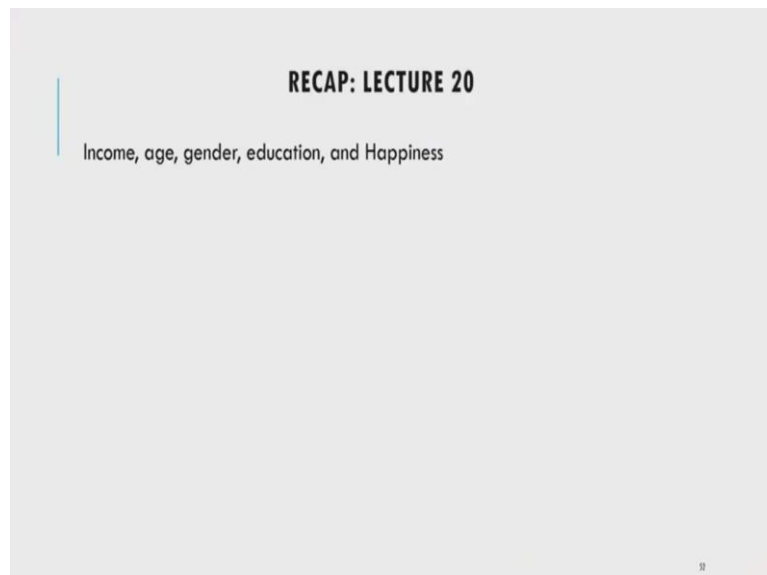


Psychology of Stress, Health and Well-being
Professor Dilwar Hussain
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Indian Institute of Technology, Guwahati
Lecture – 21: Positive Emotions

Hello friends. I welcome you to the lecture number 21 of the course titled psychology of stress, health and well-being. So today is the third lecture of module seven and overall it is lecture number 21. So today we will talk about the concept of positive emotions. So before we talk about today's lecture, let me give you a brief recap of last lecture that is, lecture number 20.

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So, in the previous lecture, we talked about several socio-demographic characteristics including income, age, gender, and educational attainment and how they affect our happiness level, happiness experience, and happiness or subjective well-being. So, in essence, they are objective realities of our lives, influenced by a variety of socio-demographic factors. And how these objective realities affect our subjective well-being or happiness. That was the goal of the previous lecture.

So, in the context of wealth and happiness, we've addressed how the relationship between the two is extremely complex and still unclear. However, the majority of studies reveals that the association or correlation between money and happiness is not very strong, with correlation

coefficients ranging from weak to moderate. And the overall assumption is that income plays a significant role up to a certain amount, after which it loses its influence, effect, or impact on happiness. So, the relationship can be interpreted in terms of a decreasing or diminishing marginal rate. In the topic of income and happiness, we've also discussed the Easterlin Paradox, which was coined by an economist named Easterlin, who published a fundamental study in 1974 that sparked a lot of interest in, particularly in studies on the relationship between income and happiness. And he basically discovered a contradiction in the sense that while real per capita income in Western countries has increased significantly in recent decades, there has been no comparable growth in people's happiness levels in such countries, especially when looking at time series data. He discovered a positive association in cross-sectional data; it may not be a strong correlation, but it is still a positive relationship. However, even if per capita income increased, there was little improvement in happiness in many Western countries, according to time series statistics. As a result, this is known as the Easterlin paradox. We've also considered some of the likely causes, including social comparison and adaptation theory.

Then we talked about the link between age and happiness. Again, there is no unanimity in the literature and study evidence regarding the direction of the relationship between age and happiness. Some studies found no link between age and happiness, while others found a positive link. Finally, some studies found a non-linear or U-shaped link between age and happiness. So, numerous large-scale research from various nations have shown that there is a U-shaped association between age and happiness.

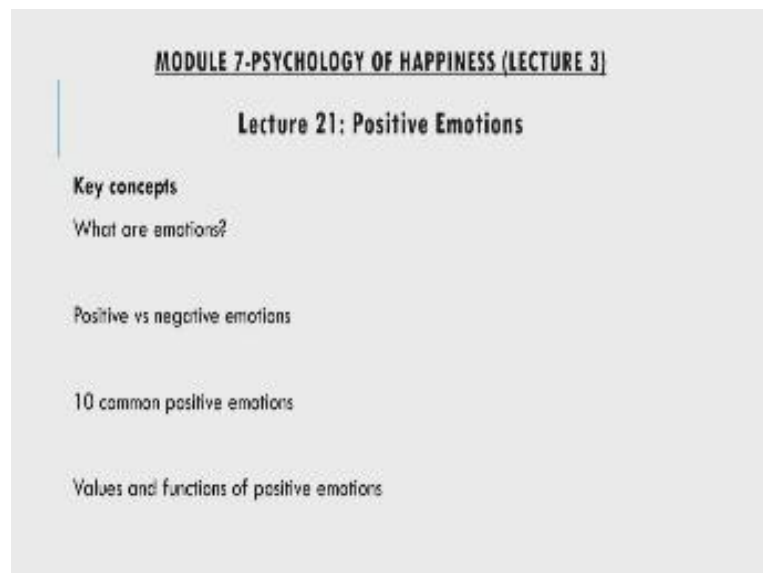
When we talk about a U-shaped relationship, we're referring to the fact that around middle age, the average happiness level is at its lowest. So, somewhere between the ages of 40 and 55, there is a drop in happiness. Then it gradually increases. It is slightly higher when you are young, then drops in middle age, and then rises again when you are older. So that's what a U-shape relationship is. This occurrence has been discussed, as well as some plausible causes.

Then we talked about the link between gender and happiness. We also attempted to comprehend that numerous studies suggest that there may be a gender difference in psychological disorders such as anxiety and depression. It was discovered that women are about twice as likely as men to suffer from numerous psychological problems, including anxiety and depression. And men are more prone to alcoholism and anti-social personality disorders than women. So, in the context of psychological disorders, there is definitely no

precise reason known. However, some people try to explain it by citing biological or hormonal factors. Some argue that the difference is due to the fact that women are more prone to express themselves and seek help.

The association between education and happiness is the next and final component we've explored. Furthermore, the literature demonstrates that there is no consensus on the direction of the association between education and happiness. Positive linear, positive non-linear, negative, and other types of associations were discovered in studies. So, in the context of what we've covered, education may either promote or detract from subjective well-being or happiness, depending on a variety of other circumstances. Education may boost pleasure mostly because it improves your skills and resources for achieving your goals, but it may also enhance or increase our aspiration levels to the point where we are unable to fulfill those desires and accomplish those goals. As a result, it may be detrimental to happiness and subjective well-being. So, as we've seen, all of these objective aspects in our lives have an impact on our sense of happiness and subjective well-being. However, the relationship or impact is not very strong, and many other psychological factors, like as our aspiration levels, goal settings, how we compare ourselves to others, and so on, may mediate these associations and the impact of all these factors on human happiness.

