1) job-related gratification

# La transizione del nuovo millennio

La nascita della psicologia  
positiva



# Un documento base sulla salute positiva



WHITEPAPER

## Positive Health and Health Assets: Re-analysis of Longitudinal Datasets

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ARTHUR J. BARSKY, MD;  
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NANSOOK PARK, PHD;  
AND DARWIN LABARTHE, MD

### Executive Summary

Most approaches to health over the centuries have focused on the absence of illness. In contrast, we are investigating *Positive Health*—well-being beyond the mere absence of disease. In this article, we describe our theoretical framework and empirical work to date on Positive Health. Positive Health empirically identifies *health assets* by determining factors that predict health and illness over and above conventional risk factors. Biological health assets might include, for example, high heart rate variability, high levels of HDL, and cardiorespiratory fitness. Subjective health assets might include positive emotions, life satisfaction, hope, optimism, and a sense of meaning and purpose. Functional health assets might include close friends and family members; a stable marriage; meaningful work; participation in a social community; and the ability to carry out work, family, and social roles.

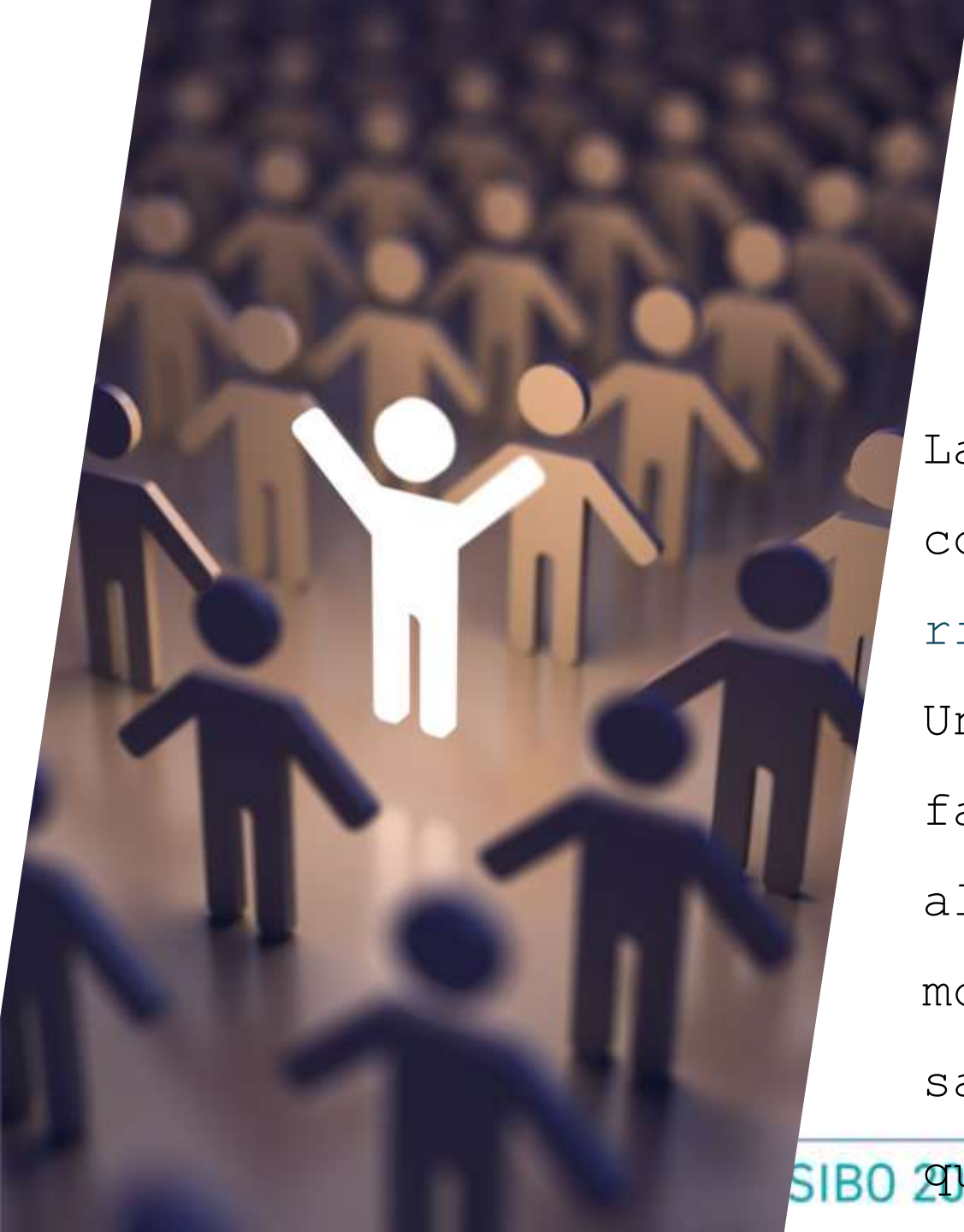
Health assets are desirable in their own right, but research has clearly demonstrated the relevance of biological assets and suggested the importance of functional health assets to overall health. Still to be determined is whether and how subjective health assets contribute to health-related outcomes, including:

