

Comprehensive Resilience Module Emotional Dimension

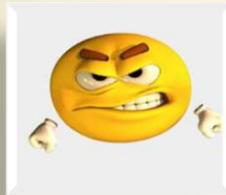
“What Good Are Positive Emotions?”

Overview of Module



Negative emotions can:

- ❖ Help save your life, your buddy's life, and give you that extra shot of adrenaline you need to accomplish the mission
- ❖ Can be useful in short durations to help solve problems
- ❖ Easily be focused on



Clarification

- ❖ This module is not about walking through life only seeing the positive
- ❖ Sometimes things in life are not okay, it's not good to ignore or pretend that they are.
- ❖ This is not about the pursuit of happiness



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Overview of Module

Your Goals for this module is to look at:

- ❖ What genuine positive emotions are and what they offer
- ❖ How to recognize and seek genuine moments of positive emotions
- ❖ How to capitalize on the opportunities that come from positive emotions

Information you learn here can help you:

- ❖ Become an active participant in your own emotional life
- ❖ Use these tools to promote or cultivate moments of goodness for yourself, even when times are difficult
- ❖ Cultivating the positive you are able to learn, grow, and be more productive



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Genuine Positive Emotions

“Positive emotions are good for you”

- Genuine positive emotions are not the same as pleasure



- *“Pleasure” is not nearly as beneficial for your future health, wealth and success as are genuine positive emotions.”*

In this module, we are discussing:

- Genuine or sincere positive emotion
- Not fake, put on a happy face, emotions
- How, in the moment you experience a genuine positive emotion, it opens you up to new opportunities.



“Cultivating your positive emotions, you’ll learn more about what matters to you.”

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What Are Positive Emotions?

“Common Positive Emotions”

Joy	Gratitude	Serenity
Interest	Hope	Pride
Amusement	Inspiration	Awe /Love

We call them positive emotions because:

- Come up in situations that align with something we want
- Feels good



Emotion is, a momentary reaction to a specific situation (real or perceived) that changes the way we feel”

- Drawing our attention
- Coordinating our response.



Positive Emotions

Opportunities

Shine the light on things that are going particularly well or that have the potential to help us get what we want.

Different types of emotions open you up to different types of opportunities.

Emotions can be thought of as opportunities for resources to be built

“If you have the emotional response, it means you interpreted a situation in a specific way.”

What Do Positive Emotions Do?

Emotion	Thoughts	What it Signals
Admiration	A person did something to display great skill or talent	Alerts you to the chance to rapidly learn how to improve. This helps you get what you want sooner.
Joy	You have gotten (or are getting) what you desire	Opportunities to explore new things.
Pride	You believe you have demonstrated a valued skill or talent.	Alerts you to your own skills and talents, allows you to take credit for them , and sets you up for future successes.
Gratitude	Someone has just demonstrated that they care about who you are as a person and will be there for you in the future	Gratitude marks opportunities to solidify relationships with people who seem to care.

What Do Positive Emotions Do?

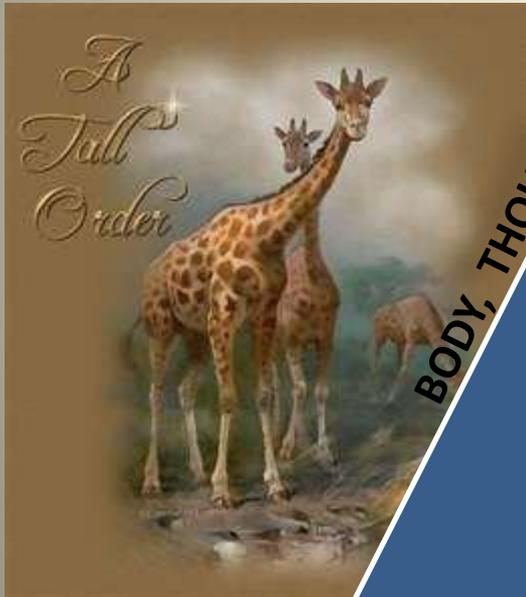
Without	You would Not...
Admiration	Learn a new skill quickly
Joy	Explore new things
Pride	Discover your talents
Gratitude	Recognize people who care for your welfare



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The Body, Thought, Action Connection

Being open to new experiences may allow more positive emotions to happen naturally



BODY, THOUGHT, ACTION

Opportunity to Grow

"Positive Emotions"

Allow you to see opportunities

Broaden the mind and thoughts allowing you to take in more information

Help you to make better connections

Helps you to think clearly

Help you find new things that inspire you



One positive emotion sets up another creating upward spirals of positivity

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The Body, Thought, Action Connection

Physiological

- You might not be aware of your physiological response with many positive emotions, but it's happening. For example, the moment that you feel a positive emotion, your peripheral vision widens allowing you to take in more information.

Thoughts

- Your thoughts and attention are drawn to the opportunity, and people who experience positive emotions are better able to think creatively to capitalize on the opportunity. The key with genuine positive emotion is that the emotion sparks an intrinsic motivation. And that opens your mind to new possibilities.

Behavior

- Your behavior may be broader and create more openness to opportunities as well. For example, take the emotion of interest- the more interested you are in learning about a particular topic, the more creative you will be about finding out all the information you ever wanted to know about it.



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Capitalizing on Positive Emotions

At the moment you experience a positive emotion:

- Quietly / peacefully acknowledge it
- Allow it to linger, so you get the most out of it



When you take time to notice; you find out

- More about yourself
- What you care about
- What you like and want to achieve



With this knowledge, you can create your own moments of positivity

- You need to give your body the good memory or event in order to create solutions and give your body some relief.

Overall Benefits of Positive Emotions

“People who are known to cultivate positive emotions, have more personal resources at their disposal.”



When you have more personal resources:

- **Feel like they have friends and loved ones who are looking out for them and who they can rely on**
- **They feel an increased sense of purpose in life**
- **Report having fewer symptoms of illness**



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Cultivating Your Own Positive Emotions

- Take a moment and think of some positive emotions you've experienced in the past 24 hrs., no matter how big or small.
- Name the situation that caused the positive emotion?
- What was the particular positive emotion?
- What was it about the situation that made you feel the positive emotion?
- How can you find more opportunities to get that particular positive emotion?



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Take Away



- You are part of an Army that lives in chronic stress
- Cultivate moments of heartfelt positivity, and capitalize on the opportunities in order to strengthen your emotional fitness and resilience
- Be an active participant in cultivating positive moments
- Positive emotions build your resources
- Take time to allow positive emotions to linger so you get the most out of it
- Overtime, these emotions increase positive life outcomes

“Remember positive emotions cultivate resilience and strengthen your overall well being.”



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