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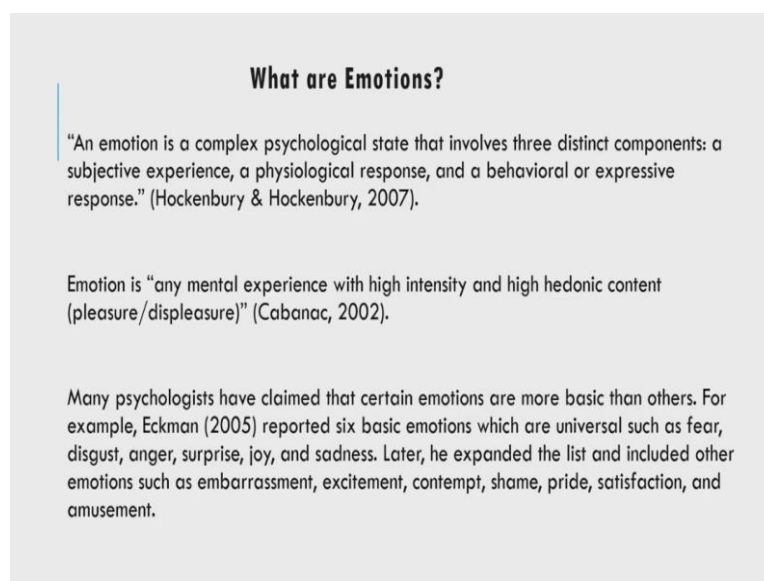
So, today we will talk about positive emotions which is also an important concept connected to happiness level, because it is one of the important ingredient of happiness that how much

you experience positive emotions. It is generally expressed and it is one of the core component of our idea of happiness.

So in today's lecture we will talk about the concept of emotions. Then we will talk about positive versus negative emotions. Then we will talk about 10 common positive emotions. Then we will also talk about values and functions of positive emotions. So these are the some of the important topics that we will discuss today.

Let us start.

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What are Emotions?

"An emotion is a complex psychological state that involves three distinct components: a subjective experience, a physiological response, and a behavioral or expressive response." (Hockenbury & Hockenbury, 2007).

Emotion is "any mental experience with high intensity and high hedonic content (pleasure/displeasure)" (Cabanac, 2002).

Many psychologists have claimed that certain emotions are more basic than others. For example, Eckman (2005) reported six basic emotions which are universal such as fear, disgust, anger, surprise, joy, and sadness. Later, he expanded the list and included other emotions such as embarrassment, excitement, contempt, shame, pride, satisfaction, and amusement.

So, what exactly are emotions? When we talk about emotions, we usually refer to our feelings. So thought is one component of our reality or psychological reality, and feeling is another vital part of our psychological reality. So our emotions are the feeling part. People described emotion in a variety of ways, so we'll look at a few examples here.

An emotion, according to one definition, is a complicated psychological state. It is essentially a mental experience with three unique components. As a result, every emotion has three major components. One is that our minds have subjective experiences, hence there is an experience. The second point is that there is a physiological reaction. Every emotion elicits a bodily reaction. As a result, our physiology has changed. Finally, each emotion elicits a behavioral or expressive reaction.

So these are the three essential elements of every emotion. As a result, every emotion will have a cerebral experience, a physiological influence, and a behavioral and expressive response. As a result, every feeling is linked to some expression or action that we take.

When we are angry, for example, we are experiencing an emotion. There is a subjective experience of that feeling, thus when we are furious, there is a sensation of annoyance and a sense of heat in our experience. As a result, certain emotions are linked to specific mental events. As a result, rage will produce specific subjective experiences.

The physiological response to anger will then occur. Because rage is a very active and physically aroused state, whenever someone experiences anger, there may be an increase in heart rate, physiological arousal, and all kinds of physiological responses can be linked to anger.

In addition, there is a behavioral and expressive reaction. So, when we are angry, we exhibit a certain behavior, an expression, or you may exhibit certain behavioral inclinations, such as scolding or striking someone; some type of conduct will be associated with it.

As a result, these three elements are present in every emotion. Some emotions are difficult to identify from others, but others have a very distinct set of components.

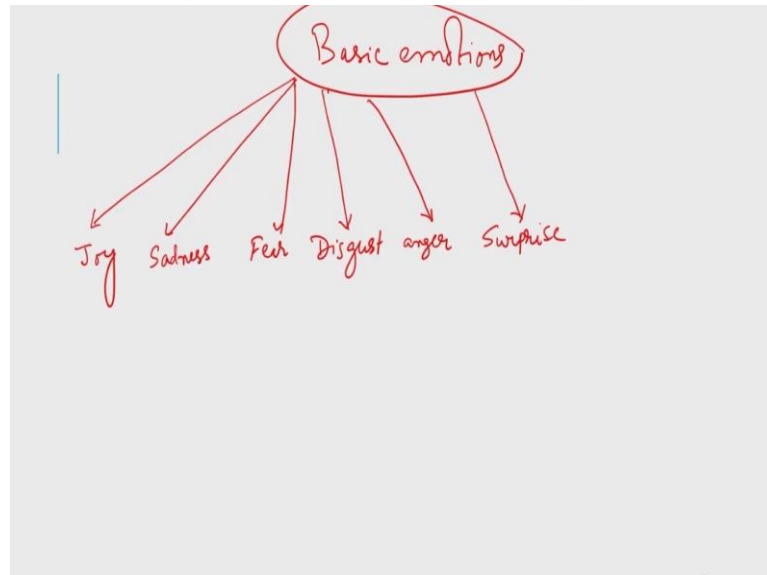
Another definition of emotion is any mental experience with a high level of intensity and hedonic content. Hedonic content is defined as pleasurable or unpleasant content. Is there a link between feelings, some of which are pleasant and others which are unpleasant? There is also a high level of intensity. As a result, emotion will always be intense.

Many psychologists have claimed that certain emotions are more fundamental than others. Because humans experience so many different emotions, emotion studies is a vast field. And we all go through a variety of emotions, and as humans, we may go through complex emotions. There may be certain basic emotions that are very fundamental, as well as more complicated emotions that combine a variety of other feelings.

Paul Ekman is the name of one of the researchers. He is regarded as a pioneer in the field of emotion study. According to him, we all go through six basic emotions. When he talks about these basic emotions, what he means is that they are physically and psychologically extremely basic and fundamental, and they are universal. So that's what basic emotion means. According to him, there are six primary emotions. Fear, disgust, rage, surprise, excitement,

and grief are among them. He later expanded this list to include embarrassment, enthusiasm, disdain, shame, pride, satisfaction, and amusement, among others.

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So there are six basic emotions. So, there are six fundamental emotions, one of which is joy. So joy is an emotion in which we feel a specific kind of delight, a feeling of fulfillment, gratification, or satisfaction. These are the objects or feelings that are linked to the basic emotion of joy.

Sadness, on the other hand, is more on the negative side. In the sense that it is marked by disappointment, grief, and a sense of hopelessness.

These are some of the emotions that are linked to sadness.

Fear is an emotion that arises in response to a threat or a risk. When we are confronted with a risk or a threat, our natural emotional response is fear, which is beneficial in that it has a survival value. The fear that helps us to and kind of suggests that there is something harmful in our environment, and we should defend ourselves by either fleeing or acting or taking whatever solutions are required. Fear is sometimes related with fleeing, hiding, or freezing. When people are terrified, they have a tendency to freeze.

