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Sarah Grison is an Associate Professor of Psychology at Parkland College. She brings 20 years of psychology teaching experience to Psychology in Your Life.Sarah's research examines how psychological research can be applied to teaching and learning.

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Psychology can be applied to everyday life in many ways. The three main ways Psychology applies to my life is through motivation and emotion, Stress and health and Psychological therapies. These topics of psychology are the ones that best describe my life. When most people think of psychology they think of therapists and psychological disorders.

**Psychology Applied to Everyday Life Example | Graduateway**

Psychology and your social life. Psychology in everyday life is also hugely relevant on an interpersonal level. The ability to read social cues accurately and interact with others normally is paramount in every area of life, from finding a job to finding a romantic partner. Psychology outlines what types of behaviors are prosocial and antisocial.

**How Everyday Uses for Psychology Can Impact Your Life**

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**Psychology and Your Life by Robert S. Feldman**

"So I very much believe in the idea that psychology can help you in your everyday life," said Sternberg at an APA Annual Convention session. To demonstrate the power of psychology in our own lives, Sternberg asked audience members to take three quizzes he designed based on his research on learning, love and conflict resolution.

**How psychology helps you every day**

A field that integrates research on health and on psychology; it involves the application of psychological principles in promoting health and well-being. Well-being A positive state that includes striving for optimal health and life satisfaction