

# DECEMBER

## psychology newsletters

### DEI NEWS: SEEKING YOUR FEEDBACK

The psychology department has been working on several initiatives this year to sustain a diverse, equitable and inclusive department. We'd like to know how you are experiencing these initiatives, and learn how else we can advance this important work. Please consider taking this 10 minute survey to share your thoughts with us!

The survey is anonymous. Prizes will be offered as an expression of our thanks!

Our doors are always open if you have additional thoughts, ideas or suggestions surrounding DEI in the department.

Wishing you a healthy, restful break.



### MEET OZZY



Professor Dustin Albert and his family belong to Ozzy. Ozzy is a “Springer Doodle” – half English Springer Spaniel, half Standard Poodle.

He’s a rescue from a puppy mill. I guess no one was willing to pay the big bucks for him, but we think he’s perfect. Loves wrestling with our youngest son, Roman, who we refer to as his “dog brother”.

Extremely vigilant to potential threats posed by squirrels, stray cats, and delivery workers. Will protect our family from these threats at all costs.

# SEEKING "THE GOOD LIFE"

In the last lecture of Introductory Psychology, Professor Orvell offers 5 things that research shows can causally increase happiness. As we head into the holidays and New Year, you can try some of these out, if you like, and share them with family and friends:



## 1. PRACTICE GRATITUDE

Reflect on what you're grateful for once a week  
Express gratitude to others



## 3. GET SOCIAL

Increase interactions with acquaintances



## 5. HEALTHY MIND & BODY

Be optimistic  
Try mindfulness  
Cultivate your strengths  
Spend time outside and exercising



## 2. BE KIND

Do random acts of kindness  
Spend money on others, not yourself



## 4. SAVOR POSITIVE EXPERIENCES

Relive happy memories  
Share success with people you love