Disgust refers to a sense of aversion or disgust that you feel in response to an unpleasant taste, sight, or smell. So there is a sense of disgust, when you just feel a distaste or aversion to something you see, feel, or smell or taste, and if it is really bad, you feel disgusted.

Anger is something that emerges if we are unable to achieve our aim. So we want to get somewhere and there's a roadblock in our way, so we get angry. We may become enraged if we believe we are being treated unfairly, or if someone in your environment is treating you unfairly, or if you notice it occurring somewhere else. When we experience the emotion of rage, we may become exceedingly argumentative, resentful, and spiteful. As a result, anger can be harmful in the sense that people can become very provocative, which can lead to aggressiveness and a variety of other disruptive behaviors.

Last one is surprise. When we experience or encounter something unexpected or unexpected in our environment, we are surprised. We are astonished by sudden or unexpected events. So it's a quick startle response that occurs when we hear or see something unexpected in our environment. So it's more of a startle reaction, and it usually only lasts a few seconds.

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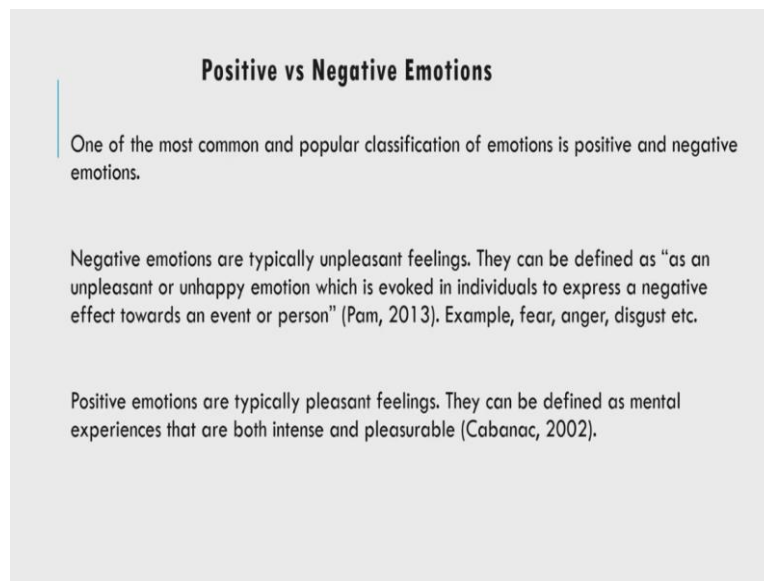
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Many psychologists have claimed that certain emotions are more basic than others. For example, Ekman (2005) reported six basic emotions which are universal such as fear, disgust, anger, surprise, joy, and sadness. Later, he expanded the list and included other emotions such as embarrassment, excitement, contempt, shame, pride, satisfaction, and amusement.

So, according to Paul Ekman, there are six basic emotions that we all share across cultures and are really fundamental. We can experience incredibly complex emotions by mixing all of these emotions, and we can also experience a wide range of other emotions.

So he basically introduced many more emotions later on, although they may not be as distinct as these six basic emotions. Embarrassment, excitement, contempt, shame, pride, satisfaction, and so on are examples of these emotions.

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Positive vs Negative Emotions

One of the most common and popular classification of emotions is positive and negative emotions.

Negative emotions are typically unpleasant feelings. They can be defined as “as an unpleasant or unhappy emotion which is evoked in individuals to express a negative effect towards an event or person” (Pam, 2013). Example, fear, anger, disgust etc.

Positive emotions are typically pleasant feelings. They can be defined as mental experiences that are both intense and pleasurable (Cabanac, 2002).

As a result, emotions can be broadly classified. Although there are many more classification systems, one of the ways we might split or classify emotions is by positive versus negative feelings. As a result, it is a widely used method of categorizing emotion. Negative emotions, on the other hand, are essentially unpleasant feelings. Negative emotions are any emotions that give you a feeling of discomfort, pain, or a sensation of something you don't enjoy, or that make you want to avoid something.

Any negative feelings, such as grief, disgust, or wrath, are acceptable.

As a result, there is a harshness about it.

Be a result, these are referred to as negative feelings. As a result, they can be defined as an unpleasant or unhappy emotion that is elicited in an individual to reflect a negative affect toward an event or person, and as a result, we may exhibit negative conduct toward the event or person. Fear, rage, disgust, and other emotions are instances. As a result, the majority of these feelings are unfavorable.

Positive emotions, on the other hand, are commonly associated with pleasant sensations.

When we have happy feelings, we usually feel a sense of pleasure within ourselves. As a result, they elicit feelings of pleasure, and you feel good about it. As a result, they can be defined as intense and joyful mental experiences. As a result, there is a certain pleasantness connected with happy feelings.

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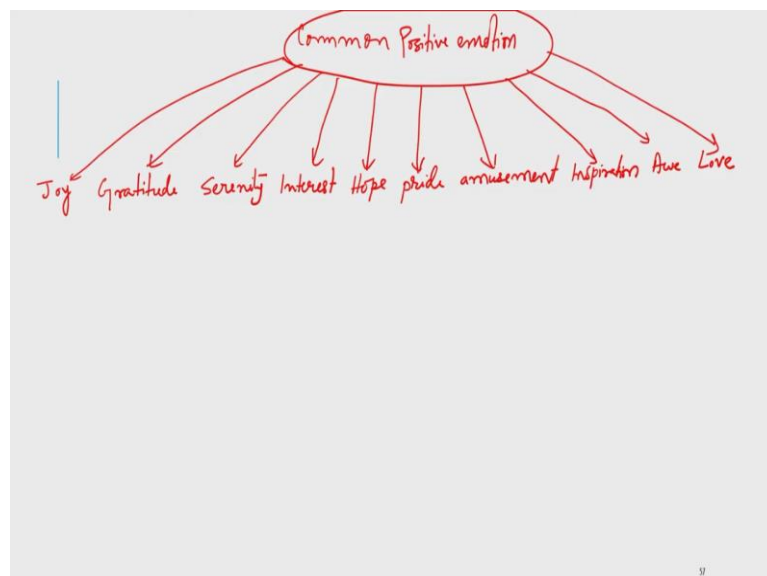
10 Common Positive Emotions

Fredrickson has outlined ten of the most commonly experienced positive emotions

- 1) **Joy:** delightful experience that is caused by something good
- 2) **Gratitude:** feeling of thankfulness for something or someone in your life.
- 3) **Serenity:** Experience of peacefulness and tranquility. It is more like joy but more quieter.
- 4) **Interest:** It is a state of intrigue, curiosity, or engagement.
- 5) **Hope:** Hope is belief and feeling that things will turn out best. It is a feeling of possibilities and optimism.

Barbara Fredrickson is a well-known researcher who specializes in positive emotions. She categorized ten basic good emotions that we all experience on a regular basis. So, let's take a look at the 10 most prevalent happy emotions.