- Longevity
- Morbidity
- Quality-adjusted life years
- Prognosis when illness strikes
- Health care utilization and cost

Even less is known about the inter-relationships between subjective, functional, and biological health assets.

We have begun a program of research that considers the relevance of these assets in relation to health, and we describe several of our recent





# Definizione di salute positiva

La salute positiva è definita come lo **studio empirico** delle risorse di salute.

Una risorsa di salute è un fattore individuale che allunga la vita, riduce la morbilità, minore spesa sanitaria, prognosi migliore quando la malattia ci



# Gli studi di salute positiva

Misurano le risorse e l'impatto sulla salute fisica. Quindi ricercano correlazioni fra dimensioni di salute positiva e, per esempio, sintomi.



Quali  
sono le  
risorse?



# Benessere soggettivo

Tutti sanno cos'è il benessere fino a che non devono dire cos'è il benessere.

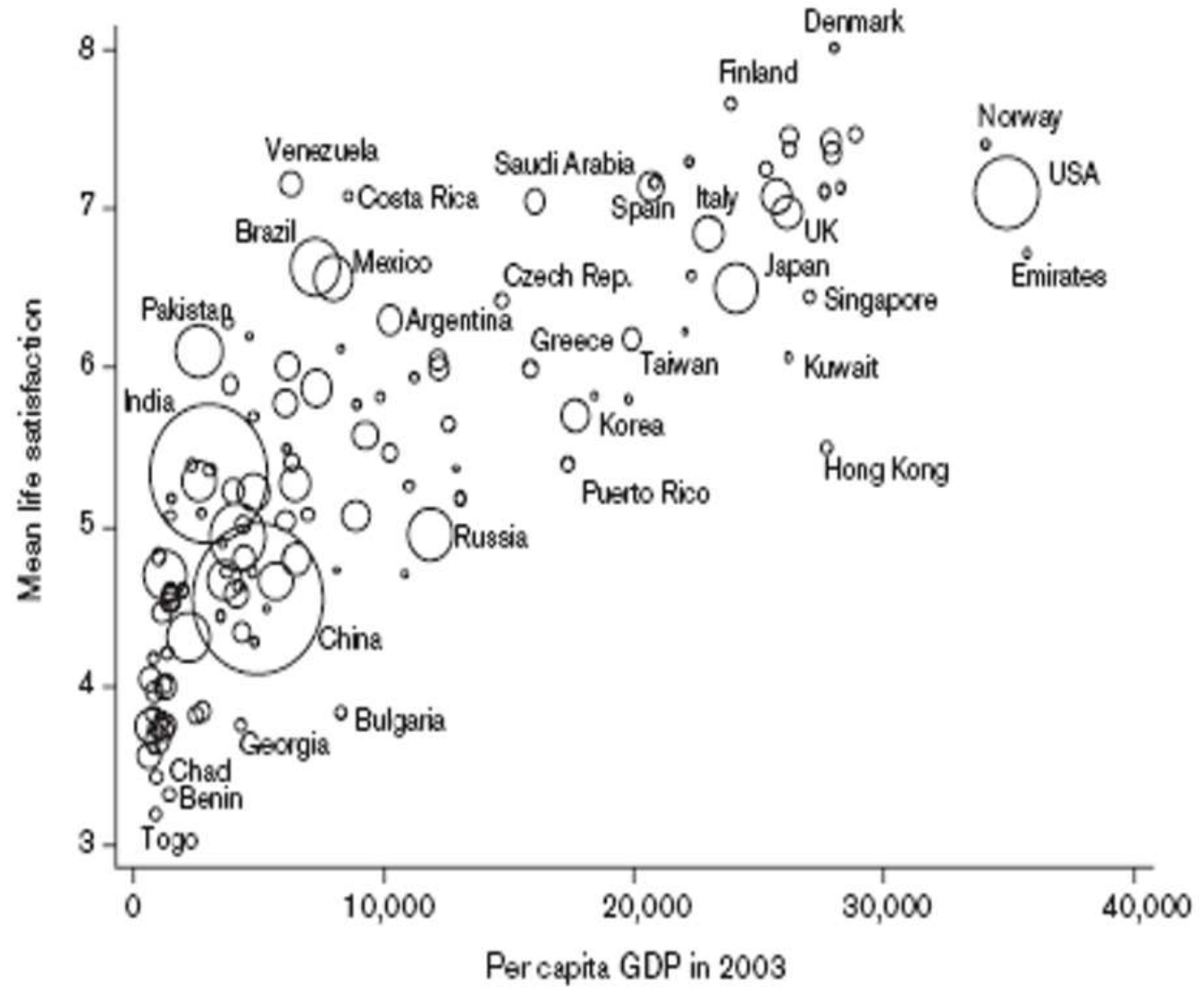


# Epistemologia oggettiva

- Le prime idee economiche di benessere
- Il PIL come valutazione del benessere
- Lo HDI
- Il BLI-OECD e il BES-Istat/Cnel



# Il paradosso



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# MIS- MEASURING OUR LIVES



WHY GDP DOESN'T ADD UP

Joseph E. Stiglitz

Amartya Sen

and Jean-Paul Fitoussi

THE REPORT BY THE COMMISSION ON THE MEASUREMENT  
OF ECONOMIC PERFORMANCE AND SOCIAL PROGRESS

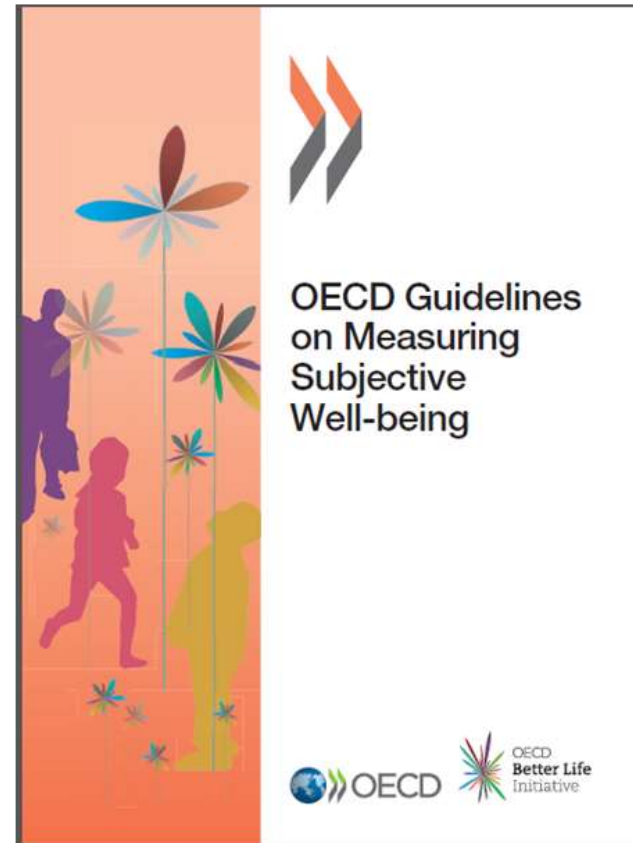
WITH A FOREWORD BY PRESIDENT NICOLAS SARKOZY

