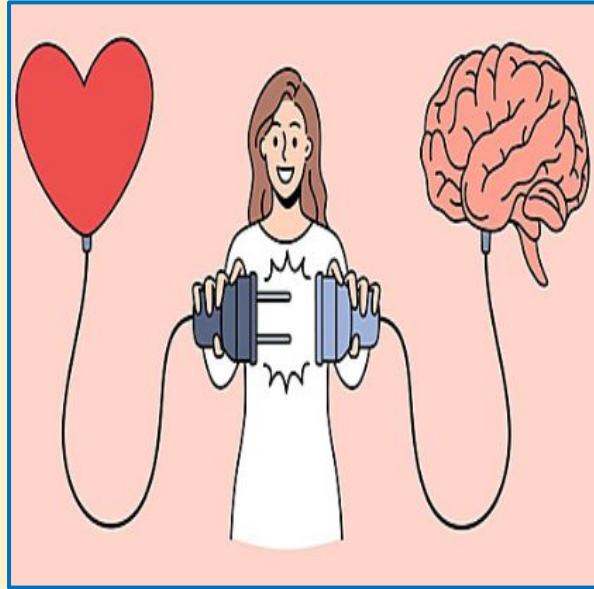


Positive Emotions



A useful graphic tool to better understand the benefits of positive emotions in everyday situations.

THE ROLE OF POSITIVE EMOTIONS

Positive emotion improves

- **Intellectual capacity**
 - more creative
 - learn better
 - problem solve
- **Physical capacity**
 - better coordination
 - better general health
 - live longer
- **Social capacity**
 - stronger, healthier relationships
 - able to make new friends
 - be a better friend
- **Psychological capacity**
 - more resilient to setbacks
 - make more of opportunities
 - set and reach goals



Positive emotion top tips

- Know, really know, what makes you experience positive emotion.
- Have a range of things that you can use in different circumstances.
- Experiment, try new things, ask others what they do to feel good.
- Build a bank of positive activity and use them to help you deal well with situations.