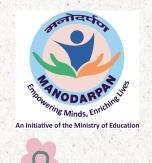


Experiencing Positive Emotions

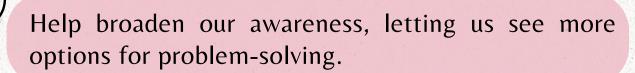






Positive emotions are those emotions that we typically find pleasurable to experience. There are various reactions an individual express under positive emotions, such as joy when one attains a goal, gratitude when someone helps you, hope when one expects a favourable outcome, or optimism when one is full of hope and emphasizes the good parts of a situation.

Importance of Positive Emotions



Linked with better health, longer life, and greater well-being.

Help cope with stressful situations that benefit one's social development, personality development, self-regulating abilities, and physical well-being.

Types of Positive Emotions

Joy

Gratitude



Contentment

POSITIVE EMOTIONS

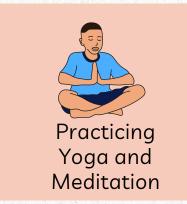
Interest

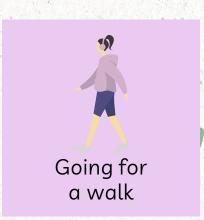
Love

Optimism

Ways to Enhance











interest you

Maintaining a gratitude journal