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# La definizione di benessere soggettivo

Buone condizioni mentali che includono tutte le varie valutazioni, positive e negative, che le persone danno della loro vita e delle reazioni emotive che le persone sperimentano  
(OECD, 2013)



Ae  
Aonia edizioni

## La promozione del benessere

Strumenti per la sua valutazione

a cura di Sergio Ardis



Il  
benessere  
si deve  
misurare

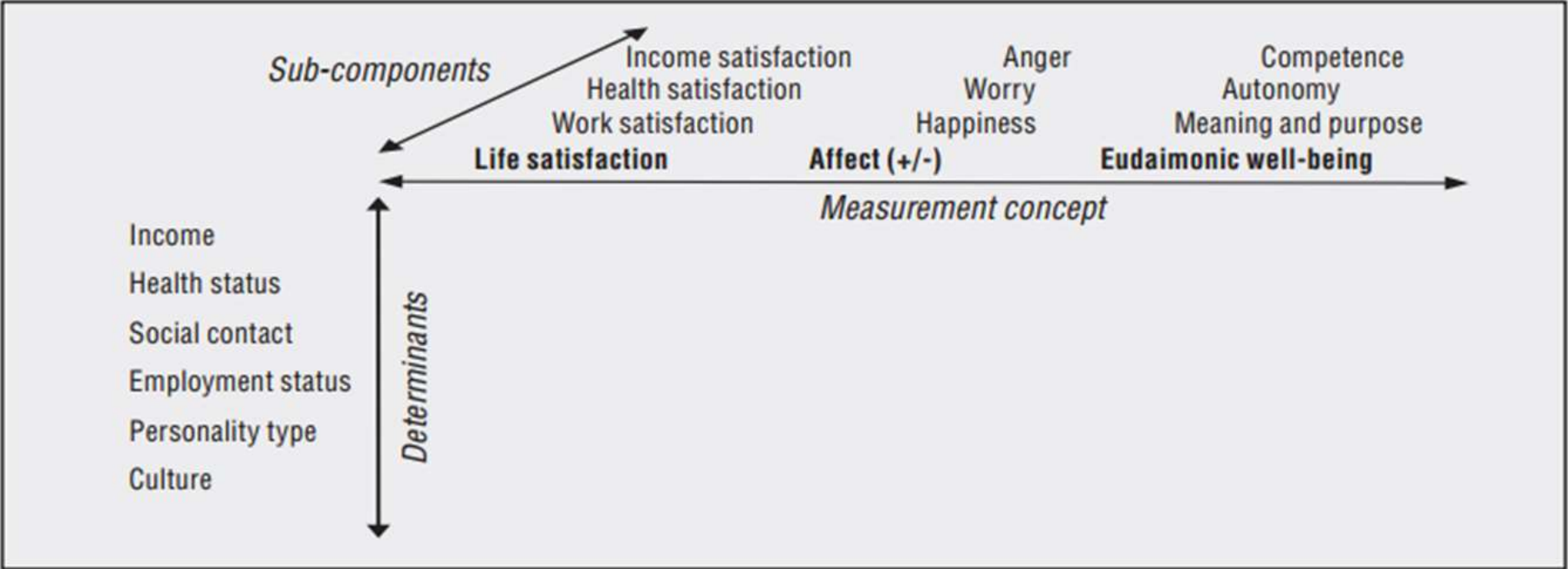


# Misure di benessere

Valutazioni cognitive  
Valutazioni emotive



Figure 1.1. **A simple model of subjective well-being**



Costrutto  
multidimensionale



scienza e della  
tecnica, siamo in  
grado di  
restituire chi ha  
avuto un infarto  
alla stessa vita  
stressante che lo  
ha fatto ammalare.



