# Jolts of Joy 12@12

## Slide 1

Do positive emotions just make us feel good?

See more possibilities

Better at solving problems

Think more quickly and creatively

Connect better with others

Builds our resilience

Creates upward spiral of wellbeing – emotional, social and physical

## Slide 2

And the flip side?

* While negative emotions like anxiety, stress and anger are a part of life, too many can create a downward spiral that
* Reduces creativity and problem solving
* Makes it harder to see the bigger picture
* And to ask for help when you need it
* Impacts on work performance
* Impacts on relationships

## Slide 3

What are positive emotions?

## Slide 4

Jolt of Joy

You can short circuit a negative downward spiral and broaden the way your brain is working with jolts of joy - small, immediate actions to inject some heartfelt positive emotions into your day.

## Slide 5

What jolts of joy do you use now ?

## Slide 6

* **Write** Write down 5 jolts of joy you can quickly reach for when you need to inject some heartfelt positivity into your day**.**
* **Keep** Keep this list handy – on your desk, on your iphone, or in your diary.
* **Reach** After you notice negativity narrowing in on your mood, reach for a jolt of joy and notice how your brain responds.

## Slide 7

Or this……Connect with Nature

## Slide 8

What can you do to bring some ***jolts of joy*** into your day?

## Slide 9

More information

* Barbara Fredrickson - Broaden and Build Theory