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The following are some examples of common positive emotions. These are ten of the most prevalent positive emotions. Joy, thankfulness, serenity, curiosity, hope, pride, amusement, inspiration, amazement, and love are among them. So, let's have a look at what these pleasant emotions are.

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- 5) **Hope:** Hope is belief and feeling that things will turn out best. It is a feeling of possibilities and optimism.

So, as we've just mentioned, joy is a pleasurable experience that might involve sensations like satisfaction, gratification, and so on. As a result, this is a common happy emotion that we encounter.

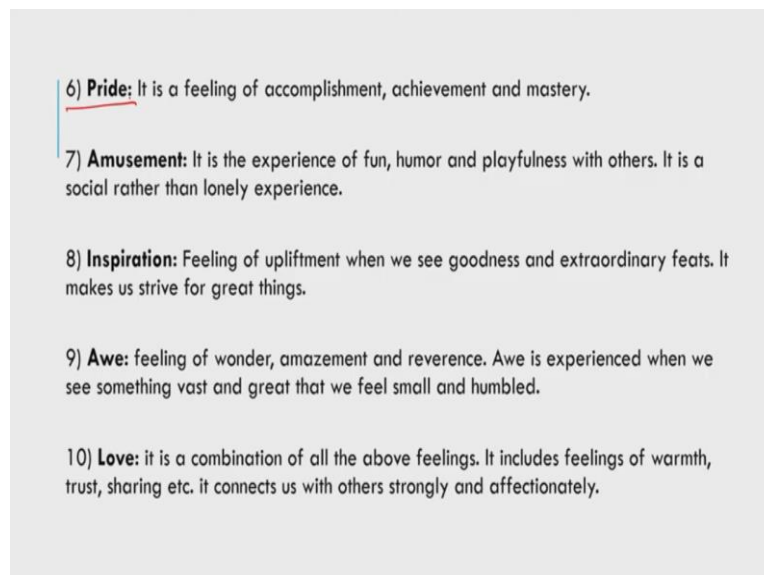
Then there's gratitude. Gratitude is viewed in many contexts as more than feelings; it is not only emotions, but it can also be regarded as a significant positive emotion. Gratitude, then, is the feeling of being grateful for something or someone in your life. So, whether you feel grateful to someone who has made a positive difference in your life or for whatever you have, you simply express gratitude. We sometimes thank God for something that has happened in our lives, or we thank God for something that has happened in someone else's life, and that emotion of appreciation is gratitude.

Then there's serenity. Serenity is a feeling of calm and tranquility. So, when you feel incredibly tranquil and calm, that's what you're talking about when you say "feeling of serenity." It's comparable to happiness, but it's a lot quieter. It is more tranquil and calm in the sense that there aren't as many intense sentiments associated with it.

The next one is interest. When you're in a condition of intrigue, you're talking about interest. You have a keen interest in something and are highly interested about it. Many of these

feelings are not often thought of as emotions, although they are all linked to positive emotions. As a result, according to Fredrickson, these can also be classified as emotions. So, when you feel really curious and engaged with whatever you encounter, that feeling is referred to be curiosity. Hope, according to Fredrickson, is a feeling, although many people think of it as more of an a cognitive process in which you become hopeful about the future. As a result, it is a combination of belief and feeling that will make things better. As a result, you will have the impression that things will improve or turn out well in the future. Hope is the sensation of possibility and optimism. As a result, it's also linked to happy feelings. It's possible that there's a mental component to it.

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Then there's pride. A sense of accomplishment or mastery of anything is referred to as pride. As a result, pride is viewed as a bad rather than a good characteristic in many cultures, particularly in the east. In some civilizations, such as collectivist nations, pride may be viewed as a negative aspect. It is regarded as a positive in many Western countries. So, in general, you are pleased with your achievement, your life achievement. In such sense, it is referred to as pride. However, it could have a cultural meaning, and some cultures may not view it as a positive in that regard.

Then there's the amusement. Amusement occurs mostly in the setting of a social situation in which you are part of a group or with other individuals. As a result, it is a shared experience of pleasure, humor, and playfulness. So you can't experience amusement on your lonesome; it

usually happens when you're surrounded by people and you're joking around. You know how to have a good time with other people. As a result, this is referred to as amusement.

Then there's the inspiration. When we observe goodness and remarkable things in our lives, we feel uplifted. As a result, motivation and inspiration are linked. When you are inspired, you are motivated to take action. You see something that kind of pulls you, and you feel elevated, and you want to accomplish something in your life as a result of that motivation. So there you have it. So it's a feeling of upliftment that comes from seeing something or some exceptional work or feed or something in your environment, whatever it is. As a result, it makes you want to do big things, and it is linked to motivation.

Then there's awefulness. In general, we use the phrase "awesome experience." That is the definition of awe. Simply said, it implies that when you see or experience anything, you are filled with awe, amazement, and reverence. When we witness something large and great, we feel little and humbled. In general, we experience awe when we observe something larger than ourselves, making us feel small and humbled. So you go somewhere and witness a hill or a natural phenomenon that is so enormous and oceanic that it fills you with awe. You feel little and humbled by the fact that such large phenomena or events are occurring in the world and universe. As a result, awe, or a sense of wonder, is defined as amazement.

Love is the final one. Love is a very complex emotion in general, and according to Fredrickson, it is a mixture, as it has all of the aspects of other positive emotions. It also encompasses feelings of warmth, trust, and sharing. It enables us to form strong and affectionate bonds with others. So love is a sense of, I mean, it's classified as an emotion here, but it can signify a lot of different things. As a result, it's really complicated, and it could incorporate all of the pleasant emotions we've mentioned. It can include feelings of amazement, inspiration, amusement, and delight, among others. It also enables us to form strong and affectionate bonds with others. As a result, it's a multifaceted emotion that might encompass a variety of others.

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Positive Emotions are Less Studied Emotions

Compared to positive emotions, negative emotions such as fear, anger etc. has received much more attention in the field of psychology. Reasons are-

Focus was more on understanding and treating psychological problems and disorders (negative emotions are common in most of the psychological disorders).

There are less number of positive emotions than negative ones. According to Fredrickson (1998) there seems to be only one positive emotions for every three to four negative emotions.

So, let's look at some positive emotion characteristics. One thing to consider is that positive emotions are less studied than negative emotions. When compared to negative feelings, this is true. Negative emotions are the subject of a lot of research. If you look at the history of psychology research, you'll notice that negative emotions like fear, rage, and others have gotten a lot of attention.

