



Toxic Positivity: How much is too much for Gen ZAlpha?

Dr Gemma Gray & Dr Liz Blagrove

Department of Psychology

**UNIVERSITY
OF WARWICK**



Toxic Positivity...



Seminar Aims

- ▶ To get you talking...
- ▶ To get you **thinking!**
- ▶ To work together effectively
- ▶ To explore an important idea in PP & MH/WB* work
- ▶ To think about Real World implications of our ideas



* Positive Psychology/Mental Health/ Wellbeing

What do You need to do Now..?

- Introduction & Task Aims 

Form your Groups! Remember 2,3 or 4 in each Group...

- Identify 5 'Positivity' factors (5-10 mins)
- Discuss their impact on your Wellbeing/Mental Health (5 mins)
- Read Toxic Positivity article (~ 5 mins) ***NB read article individually***
- Discuss whether/how much TP has influenced your previous ideas (5-10 mins)
- **Take Home Messages-** *is TP a problem for Gen ZAlpha?*



Toxic Positivity Article



<https://www.verywellmind.com/what-is-toxic-positivity-5093958>



Any Questions...

