



centre for  
positive psychology  
and health

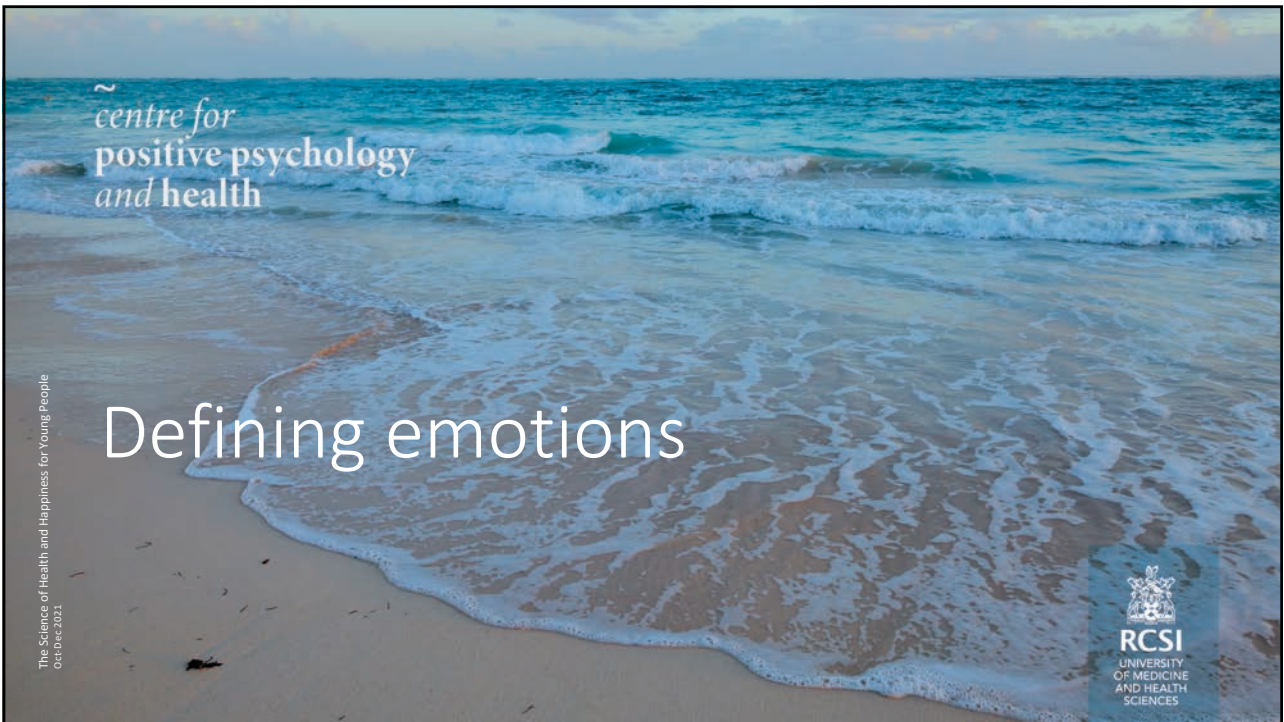


## Agenda

- Define positive emotions
- Discuss the role they play in our lives
- List ways in which you can boost your positive emotions


The Science of Health and Happiness for Young People  
Oct-Dec 2021

RCSI  
UNIVERSITY  
OF MEDICINE  
AND HEALTH  
SCIENCES




centre for positive psychology and health

# Emotions vs Moods




The Science of Health and Happiness for Young People  
Oct-Dec 2021

Fredrickson & Losada, 2005




centre for positive psychology and health

# Over to you



- Take a piece of paper and for the next minute, write down as many emotions as you can think of, both positive and negative
- Please PAUSE this video now

The Science of Health and Happiness for Young People  
Oct-Dec 2021




centre for positive psychology and health

## Examples of Emotions

- Interested
- Distressed
- Excited
- Upset
- Strong
- Guilty
- Scared
- Hostile
- Enthusiastic
- Proud
- Irritable
- Alert
- Ashamed
- Inspired
- Nervous
- Determined
- Attentive
- Jittery
- Active
- Afraid

The Science of Health and Happiness for Young People  
Oct-Dec 2021

Watson et al., 1988




centre for positive psychology and health

## Examples of Positive Emotions

- Active
- Alert
- Amused
- Attentive
- Awe
- Determined
- Excited
- Enthusiastic
- Grateful
- Inspired
- Interested
- Joyful
- Hopeful
- Love
- Proud
- Relieved
- Satisfied
- Serene
- Strong
- Calm

The Science of Health and Happiness for Young People  
Oct-Dec 2021

Burke, 2021




centre for positive psychology and health

The Science of Health and Happiness for Young People  
Oct-Dec 2021

# “Bad is stronger than good”


Baumeister et al., 1995




centre for positive psychology and health

The Science of Health and Happiness for Young People  
Oct-Dec 2021

Wellbeing =  
experiencing  
more positive  
than negative  
emotions



Diener et al., 1999



centre for positive psychology and health

## "Catch them" and "Plan for them"




The Science of Health and Happiness for Young People  
Oct-Dec 2021




centre for positive psychology and health

## Over to you



- Sometimes, in the midst of school work, we don't have the time to play. Take a piece of paper and write down your play list, i.e. activities you enjoy doing that give you a positive boost.
- (Optional) share your activities with others in your class/group
- Please PAUSE this video now

