

Mental Health and Positive Psychology in the Face of Challenge and Adversity

Dr. Erica Harris

INTRODUCTION:

Through the power of story of my own personal struggle, I will share how principles of positive psychology empowered me to defy everyone of the odds stacked against my success, my survival and my happiness.

I will discuss the inherent value and the power that lies in the spectrum of emotions and how emotions serve as much needed protective, survival mechanisms. I will discuss the great importance in recognizing and in experiencing all emotions and mindset shifts we can use to better our mood state and coping mechanisms.

AIM:

To convey principles of positive psychology as applied in the face of adversity.

CONCLUSIONS:

I will provide your audience with actionable change and easy to implement resilience and happiness habits to bounce back, to rebound high and to live their most vibrant lives with the gift of today, no matter the hardships.

Keywords:

Mental Health, Positive Psychology, Resilience, Resolve, Growth Mindset, Reframe, Gratitude, Inspirational Role Models, How to Thrive, Mindfulness, Self care, Healthcare, Overcome Challenge, Coping, Realistic Optimism, Positive Mindset, Adaptability, Accountability, Proactive Mindset

BIOGRAPHY:

Dr. Erica Harris is the ultimate survivor, having defied every one of the odds stacked against her success, her happiness and her survival.

As a young mom, Erica has survived and thrived after facing years of relentless and seemingly insurmountable feats of a 60 day terminal leukaemia prognosis, a bone marrow transplant, a double lung transplant, another year long hospitalization facing a drug resistant viral strain, and even divorce at the end of it all. Be Inspired!

Once a thriving sports Chiropractor and Kinesiologist, now a Mental Health Champion and Empowered Mindset Expert, Dr. Erica is the passionate Founder of RiseToday.com, where she serves as a Self Empowerment TedX Speaker, Coach, Author, and Podcast Host to empower her clients and her community to bounce back from adversity and to rebound higher than ever before!

