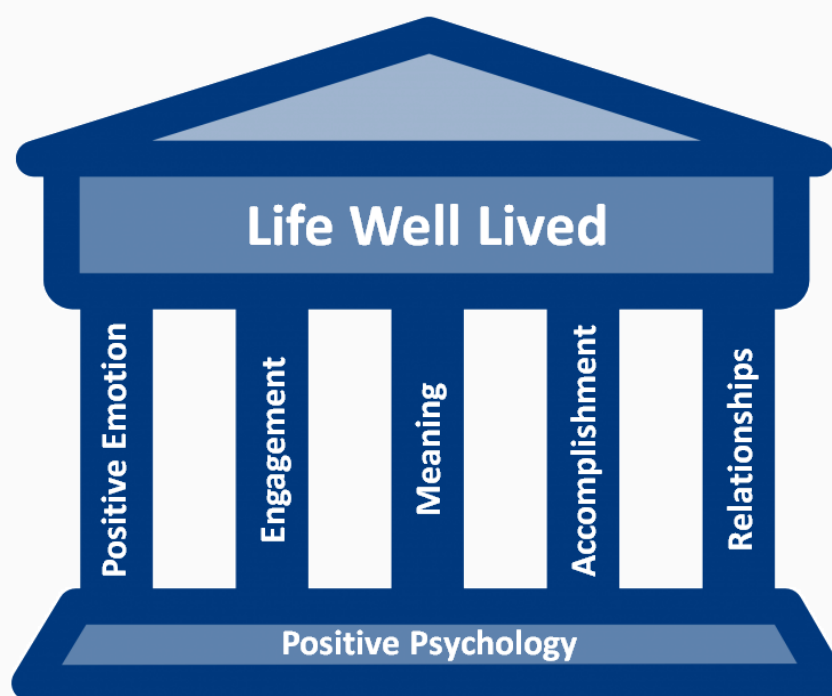


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The Five Pillars of Positive Psychology offer guidance for living your best life.



Pillars developed by American psychologist, educator, and author Dr. Martin E. P. Seligman

Source: <https://marensymonds.com/psychology/five-pillars-of-positive-psychology/>

Pillar: Engagement

Have you ever heard someone describe being in a “flow state?” According to positive psychology, this happens when you are giving your full attention to an activity and feel completely absorbed by it, without distraction. You feel fluidity between your body and mind, your sense of self vanishes, and time seems to slow down or stop.

When in a flow state, you can accomplish creative, professional, or physical tasks with ease. You could also refer to this as being “in the zone.”

“The mind’s usual chatter begins to fade away, placing us in a non-distracted zone. The feelings that would consume you under normal circumstances (inhibition,

hunger, fatigue, or aches and pains) melt away, and all that matters is your dedication to your craft.” – [Headspace](#)

Achieving a flow state can leave you feeling happy and fulfilled, but it requires focus and attention. Meditation and mindfulness practice can set your mind at ease and help you reach your flow state.

We'll explore each pillar throughout Train the Brain month!

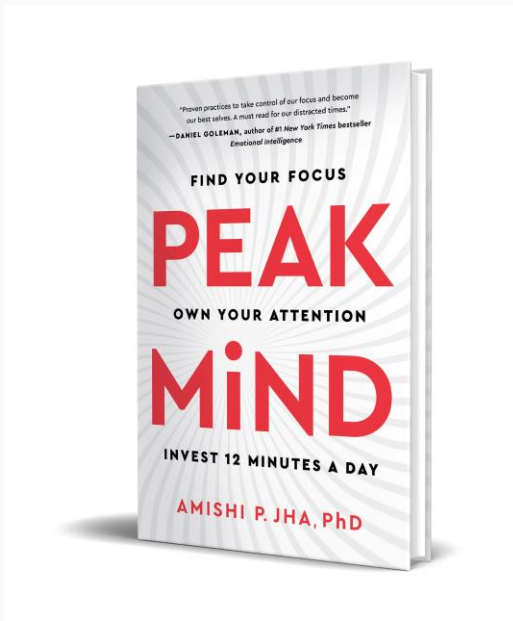
Learn more about the power of attention at our upcoming Train the Brain event!



The Power of Attention: Finding Presence & Purpose
Tuesday, October 19, 1:00 pm – 2:00 pm
Join us on Zoom and Facebook Live!

Research shows that we are missing 50% of our lives. Why? Because we aren't paying attention. External demands on our attention are higher than ever, and as a result, we feel mentally foggy, scattered and overwhelmed. Hear from acclaimed neuroscientist Amishi Jha, PhD, as she scientifically determines how we can harness the full power of our attention to better meet what life demands.

60 attendees will win a free copy of Dr. Jha's new book, *Peak Mind!*



Register Now

Did you miss this week's Train the Brain event?

No problem - you can watch it here!



The New Frontier: The Science Behind Better Brain Health

Palm Health Foundation's Brain Health Innovation Fund

Palm Health Foundation's Brain Health Innovation Fund advances new technologies, treatments, resources and educational tools for better brain health in Palm Beach County. Learn more and support the fund at:

www.PalmHealthFoundation.org/the-brain-health-innovation-fund

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