

# Positivity+

## Definition

Positivity means more than just "Don't worry and Be Happy". It is the practice of being or tendency to be positive or optimistic in attitude. It also includes a whole range of positive emotions from joy to love, appreciation to amusement and hope. We can also think of positivity in terms of experiences, encounters, and environments which enhance our sense of well-being.

### Positivity broaden and build

*When we have positive attitude, emotions or experiences, they broaden the range of behaviours that we may take such as being open to new ideas and being flexible and creative in the way we work. Over time, our broadening behaviours help us build new skills and resources which in turn help us cope with difficult situations.*

### Positivity motivates

*Having a positive frame of mind increases your motivation to succeed and get what you want. It will make you believe you will get what you want and have the ability to do so.*

### Positivity improves relationships

*Positivity leads to high-quality relationships. People feel closer and more connected to others when they experience positive emotions. When people are in positive moods, they make favourable judgements of others, which increases liking. Liking leads people to be more sociable and cooperate and help others more readily, all of which strengthen relationships.*



**Positivity Matters**

### Positivity enhances physical health

*Negativity increases your blood pressure, but positivity calms it. Studies have also suggested that happiness 'protects' one against falling ill. People who were in more positive mental states were observed to engage in healthier behaviours, such as, sports and were moderate in their drinking and smoking.*

### Positivity changes how your mind works

*Positivity does not only change the contents of your mind, trading bad thoughts for good ones, it also widens the scope of possibilities that you are able to see. It sensitizes you to notice the subtle smile of your friend or the unusually good traffic in the morning.*



*Positive Mind  
Positive Vibes  
Positive Life*

# *Ways to cultivate positivity*

- 1** Positive reappraisal. It means to learn to re-frame an event as more positive. For example, you might tell yourself that you are now able to identify some of the areas of weakness and make improvements after receiving some negative feedback on your assignment.
- 2** Scheduling time for happiness. There is no “right” amount of time to spend on building positive experiences. Just like how you will have time scheduled for other activities and keep to it, you can set aside time to engage in activities that bring about feelings of joy, pleasure, pride, calm or gratitude.
- 3** Paying positive attention. Because being positive is a skill that is learn-able, it relies on brain processes such as being able to pay attention to positive things. Spend time to write down positive things that came out of a seemingly “negative” experience or pay attention to any sound, sight, people, or physical sensations that arouse positive emotions.
- 4** Healthy emotion management. Often, we turn to unhelpful strategies, such as self-harm, drinking, binge-eating, to cope with negative consequences. Instead, we can choose to adopt healthier strategies such as exercising, taking time away, or even engaging in deep breathing exercises.
- 5** Sharing positivity with others. Relationships are strengthened when we engage in positive actions that make others feel connected and supported. Over time, you tend to get what you give. Smile, give a genuine compliment, hug, be ready to offer help, listen and complain about others less.

#### References:

<https://www.berkeleywellbeing.com/emotion-activities.html>

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