Positive emotions fuel resilience and undo or lessen the negative effects of stress and the psychological states they generate such as work burnout.
A Dose of Positivity
.... is your glass half-full?

6 Facts About Positivity

1. Positivity feels good.
2. Positivity changes how your mind works.
3. Positivity transforms your future.
4. Positivity puts the brakes on negativity.
5. Positivity obeys a tipping point.
6. You can increase your positivity!

“You can take the mast going up as positivity, and the keel down below as negativity. If you’ve ever sailed, you know that you can’t get anywhere without the keel. If you tried, at best you’d slide aimlessly across the water, or at worst you’d capsize. Although it’s the sail hanging on the mast of positivity that catches the wind and gives you fuel, it’s the keel of negativity that keeps the boat on course and manageable. And just as the keel matters most when you’re going upwind, appropriate negativity matters most in hard times” (Fredrickson, 2009)

How can you use the power of positive emotions to better your life?

10 Forms of Positivity

1. Joy
2. Gratitude
3. Serenity
4. Interest
5. Hope
6. Pride
7. Amusement
8. Inspiration
9. Awe
10. Love