

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

Help broaden our awareness, letting us see more options for problem-solving.

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



Practicing Self-care



Practicing Yoga and Meditation



Going for a walk



Taking up hobbies that interest you



Maintaining a gratitude journal



Spending time with family and friends