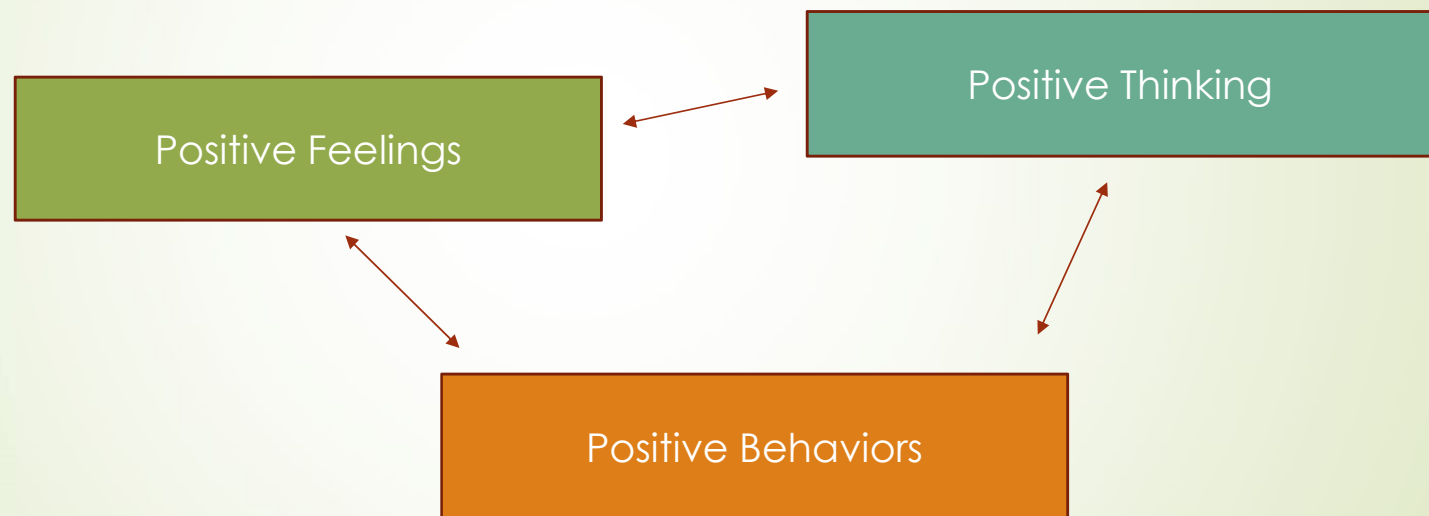




# Improving Your Positive Emotions

Mediterra's Well-Being Webinar

# Three Components of Well-being





# Your Strongest Point

Which one is easiest for you to make a positive adjustment with when times are tough?

Positive Feelings

Positive Thinking

Positive Behaviors



# Broaden and Build Theory of Positive Emotions

## Negative Emotions

- Narrowing Effect on thought-action repertoire
- Avoidance Behaviors

## Positive Emotions

- Broadening Effect on thought-action repertoire
- Approach Behaviors
- 'Undoing Effect' of negative emotions



# Broaden and Build Theory of Positive Emotions

## Negative Emotions

- Anxiety
- Fear
- Anger
- Disgust
- Guilt
- Shame

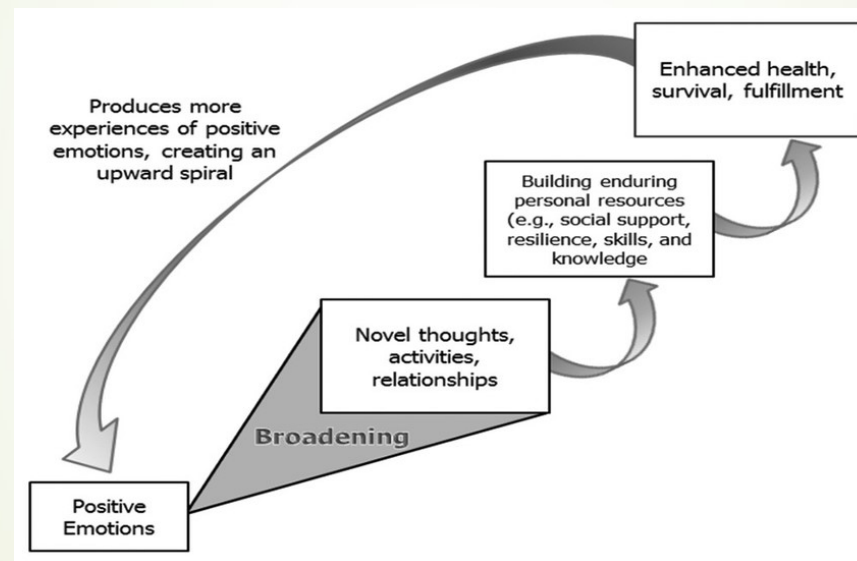
## Positive Emotions

- Joy
- Interest
- Enthusiasm
- Calm
- Attentive
- Contented

- All emotions are important.
- Negative emotions have their useful role.
- Positive emotions can reduce the negative effects of negative emotions.

# Positive Loop

Triggering positive emotions opens the door for more positive thinking and more positive behaviors to occur.



These positive thoughts and actions promote even more positive emotions, and the loop expands upward.



# Increase Positive Emotions...



Through positive sensory stimulation



Through positive use of  
imagination –

Recall a pleasant past experience  
Express gratitude  
Savour an experience in the present  
Imagine/anticipate a good future  
outcome



Through positive social interactions



Through health-building activities



Through avoiding the opposite of these



# References

- ▶ <https://positivepsychology.com/broaden-build-theory/>
- ▶ Fredrickson, B. L. (2004). The broaden-and-build theory of positive emotions. *Philosophical Transactions of the Royal Society of London, Series B, Biological Sciences*, 359(1449), 1367–1378. DOI: 10.1098/rstb.2004.1512
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