# Recursos psicosociales positivos y salud cardiovascular

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GUADALUPE ECHEVERRÍA<sup>3</sup>, ATTILIO RIGOTTI<sup>1,3</sup>

## Positive psychosocial factors and cardiovascular health

*Health is defined as a state of complete physical, mental and social wellbeing and not merely as the absence of disease. Thus, medical practice must not only deal with diagnosis and treatment of pathological conditions and solve physical ailments, but also promote a comprehensive wellbeing state -including the psychological domain- to achieve positive health. Therefore, it is necessary to orient*

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REVIEW TOPIC OF THE WEEK

# Positive Cardiovascular Health

## A Timely Convergence



Darwin R. Labarthe, MD, MPH, PhD,<sup>a</sup> Laura D. Kubzansky, PhD, MPH,<sup>b</sup> Julia K. Boehm, PhD,<sup>c</sup>  
Donald M. Lloyd-Jones, MD, ScM,<sup>a</sup> Jarett D. Berry, MD, MS,<sup>d</sup> Martin E.P. Seligman, PhD<sup>e</sup>

### ABSTRACT

Two concepts, *positive health* and *cardiovascular health*, have emerged recently from the respective fields of positive psychology and preventive cardiology. These parallel constructs are converging to foster *positive cardiovascular health* and a growing collaboration between psychologists and cardiovascular scientists to achieve significant improvements in



APPLIED PSYCHOLOGY: HEALTH AND WELL-BEING, 2016, 8 (1), 64–84  
doi:10.1111/aphw.12062

## A Randomised Trial of a Positive Intervention to Promote Well-Being in Cardiac Patients

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Henar Arranz and Almudena Castro

*Hospital La Paz, Cantoblanco, Madrid, Spain*

**Background:** Negative emotions are linked to the onset and development of coronary heart diseases (CHD), whereas positive emotions are associated with better health and lower mortality rates among patients with these diseases. The objective of this randomised trial was to improve cardiac patients' emotional states using the Programme to Improve Well-being (PIW) based exclusively on positive interventions.

APPLIED PSYCHOLOGY:

Health and  
Well-Being



APPLIED PSYCHOLOGY: HEALTH AND WELL-BEING, 2011, 3 (1), 1-43  
doi:10.1111/j.1758-0854.2010.01045.x

## Happy People Live Longer: Subjective Well-Being Contributes to Health and Longevity

Ed Diener\*

*University of Illinois and the Gallup Organization, USA*

Micaela Y. Chan

*University of Texas at Dallas, USA*

Il  
benessere  
soggettiv  
o



Quali sono le risorse che  
aumentano il benessere?