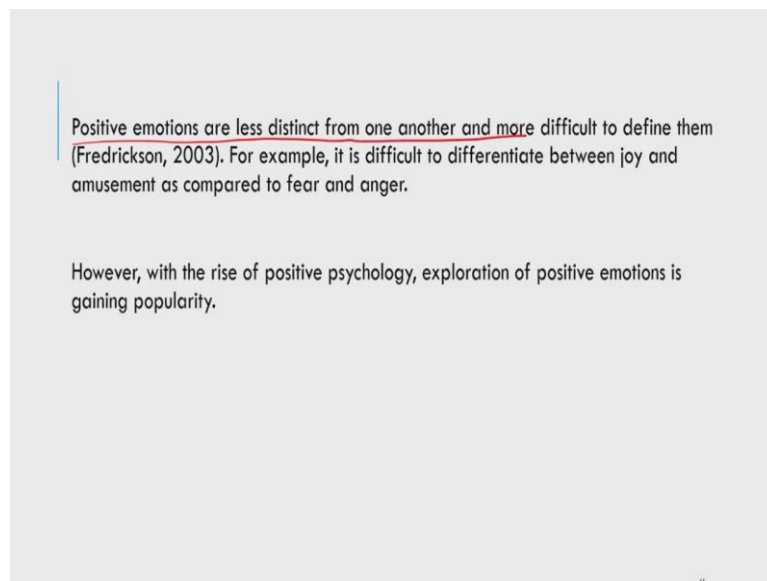
The fundamental explanation was that negative emotion constantly drew attention because it leads to a slew of problematic behaviors and is necessary for survival. As a result, the majority of psychiatric diseases and issues are linked to unpleasant emotions. So it required quick attention since, in order to treat or assist someone, we must first comprehend their bad emotions. As a result, negative emotions have received a lot of scientific attention, partly because there was a demand for it.

The second reason is that positive emotions are less common than negative emotions. In terms of numbers, there are many unpleasant emotions, whereas happy emotions are few in number and easily comprehended. Even if you look at this list of ten good feelings, many of them have a more cognitive quality to them, and some people may not consider them to be emotions. So, even if you look at Ekman's basic emotions, the majority of them are associated with negative feelings.

So, in terms of the range of emotions we experience, negative emotions are more prevalent, while happy emotions are less prevalent. As a result, they are probably understudied. There appears to be just one happy emotion for every three to four unpleasant emotions, according

to Fredrickson. In terms of possible experiences, this is a type of broad indicator that for every three to four bad feelings, there may be one positive emotion.

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As a result, positive emotions are less distinct from one another, making it difficult to discern between two positive emotions on numerous occasions. They are quite similar in terms of experience, thus studying them becomes more complex and tough, and they are difficult to define. The first thing you notice is that they are less distinct, which makes them harder to categorize.

When compared to fear and anger, it is difficult to distinguish between joy and amusement. So we can identify fear from anger in terms of experience, physiological correlates, and behavioral tendencies. Positive emotions, on the other hand, do not have such clear differences. As a result, this is likely another reason why they are understudied.

However, with the recent emergence of positive psychology, there has been an increase in research on happiness, well-being, and pleasant emotions.

So, slowly but steadily, we are learning more and more about them.

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Functions/Values of Positive Emotions

The 'broaden-and-build' theory of positive emotions, developed by Barbara Fredrickson (1998) proposed many significant functions or values of positive emotions. They are-

Positive emotions broaden our thought-action repertoires

Positive emotions such as joy or interest broaden our attention and thinking and makes us creative, see more opportunities, to be more flexible and open minded.

Negative emotions on the other hand narrows our attention, thoughts and options.

Let's look at what positive emotions are for and what they mean. As a result, Barbara Fredrickson proposed the broaden-and-build theory of positive emotions. So, this is a theory that discusses many positive emotion functions and values. Positive emotions have fewer theories since they have been studied less, whereas negative emotions and emotions in general have more complicated theories and comprehension. Positive emotions, on the other hand, do not have many ideas to explain them.

The broaden-and-build theory is a theory that discusses the multiple functions and values of positive emotion. As a result, she offered a number of major positive emotion functions and values. We'll talk about some of the functions and values she described in that theory today.

Positive emotions, for example, increase our thought-action repertoires. So one of the functions of positive emotion is that it broadens our thoughts and acts. It helps us grow in some ways. As a result, anytime we experience pleasant feelings like joy, happiness, or any other nice emotion, we feel expanded. We want to broaden our thinking in the same way that we want to widen our viewpoint and look at things and the universe. As a result, it broadens our thoughts and activities, as well as the range of acts that we can take while we are feeling good.

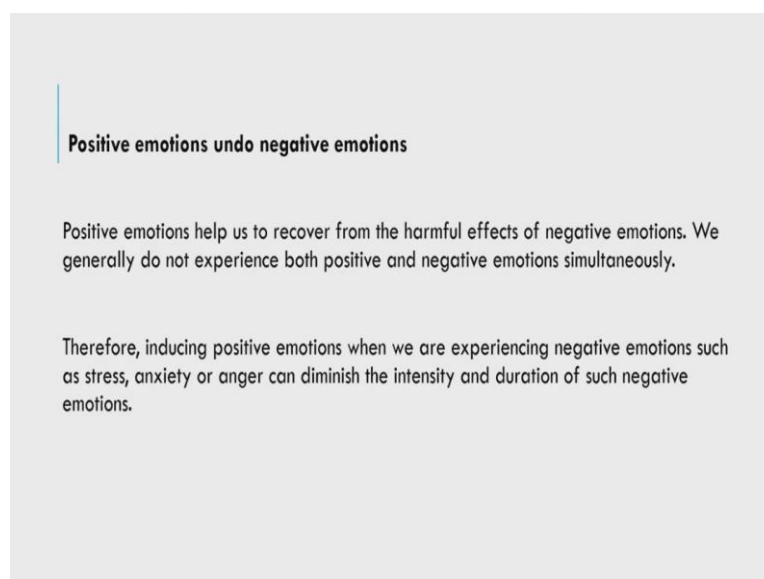
Negative emotion, on the other hand, tends to narrow our thoughts and behaviors. As a result, anytime we feel negative emotions like anger, contempt, or fear, we become very narrow and

confined, and our attention is drawn solely to the thing that is generating it. As a result, we develop a very restricted mentality and a very narrow approach. As a result, our thoughts and actions become more focused. As a result, there is a clear distinction between positive and negative emotions. As a result, unpleasant emotion constricts our attention, thoughts, and options. They are widened by positive emotion.

One of the functions it does is this. As a result, it helps us be more creative, notice more chances, and be more flexible and open-minded. So positive emotions does all of these activities that are really conducive to solving problems, dealing with life's problems, and becoming more creative in our approach. As a result of this characteristic, happy emotions tend to encourage a variety of additional adaptive functions.

As a result, we get highly constricted when we are experiencing unpleasant emotions, and we are unable to look for answers to problems. Generally, because we become too focused on a problem, we fail to recognize solutions that are outside that difficulty. As a result, we become very focused and narrow-minded, which makes problem-solving and coping with difficulties.

