

Coping with Changes

Brought by COVID-19



Recognizing positive moments

More and more research points to the value of positive emotions--such as joy, calm, hope, and compassion. One of the leading researchers in this area, psychologist Barbara Fredrickson, suggests that when we experience a positive emotion, “our vision literally expands, allowing us to make creative connections, see our oneness with others, and face our problems with clear eyes.” In other words, positive emotions make us more capable of seeing what is actually happening and more able to find creative solutions.

And as we seek out and nurture positive emotions, we become better able to deal with life stressors and make the most of our situation. So moments or activities we think are fun but frivolous are not a waste of time at all-- they are key to our emotional, mental, and physical health!

One great way to practice this is a technique developed by psychologist Rick Hansen called [HEAL](#), which is a great way to train yourself to notice positive moments and let them sink in for maximum benefit. Other great ways to generate positive feelings:

- *Humor: watch funny videos (animals are a popular category!)*
- *Fun: do things you love*
- *Vicarious joy: expand your sources of joy by appreciating the success and happiness of others--a new baby, a job well-done, a goal met*
- *Nature: get out and notice the beauty*
- *Love: hug someone at home or a pet*

[How emotions impact health and wellbeing](#)

[Use positivity to beat stress](#)

[Increase positivity](#)