

Positivity portfolio: Increasing Positive Emotions

Positive emotion is one element of the formula for well being. There are numerous research studies which outline the benefits of longer-term happiness and shorter-term positive emotions. For example, happiness and positive emotions are linked to:

- Living longer
- Sociability and better quality relationships
- Better mental and physical health and ability to manage illness
- Likeability and perceptions of intelligence and competence
- Greater persistence and improved performance on difficult tasks
- Creativity
- More efficient decision-making

Barbara Fredrickson, the leading researcher on positive emotions, recommends creating a range of physical portfolios of objects and mementos to evoke any one or more of the 10 positive emotions. These emotions include gratitude, serenity, interest, hope, inspiration, awe, love, pride, joy and amusement.

Collect together items such as photos, gifts, music, poems, quotes, cards, emails, and/or letters which make you feel contented, thankful or inspired. You can keep your portfolios on your PC or phone, on a webpage, in a scrapbook or in your journal.

Look at your portfolios when you need a boost, and enjoy the positive memories they evoke.

Keep looking out for new items to include in your positivity portfolio!
The possibilities are endless!