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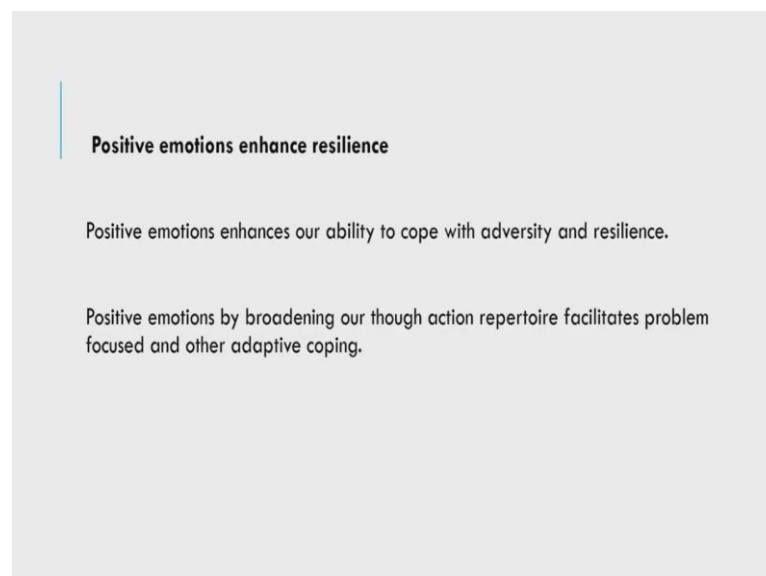
The next function discussed by Fredrickson is positive emotions undo negative emotions. So, what does it mean to undo negative emotion? This indicates that if you've had negative emotions, you've had an impact. As a result, it will have a physiological impact on your body, as well as certain negative emotions in your head. However, if you feel positive emotion after that, it will remove all of the negative effects on both the body and the mind. As a result, positive emotions assist us in recovering from the detrimental impacts of negative emotions.

So negative emotions have a slew of unpleasant consequences, as we've previously addressed in our first lectures: stress and negative emotion, and how they may injure us both mentally and physically.

We rarely have both positive and negative emotions at the same time. In most cases, we cannot have both experiences at the same time. As a result, we cannot experience both positive and negative emotions at the same time. As a result, having a positive emotion can counteract the detrimental impacts of negative emotions. As a result, inducing positive emotions when we are experiencing negative emotions like anxiety or tension, which are actually related with negative emotions, can help to reduce the strength and length of those bad emotions.

So, in general, we understand in our day-to-day life functioning that when some individuals are worried and negative emotions, experiencing negative emotions, people who understand will crack some jokes or mention something positive about life. They're attempting to elicit positive emotions. As a result, if they create positive emotions in that person, the detrimental effects of negative emotions will be minimized. That person will gradually be able to emerge out of it. As a result, we are able to undo the bad emotion.

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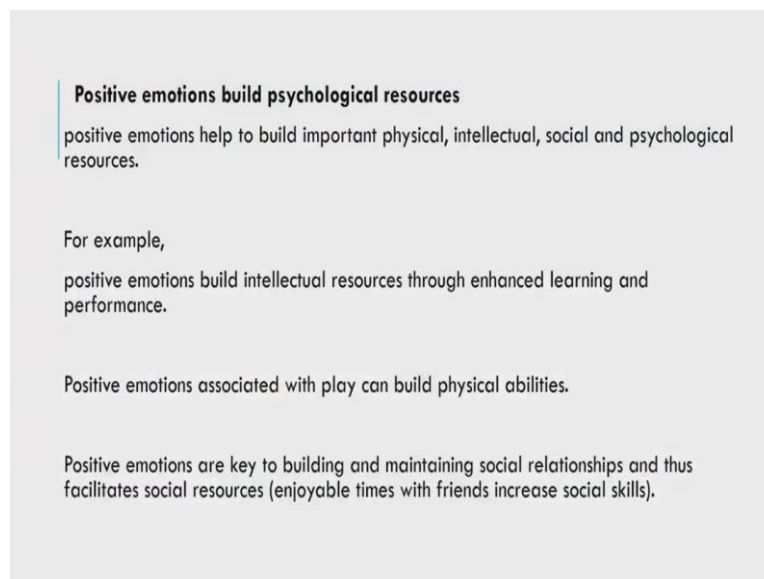


Positive emotions boost resilience, which is the third function. We explored this portion when we discussed the concept of resilience, which is basically our ability to bounce back from life's hardships and crises. So, when a negative incident or crisis occurs, we usually

experience a lot of unpleasant emotions, which makes it difficult for us to recover in many instances.

As a result, boosting or facilitating positive emotion in those situations might occasionally assist us extend our perspectives and possibilities. We'll be able to come up with more solutions as a result of it. As a result, it will make problem solving and adaptive coping easier in the face of adversity, life crises, or stressful conditions. It makes us feel more resilient.

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Positive emotions build psychological resources

- positive emotions help to build important physical, intellectual, social and psychological resources.
- For example,
 - positive emotions build intellectual resources through enhanced learning and performance.
 - Positive emotions associated with play can build physical abilities.
 - Positive emotions are key to building and maintaining social relationships and thus facilitates social resources (enjoyable times with friends increase social skills).

Another benefit of positive emotions is that they help to develop a variety of resources, particularly psychological ones. Resources refer to various abilities or skills that assist or strengthen us in specific ways. As a result, positive emotions aid in the development of a variety of resources, including physical, intellectual, social, and psychological resources. As a result, it encourages the development of numerous resources and assists us in adapting to diverse life situations.

Positive emotions, for example, increase intellectual resources through improving learning and performance. As a result, while we are experiencing positive emotions, we are more likely to learn more and perform better than when we are experiencing negative emotions. So you learn more when you are happy and joyful. Intellectually, it might be anything from learning about various topics to doing some school tasks. Because your thoughts are more

open, creative, and adaptable when you are pleased and happy in general, you are more likely to learn more. It encourages learning while also assisting us in improving our performance in terms of activities. In that way, it develops intellectual resources.

As a result, positive emotions can help to develop physical abilities or resources in particular situations. For example, when we are in a good mood, we frequently engage in sports and games. All of this also aids in the development of physical resources.

Positive emotions are also important in the development and maintenance of social relationships, as well as the facilitation of social resources. As a result, good emotions are linked to social resources and the development of social resources in terms of forming connections with others. So, when we're feeling good, we want to share it, express it, and connect with others.

Also, when we are glad and happy, other people feel good about connecting with us. People dislike being associated with someone who is depressed all of the time. As a result, when you're happy, other people are more likely to be happy as well. You will be more likely to make connections with others. In this way, it also encourages or facilitates the development of social resources.

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Positive emotions can trigger an upward developmental spiral

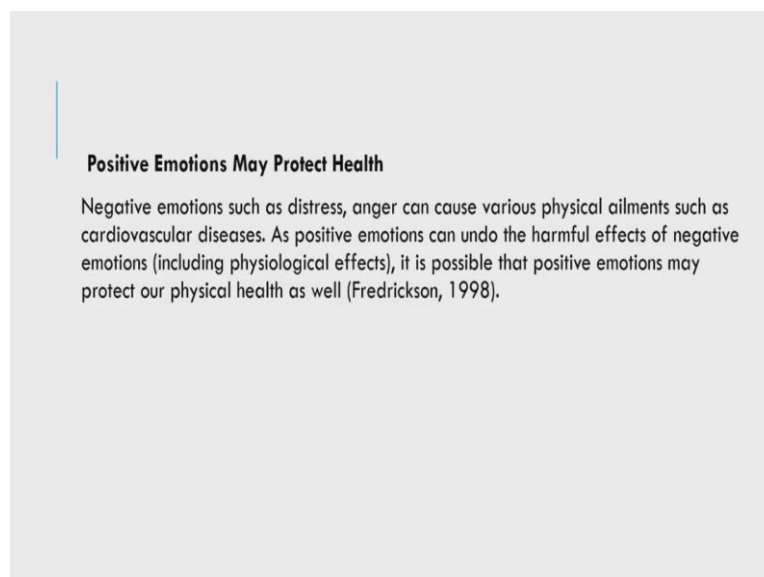
As negative emotions such as depressed moods can cause downward spiral of negative thoughts and emotions and lead us to a vicious cycle of negativity, similarly, positive emotions can also cause upward spiral of positive thoughts and emotions and lead us to improved emotional well-being (Fredrickson, 2004).

