

STRENGTHENING POSITIVE EMOTIONS

Every person has specific sources from which they derive satisfaction/pleasure/joy from their life. However, for most, what is not well known is that maintaining (experiencing) joy requires personal effort and is not always dependent on luck! Below, you will find some ways in which we can experience and strengthen positive emotions to satisfying levels:

Gratitude: Write down 3 things you are grateful for each day. Don't hesitate to note even something that might seem simple or mundane. This practice helps us realize that there are positive aspects even on a very difficult day!

Rational Beliefs: It is important, during our day, to identify our rigid, unhelpful beliefs that cause our emotional distress, in order to restructure them into more flexible, helpful beliefs. Instead of thinking "I absolutely must," prefer "I would like to, but I don't absolutely need it to live or grow." Instead of "catastrophizing" beliefs, prefer to "realistically evaluate the negative consequences of an event" and focus on the solution. Instead of beliefs that drain your courage, like "I can't stand this," choose beliefs that will strengthen your resilience and help you, like "It's difficult, but it's worth standing it." Instead of evaluating yourself/others as a whole and labeling yourself/others with a general, unfair, and unhelpful label like "I'm not worthy," prefer to accept yourself/others unconditionally and focus on changing or smoothing out the unhelpful behavior.

Social Interaction: Connecting with the people we love has a particularly positive effect on our mood. Spend quality time with your friends and family, or even engage in an act of solidarity toward a third person. You'll be surprised by how a simple act of solidarity can positively contribute to the progression of your day or someone else's.

Stress Management: Try to incorporate various stress management techniques into your daily routine, especially on days that are more demanding. Exercises such as diaphragmatic breathing, progressive muscle relaxation, and mindfulness techniques reduce stress and allow us to experience positive emotions.

Maintaining Perspective: Develop the mindset that your abilities can grow through hard work, dedication, and persistence. Accept failures as learning opportunities and view challenges as chances for growth. Maintaining perspective can help you stay grounded, optimistic, and focused on solutions.

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