



POSITIVE EMOTIONS

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Main outlines of the assignment

- Emotion
- Positive emotions
- Ten main positive emotions
- The broaden-build theory of positive emotion
- Significance of positive emotion
- Amplifications of positive emotion

What is Emotion

- Subjective state of psychophysical arousal which accompanies subjective feeling and subjective behaviour to a particular stimuli.





POSITIVE EMOTION

- Any emotion that does feel good – for example, appreciation, joy, love, passion, excitement, freedom.
- Positive affect
- Negative affect



TEN POSITIVE EMOTIONS

Joy

Gratitude

Serenity

Interest

Hope

Pride

Amusement

Inspiration

Awe

Love

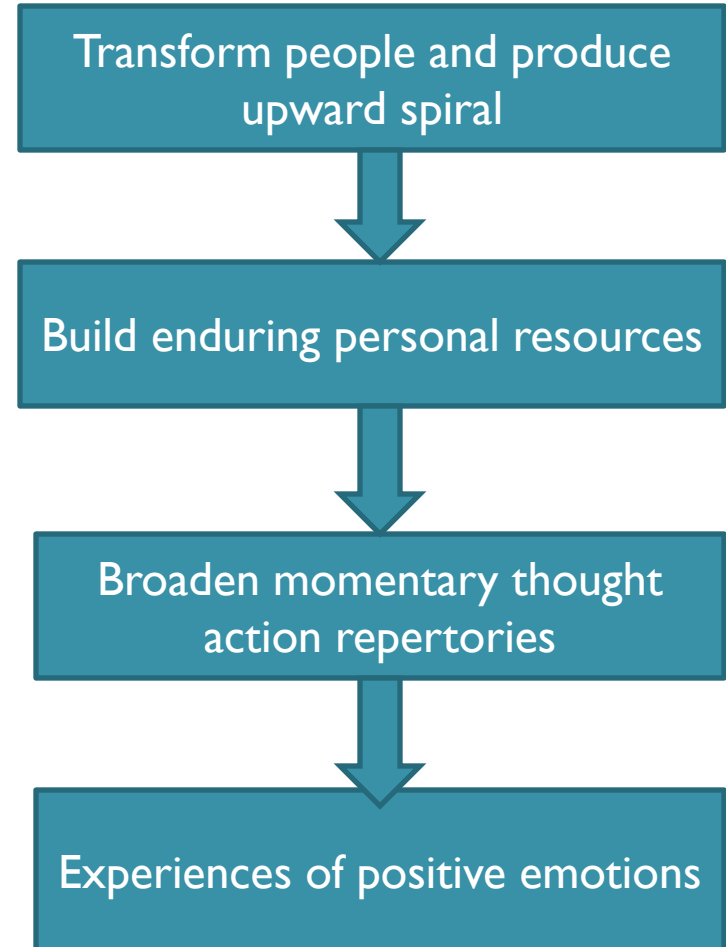


BROADEN AND BUILD THEORY

- This theory was developed by BARBARA FREDRICKSON(2001).
- It is the evolved functions of positive emotion.
- Her theory has received considerable attention from positive psychologists.
- The theory describes how positive emotion open up our thinking and action to new possibilities.
- And how this expansion can help build physical, psychological and social resources that promote well-being.



Model of broaden build theory



Continued.....

- Positive emotions broaden our thought-action repertoires.
- Positive emotions undo negative emotions.
- Positive emotions enhance resilience.
- Positive emotions build enduring resources and improve well-being.

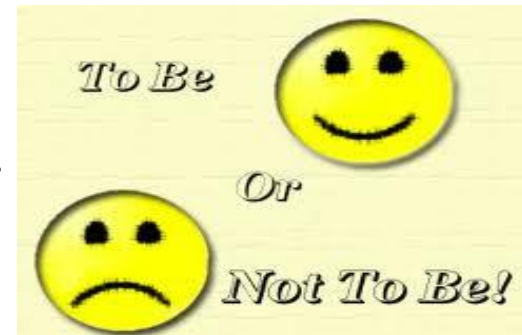
Benefits of positive emotions

- Attention and focus
- Scope of cognition
- Better relationship
- Resilience to negative emotion

Significance of positive emotion

- Build Resources and Capital for the Future.
- Create an Upward Spiral.
- Positive Emotions are Important.
- Happy people are more effective and successful in life .
- Happy people are more healthier.
- Happy people are more connected with others.

Focusing on positive emotions.



**POSITIVITY
IS THE
KEY**

Amplifications of positive emotions

Do relaxation techniques.

Find positive meaning.

Just smile.

Do something you love.



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Thank You