The Science of Health and Happiness for Young People  
Oct-Dec 2021




centre for positive psychology and health

# Playtime

Segueing   Singing in a shower   Sitting quietly   Doing arts and crafts   Going to a museum   People watching  
 Blogging, instant messaging or texting   Dressing up   Planning a party   Playing tennis   Playing soccer  
 Bird watching   Painting   Fishing   Reading a newspaper/magazine   Doing something nice for someone  
 Listening to music   Coaching kids football   Cooking or eating your favourite food  
 Playing pool or ping pong   Boating or canoeing   playing shuffleboard   Making up a pleasant dream or fantasy  
 Cinema   Playing a game   Skateboarding   Hanging out with your friend  
 Surfing the web   Snow skiing   Doing woodworking   Joining a social club   Hiking   Lifting weights  
 Directing a play   Having a good cry  
 Taking a walk   Reading a book   Swimming   Crossword puzzle  
 Stargazing/astronomy   Learning a new language   playing cards   Shopping out of town  
 Writing an email to someone   Going dancing   Having lunch with your friends  
 Keeping a journal   Praying or meditating   Taking music, singing, dancing, acting classes  
 Making a video   Writing a poem or a story   Learning about computers   Bowling  
 Cycling   Cycling  
 Singing in a shower   Watching your favourite programme/film  
 Taking pictures   Having some alone-time  
 Playing a musical instrument   Gardening   Wrestling, tickling, joking

The Science of Health and Happiness for Young People  
Oct-Dec 2021


Frisch, 2006



centre for positive psychology and health

# The role emotions play

The Science of Health and Happiness for Young People  
Oct-Dec 2021



## The role of negative emotions



## Over to you



- Reflect on, or discuss the benefit of experiencing positive emotions, apart from just feeling good.
- Please PAUSE this video now



centre for positive psychology and health

# Broaden and Build Theory

The diagram shows a mushroom cloud shape. The base is a dark red cloud labeled "Experience of Positive Emotions". A vertical stem rises from the base, passing through a horizontal ring, and is labeled "Broadening Effect". The top of the stem is a large, multi-colored cloud (yellow, orange, red) representing the broadening effect.

The Science of Health and Happiness for Young People  
Oct-Dec 2021

Fredrickson, 1998

RCSI  
UNIVERSITY OF MEDICINE AND HEALTH SCIENCES

centre for positive psychology and health

# Broaden and Build Theory

The diagram shows a mushroom cloud shape. The base is a dark red cloud labeled "Experience of Positive Emotions". A vertical stem rises from the base, passing through a horizontal ring, and is labeled "Broadening Effect". The top of the stem is a large, multi-colored cloud (yellow, orange, red) representing the building effect. Inside this cloud are four categories of resources: "Intellectual Resources", "Social Resources", "Physical Resources", and "Psychological Resources".

The Science of Health and Happiness for Young People  
Oct-Dec 2021

Fredrickson, 1998

RCSI  
UNIVERSITY OF MEDICINE AND HEALTH SCIENCES

## Positivity resonance



## Broaden and Build Theory



centre for positive psychology and health

# Broaden and Build Theory

Undoing Effect  
Intellectual Resources Social Resources  
Physical Resources Psychological Resources

Building Effect

Broadening Effect  
Experience of Positive Emotions

The Science of Health and Happiness for Young People  
Oct-Dec 2021

Fredrickson, 1998

centre for positive psychology and health

# Boosting positive emotions

The Science of Health and Happiness for Young People  
Oct-Dec 2021

## Activities already discussed

- Listening to your favourite music
- Chatting with someone (creating connection)
- Doing something on your Play List
- Savour your pleasurable moments
- Plan for experiencing positive emotions

## Intensely Positive Experience

“Think of the most wonderful experience or experiences in your life, happiest moments, ecstatic moments, moments of rapture, perhaps from being in love, or from listening to music, or suddenly “being hit” by a book or painting or from some great creative moment. Choose one such experience or moment. Try to imagine yourself at that moment, including all the feelings and emotions associated with the experience. Now write about the experience in as much detail as possible trying to include the feelings, thoughts, and emotions that were present at the time. Please try your best to re-experience the emotions involved”

## Loving Kindness Meditation

Following on from deep relaxation, imagine yourself experiencing peace and repeat to yourself:

- May I be happy
- May I be safe
- May I be healthy, peaceful, and strong
- May I give and receive appreciation today

## Playing to your Strengths

Complete a free strengths-profile on [www.viacharacter.org](http://www.viacharacter.org) and

- list ways in which you can use your top strengths more often in your daily life
- When you don't feel like doing something, try to engage your strengths in your activity

centre for  
positive psychology  
and health

## Takeaways from this session:



- We experience many emotions
- It is useful to label our emotions to help us cope with them effectively
- Emotions are different than moods
- Positive and negative emotions serve different purpose
- You can take action and change your emotions

The Science of Health and Happiness for Young People  
Oct-Dec 2021



centre for  
positive psychology  
and health

# Thank you for listening

The Science of Health and Happiness for Young People  
Oct-Dec 2021

