

The Power of Positive Emotions

Positive emotions are dynamic states of spiralling potential. They arise from a circumstance, our appraisal of the circumstance which creates a feeling state (posture, facial expression, tone etc.) and lead to a response of some kind. They are associated with many physical, mental and social benefits.

Positive Emotion:	Action Urge:
joy	play
gratitude	creative giving
serenity	savour and integrate
interest	explore
hope	yearn for positive change
pride	dream big
amusement	shared laughter, insight
inspiration	aspire to excellence
awe	accommodate the new
love	all of the above

Cultivating Positive Emotions in your Life

1. Joylist

Create a joylist of things you love to do (hobbies, practices, activities, social engagements) Include small inexpensive things like drinking a mug of your favourite tea in your favourite chair or going for a walk. See if you can carry out at least one or more of those things a day. Additionally, you can reflect on this experience in your journal.

2. Create a positive emotion portfolio

Select one of the ten positive emotions and reflect on the people and situations that serve as springboards of this pleasant state for you. Then, pull together a personalized set of objects and mementos that create for you a heartfelt connection to this one emotion. Assemble these into a portfolio, a physical collection that you build as a shrine to this one positive emotion. Your portfolio might contain photos, letters, songs, quotes, or objects that carry deep personal meaning for you. You might assemble these into a scrapbook or file on a computer to trigger that desired feeling at will.

3. Carry out Random Acts of Kindness

4. Humour Diary

Before you go to sleep, write down the three funniest things that happened to you that day.

5. Take in the good regularly (6 times a day if possible)

HEAL practice – Dr. Rick Hanson *Hardwiring Happiness*

H- Have a positive emotion

E- Enrich the experience

A- Absorb it into you so that it becomes a part of you

L- Link it to some moderate negative experience (optional)

6. Gratitude Journal

Reflect in your journal each day on 4/5 things big and small that you are grateful for with reasons why. You can also complete point 5 above additionally to increase the benefits of this practice.

Reference: *Love 2.0* and *Positivity* by Barbara Fredrickson

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