

Positive Emotion Playlist

Positive emotions are one part of the Well-being model.

Researchers Algoe and Fredrickson teach lessons on how to build positive emotions. Here is an excerpt from their material:

To “take advantage” of positive emotions is not to suggest that you are going to be walking through life only seeing the positive in everything and having a big smile on your face at all times. The yellow smiley face icon is not the objective. By knowing how they work and what they signal, you will learn to (a) become an active participant in capitalizing on the opportunities that come from positive emotions, (b) find ways to increase the number of instances and the duration of positivity, and (c) be a good citizen of your community....

In fact, positive emotions are heavy hitters in the emotional system: it is through cultivating the positive that we are able to learn, grow, and flourish. Note that this is not the pursuit of some far-off concept of “happiness.” This is just the simple cultivation of moments of different types of positive emotions that can lead you on the path to success.

Let’s now think of ways in which we can increase the number of positive emotions we experience. Psychologist Michael Frisch suggests creating a playlist of all the activities which interest you and which you’ve enjoyed in the past. He lists over 200 simple activities including:

- Reading
- Watching something funny or interesting
- Playing cards or a board game
- Watching the sun rise or set
- Doing something outside
- People-watching

Start your own Playlist in your Well-being Journal.