Positive emotion can also generate an upward developmental spiral, which is an important function or component of it. So it can encourage a spiral, an upward spiral. Negative emotion, in general, stimulates a downward spiral of negative thoughts and emotions, which can lead to a vicious cycle of negativity. For example, when we are in a depressed mood or when we become very sad, it can stimulate a downward spiral of negative thoughts and emotions, which can lead to a vicious cycle of negativity. So, if someone is depressed or sad, what happens is that it stimulates bad thoughts, and as more negative thoughts are stimulated, more negative emotions are stimulated. Negative emotion will stimulate unpleasant thoughts, resulting in a downward spiral of negative thoughts and emotion. As a result, you tend to fall down and down, and it might be tough to get out of it since it becomes a spiral.

Negative emotion fosters negative thinking, and vice versa.

Negative emotions are facilitated by negative ideas, which are facilitated by negative thoughts. It's easy to become caught up in a vicious cycle if you're that kind of person. Similarly, positive emotion can cause an upward cycle in the sense that when you feel or experience positive emotion, it facilitates positive cognitive processes, which facilitates positive emotions, which facilitates positive emotions, which facilitates positive emotions, and so on. There will be an upward spiral that will improve our emotional well-being, overall well-being, and sense of resilience.

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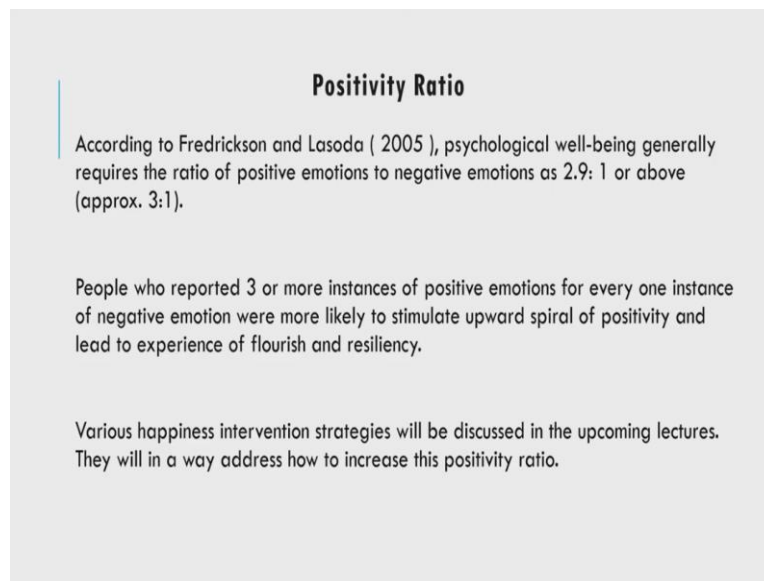


Positive emotions may also safeguard health by counteracting the detrimental effects of negative emotions. We've already explored in a number of lectures, including the first few,

how negative emotions such as stress and other negative emotions can lead to a variety of physical and psychological diseases. Both physical and psychological illnesses can be aided by the stimulation of stress hormones and other factors.

As a result, positive emotions can counteract all of these harmful effects, promoting physical and mental wellness. Positive emotions can counteract negative emotions' negative impacts, including physiological effects. As a result, it's feasible that pleasant emotions can also safeguard our physical health. There are also evidence for it.

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Positivity Ratio

According to Fredrickson and Lasoda (2005), psychological well-being generally requires the ratio of positive emotions to negative emotions as 2.9: 1 or above (approx. 3:1).

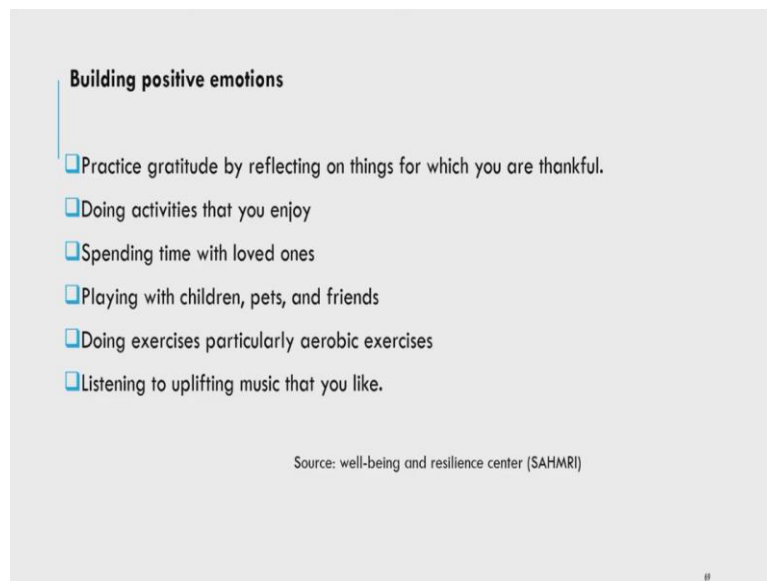
People who reported 3 or more instances of positive emotions for every one instance of negative emotion were more likely to stimulate upward spiral of positivity and lead to experience of flourish and resiliency.

Various happiness intervention strategies will be discussed in the upcoming lectures. They will in a way address how to increase this positivity ratio.

The positivity ratio is another term for it. In 2005, Fredrickson and Losada conducted research and discovered that psychological well-being or happiness necessitates a 2.9:1 or around 3:1 ratio of positive to negative emotion. So, if you experience 3 positive emotions for every one negative emotion, if that is the ratio of your experience, people who have reported 3 or more instances of positive emotions for every one negative emotion are more likely to stimulate an upward spiral of positivity and lead to a sense of flourish and resilience.

So, in order for well-being and a flourishing life or a sense of resilience to occur, research shows that when people experience three positive emotions, as a general ratio, three or more, it stimulates an upward spiral of positivity, which promotes resilience as well as well-being. As a result, numerous happiness intervention tactics that we will explore in forthcoming lectures will primarily focus on improving some of this positive ratio. We'll get into more depth about that later.

