

# Positive emotions, 'The big 10'



We are currently experiencing a flux of change and challenge. Covid-19 has impacted globally affecting our day to day lives and how we are thinking and feeling.

Even during times like this there is still an opportunity to experience positive emotions, though, at times, we may think otherwise.

When was the last time you experienced one of the 'big 10', who did you share it with, what was the ripple effect that was created as a result?

## Top tips for positive emotions...

Reflect on things you have, comparison is the thief of happiness.

Take some time for yourself.

Laugh whenever you can.

Learn something, a hobby, a skill or a new piece of information.

Write down your hopes for the future.

Share with others what inspires you, ask others what inspires them.

Reflect on moments in your life that have brought you joy. .

Experiencing and sharing positive emotions with others helps to build and strengthen not only your own, but also others wellbeing.

Consider what you've done today that makes you feel proud.



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**Joy** – Think of the most positive and memorable experience you've had. A time when you felt safe, happy, and comfortable. Joy comes from delightful and valued experiences.

**Gratitude** – Gratitude can revolve around anything you feel great appreciation for, and occurs during the times when you feel thankful for someone or something in your life.

**Serenity** – This emotion comes along when things are going just right. You may experience a state of peacefulness a time you're able to just sit back and relax. Serenity comes from those moments of stillness and calm where you can just "be" in the present moment.

**Interest** – Interest comes from being curious or engaged in something, wanting to know more. When feeling interested, you are more open to new experiences and have a desire to explore and learn.

**Hope** – This is a belief and feeling that things will turn out for the best. It's knowing our current problems aren't permanent and that the future is still promising despite tough circumstances.

**Pride** – This comes from recognising what we do or have accomplished. It may come along from a sense of purpose and meaning, and offers an increase in confidence to expand the belief in our potential to do greater things.

**Amusement** – Whenever we experience fun, humorous, and playful situations with others we are being amused.

**Inspiration** – This comes from experiencing a very moving and emotionally uplifting experience, such as those times in life when we see true goodness or where someone goes above and beyond the ordinary.

**Awe** – The notion of being awestruck comes from feeling wonder and amazement toward something. The feeling may come from experiencing natural phenomenon, such as the Grand Canyon, a beautiful sunset, or the crashing of ocean waves.

**Love** – Love is a mixture of all of the above emotions. In general, it's where we have a very positive feeling of connection towards something. The feeling may be enhanced from shared experiences such as laughing and having fun together, or from kind and selflessness as they commit.