Dr. Barbara Fredrickson, a social psychologist, suggested that positive emotions help us broaden our minds and expand our cognitive flexibility. It also helps us build physical, intellectual and social resources. This could also mean that positive emotions have an effect on protecting health, well-being and in leading a meaningful life.

It is a positive feeling when you are playing, or doing something joyful. Overall happiness can be increased by searching more pleasurable things to be joyful about.

**Joy**

**Gratitude**

A study conducted by Emmons and McCullough (2003) found that simply sitting down weekly to write about five grateful things can help increasing happiness level by 25%.

**Serenity**

It is always good to enjoy the state of being calm, peaceful and untroubled. Go out to feel the tranquility and breathe in the fresh air in the nature. When you are mindful, you observe your thoughts and feelings from a distance. This living in the moment and awakening to “here and now” experience.

**Hope**

Study revealed that participants who were asked to imagine their future in an optimistic light can increase their levels of happiness over the next six months. Try to consider more possibilities. Remember, you never know what tomorrow will bring you hope and light.

**Pride**

Set realistic goals and recognize what you have done. Appreciate your efforts spent to make things happen. No achievement is too trivial to recognize.

**Inspiration**

Open yourself to the world around you. Listen to music, watch videos, read books, analyze articles, meet people and try new things every day. That would bring you inspiration and stimulation.

**Love**

Love makes people feel good about themselves, feel happy about what happens and feel beautiful about their life. You will feel loved by getting connected with people, building a close, stable and secure relationship with people, as well as experiencing the feeling of care for someone.

Feeling both positive and negative emotions is a natural part of our daily experience. It signals our needs and guides us for directions and behaviors. It is not necessary to judge whether an emotion is good or bad. Let’s be true to what we feel, respect and make good use of it! It is common that we feel sad, angry, fearful, guilt, disappointed and confused when we are overwhelmed, being disturbed and getting worried.

**We experience emotions every day.**

**Common Negative Emotions**

**Anxiety**

It is normal to experience anxiety in a stressful situation. An adequate level of anxiety is actually helpful to us. It enhances our efficiency and performance in our work and study. However, an excessive level of anxiety and fear drains our energy and inhibits our abilities to cope well.

**Sadness**

We all feel sad sometimes. Sadness actually reflects the need for attachment, help and comfort. It motivates us to seek support from people and tell someone how we feel instead of bottling it up.

**Disappointment**

Disappointment actually reflects our passion toward what we treasure and value. It implies our personal goals and dreams. It is almost impossible that we live without failing at something. Let’s not to fear mistakes but to accept and make good learning and move forward.

**Anger**

Anger can be helpful. It allows us to ventilate negative feelings such as sadness, anxiety and shame. It also motivates us to find solutions to problems such as setting limits to prevent violation. Yet, excessive anger causes problems, such as increased blood pressure, desire to harm and attack others.

**Guilt**

Appropriate guilt helps us uphold our values and moral standards. However, excessive guilt may develop other emotional problems such as depression.

**Positive Emotions**

**Amusement**

Enjoy yourself in every funny and playful moment. Appreciate a funny movie and share laughter with your friends and your will feel completely amused.

**Awe**

It is the time when you feel completely great. It may come from seeing an inspiring movie, seeing an impressive work of art or beautiful sunset along seaside or countryside.

Reference:

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart." - Helen Keller

Shall we talk

When you feel overwhelmed, burned out, exhausted or suffer from any kinds of stress symptoms for some time, you are encouraged to seek advice from health professionals.

Our Counsellors are here to listen, understand, and support.

Online: http://counselust.hk
Telephonic: 2358 6696
Make an Appointment in person
Room S003, 5/F, Academic Building 1a (4/F)