



POSITIVE EMOTIONS

HERE ARE SOME SIMPLE POINTERS FOR CULTIVATING POSITIVE EMOTIONS



1

WATCH YOUR HAPPINESS LABEL



How you **define** happiness is likely to influence the positive emotions that you experience. If happiness for you means feeling excitement or feeling on top of the world, then you are **less likely** to call yourself happy or feel happy if what you are feeling is a sense of calmness.

2

ARE YOU SETTING UNNECESSARY CONDITIONS TO FEEL HAPPY?



It's not uncommon for us to set conditions for ourselves to feel happy by telling ourselves things like: "I will be happy (only) if I achieve this or that"

When we **set conditions for feeling happy**, then we make our happiness **dependent on the outcome**. Try not to set conditions for feeling happy! Enjoy the process and your efforts, without waiting for the outcomes.

3

GIVE IMPORTANCE TO FREQUENCY



Feeling intensely happy once in a while (infrequently) may have less benefits than **experiencing positive emotions on a regular basis**, even if these are low in intensity. This awareness can encourage you to engage in activities that are a part and parcel of your daily life, rather than waiting for "big moments" or "big events".

4

VOLUNTARY ACTIONS: A PATHWAY TO SUSTAINABLE HAPPINESS



Pick a voluntary activity :

- An activity, which is in line with what you **deeply value**.
- An activity which involves applying your **strengths**.
- An activity that you undertake for your **own reasons**.
- An activity which helps you to go **beyond self-focus**.

5

INCREASE THE POWER OF YOUR "A-LENS"



- a. Pay attention to the **little things** around you as well as the good things that happen in the course of your day.
- b. Increase your awareness of the **small little acts of kindness**, courtesy and compassion that others around you may display.