From Pandemic Blues to Joy - Start "Practicing" Positive Emotions

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What is emotion?
Emotion

Goal Congruent

Positive Emotions

Goal Incongruent

Negative Emotions
Why are positive emotions important?
Joy

• High arousal positive state
• Characterized by urge to play and be playful
• Facilitates exploration and skill acquisition
Interest

• Novelty
  • curiosity
  • exploration
  • information seeking
Pride
Pride

- Good Pride
- Achievement oriented
- More prosocial …
- Correlated with adaptive traits

- Bad Pride
- Achievement oriented
- Not prosocial …
- Correlated with aggression/hostility
Gratitude

recognizing the beneficial actions of other people in one’s life
What signals positive emotion?

Duchenne Smile
What signals positive emotion?
Cultivating Positive Emotions

• Capitalize on the good
• Engage with others, take interest and express interest
• Feel good about achievements
• Remind yourself of things to be thankful for, express appreciation to others
Closing Thoughts