# La gratitudi ne





Ottimismo

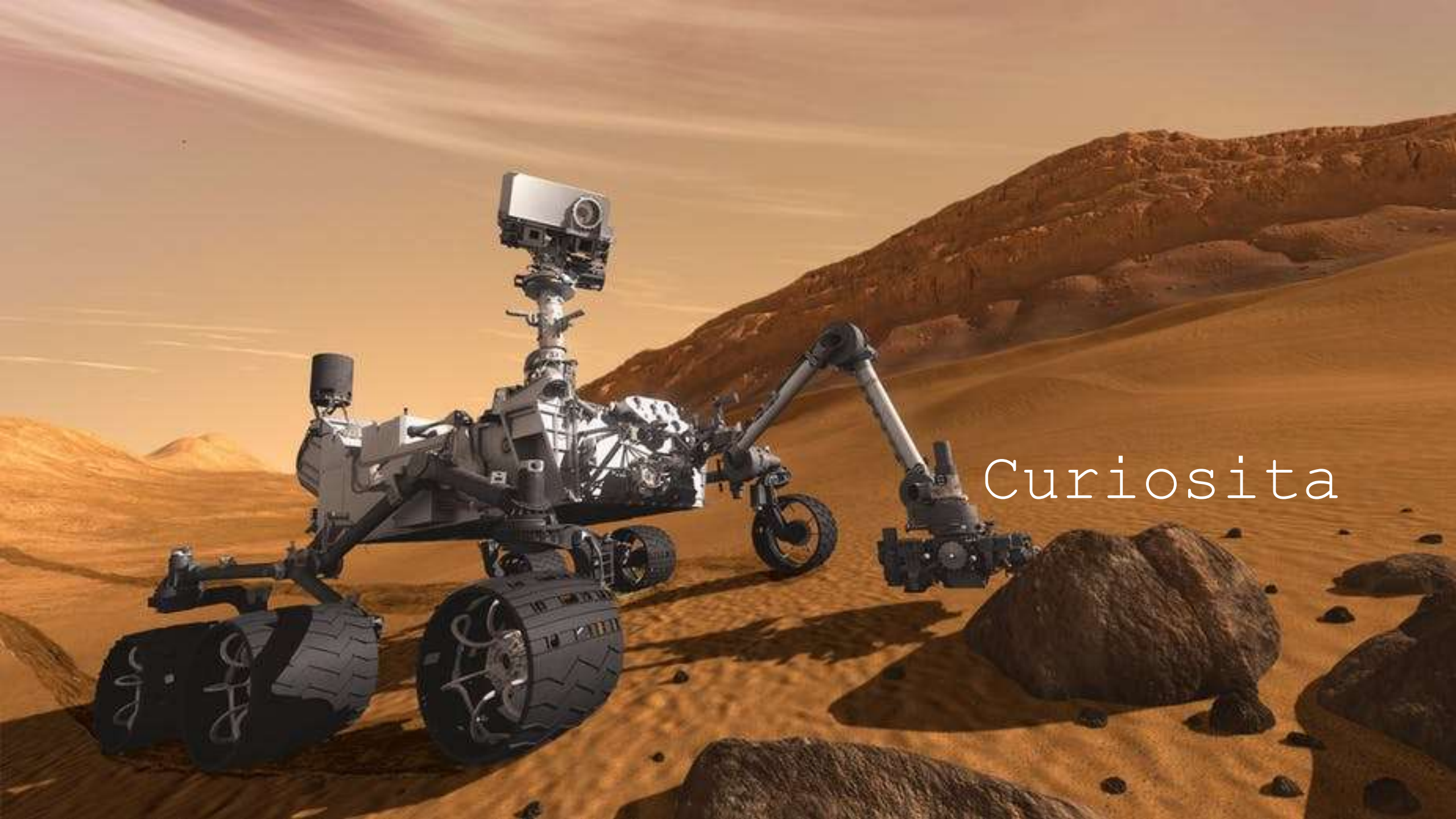


A close-up photograph of a hand holding a glowing, spherical object. The hand is positioned at the bottom of the frame, with fingers slightly curled around the base of the sphere. The sphere itself is bright and emits a warm, golden light, creating a soft glow. The background is dark and filled with out-of-focus light spots, known as bokeh, in various colors including orange, yellow, and green. The overall mood is one of hope and optimism.

Speranza



Resilienz  
a



Curiosita

Perseveran  
za





# Vitalità





Padronanz  
a


A vibrant blue nebula with a bright central star and scattered particles. The background is a deep, dark blue, filled with numerous small, bright blue and white specks that resemble distant stars or dust particles. A prominent, bright blue star is located in the center-left area, casting a soft glow. The nebula's structure is complex, with various shades of blue and white, suggesting different densities and temperatures of gas and dust. The overall effect is a sense of vastness and cosmic beauty.

Significa  
to



# Zest





Internal Health Locus of Control



Coinvolgimento



Creatività

# La gentilezza