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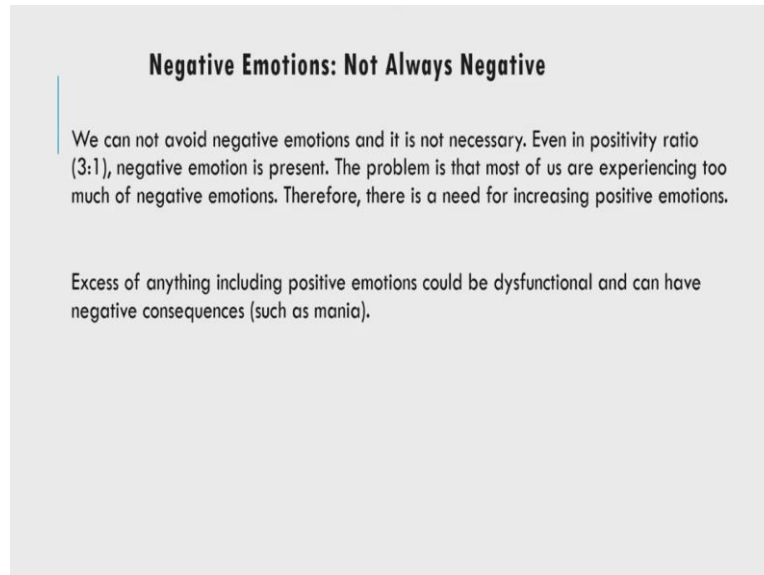
Building positive emotions is something we've already talked about when we talked about Martin Seligman's PERMA model. Positive emotions as a crucial factor for well-being and resilience were one aspect of PERMA. We talked about how we can increase the amount of positive emotions in our lives. We've previously talked about it, so I'll just touch on it briefly again because it's primarily about positive emotions.

One way to do this is to practice gratitude. Gratitude is often associated with positive emotions, but practicing gratitude, which entails expressing gratitude to others or to your life in general, can quickly elicit positive feelings. Because, as we've already stated, complaining about your life increases negative emotions, whereas thankfulness, or a sense of thankfulness, always stimulates positive emotions.

And there are likely to be many things in our lives for which we should be grateful. We don't glance at the instructions very often, therefore being grateful always boosts positive emotions. One of the most effective methods is to engage in things that you enjoy. Many people like various activities, and by doing so, we can increase happy emotions. Spending time with loved ones is one of the most effective strategies to boost happy emotions. Playing with children, pets, and friends is, in essence, a way of being connected to loved ones. Spending more time with them increases our positive emotion frequency. Exercising, especially aerobic activity. We already explored how aerobic exercise stimulates certain hormones such as endorphins, which boosts our mood and enhances positive emotions, in a

whole lecture. Music is, without a doubt, a very simple and powerful approach to stimulate happy feelings.

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Negative Emotions: Not Always Negative

We can not avoid negative emotions and it is not necessary. Even in positivity ratio (3:1), negative emotion is present. The problem is that most of us are experiencing too much of negative emotions. Therefore, there is a need for increasing positive emotions.

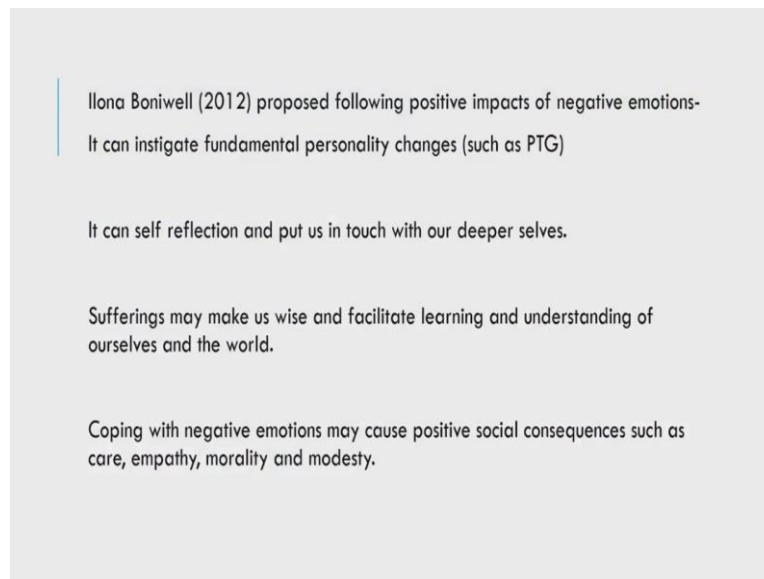
Excess of anything including positive emotions could be dysfunctional and can have negative consequences (such as mania).

Let us now turn our attention to negative emotion. As a result, we should avoid cursing negative emotions because we have spent so much time talking about the benefits of positive emotions. We should not believe that negative emotions are terrible and should be cursed and banished from our lives. In that sense, they are not always evil or negative. So unpleasant emotions are a part of our lives that we can't avoid, and they're also adaptive in the sense that some negative emotions are required for our survival.

Consider the emotion of fear. We shall not be able to survive without fear at times. As a result, fear signals that you should take care of yourself since there is a threat in your environment. As a result, negative feelings should not be regarded as cursed in any way. They are also an important aspect of our lives; even when a positive-negative emotion is present in a 3:1 ratio, at least one negative emotion may be there or should be present. The issue with increasing positive emotion is that we are experiencing too many negative emotions, which is driving our sense of well-being and happiness to decline. As a result, we must broaden our experience of positive emotions in this context. In the same way that too much of anything is bad, too much negative emotion is harmful, and our lifestyle and environment are becoming increasingly complex, generating more and more negative emotions, thus we need a positive emotion intervention in that setting. Anything in excess is bad, including positive emotions. Mania, which is also a phase in bipolar disorder, is a

condition in which patients alternate between depression and mania. So, in depression, they will become completely depressed and disconnected, while in mania, they will become incredibly euphoric, talkative, and in a good mood. There will be a lot of energy and activation, and they will engage in far too many activities. Their minds will be racing with ideas. All of these are symptoms of a manic episode. These are not beneficial since people are experiencing such emotions in excess and without any context, which can be maladaptive in that environment.

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In 2012, Boniwell claimed that negative emotions may have a variety of other positive aspects, including the possibility of personality change. We explored how traumatic experiences might actually trigger some constructive changes inside us in post-traumatic growth. As a result, they may also induce good changes in that situation. Some negative emotions might encourage self-reflection and allow us to connect with our inner selves. More self-reflection, personality shifts, and all of this might be linked to negative emotions at times.

Suffering can make us wiser and make learning and understanding easier. As a result, it is linked to post-traumatic growth and can help us become wiser. Dealing with negative emotions can lead to positive social outcomes including compassion, empathy, morality, and humility. When certain bad emotions, in the context of negative emotions, are collectively experienced, these emotions may actually, which are positive in that sense compassion, empathy, and all of this can be facilitated by that.

So it's not as though negative emotions are horrible or evil in some way. It's more like we need to boost our sense of well-being by stimulating more and more positive emotions within

ourselves. Negative emotions will always be a part of our lives; we cannot avoid them. However, we need to experience more and more positive emotions because our lives are built up in such a manner that negative feelings are triggered more and more. As a result, we must raise the frequency of good emotions. And, to be clear, we are not suggesting that negative emotions are terrible or should be condemned; they fulfill their own purposes and functions, including numerous evolutionary functions. So I'll wrap up today's presentation with these few points. Thank you very much.