

As human beings, we all have a desire for positive emotions in our lives. There are lots of different positive emotions, such as curiosity, pleasure, excitement, joy, love, connection, gratitude, awe, calm, contentment, a sense of mastery, and a sense of meaning or purpose. We all can learn and practice healthy and effective ways for increasing positive emotions in our lives. This doesn't mean chasing after positive emotions or desperately doing things to feel positive emotions right away. Instead, we can practice healthy strategies for gradually boosting a range of different positive emotions in our lives.

### Key Learning Point # 1 → *Savoring*

**Pause and savor the moment.** During any pleasant activity—no matter how small or big—we can pause and practice *savoring*, which means paying close attention to the moment with curiosity and appreciation. We can observe our surroundings and take in the details. We can also take the time to really notice and appreciate positive emotions as we feel them.

- For you, what does it mean to *savor* a pleasant experience?

### Key Learning Point # 2 → *Labeling positive emotions*

**Labeling positive emotions can make them stronger and last longer.** During any pleasant activity, we can ask ourselves: “*What positive emotions am I actually feeling? How would I describe these feelings? Am I feeling calm, content, focused, curious, excited, happy, satisfied, fulfilled, grateful, capable, confident, connected, affectionate, compassionate, loved?*” Mentally labeling our positive emotions makes us more aware of them, can make them stronger and last longer, and can help us better appreciate positive moments.

- Why do you think labeling positive emotions can make them stronger and last longer?

### Key Learning Point # 3 → *Post-experience savoring*

**Post-experience savoring can boost positive emotions.** One way to boost positive emotions is to actively think back on recent positive experiences. This is called “*post-experience savoring*.” This can involve taking a moment at the end of your day to think back on positive experiences that day – even if they were short positive moments while doing ordinary activities. You visualize the experience, think about the emotions you felt at the time, and note to yourself what you appreciated or liked about the situation. While this may all seem corny or silly, it can truly help to boost positive emotions in your life.

- What do you think could be the benefits for you personally of taking more time to intentionally reflect back on and savor recent positive experiences?

## Daily Practice

**Your brain is like a muscle. DAILY PRACTICE makes it strong.**

**Research studies show that daily practice...**

- Makes your brain healthier and stronger
- Reduces stress and anxiety
- Increases positive emotions

### Recommendations for Daily Practice

- Set aside a little time every day to do ONE lesson or exercise. The lessons focus on *learning* key concepts. Exercises focus on *strengthening* your skills.
- The key is to CHOOSE what works for you. Develop a personalized practice of your own. If you miss a day, no worries. You can always get back on track the next day
- An exercise that goes well with this lesson is the **Reflect and Savor Exercise**, which is available in the *Self-Reflection Category* of the Exercises section at [MindfulCoping.com](http://MindfulCoping.com)

### Plan Your Daily Practice for the Next Week

	What date/day of week will this be for me?	What Lesson or Exercise will I plan to do on this day? <i>(Tips: Consider repeating the “Boosting Positive Emotions” lesson or trying the Reflect and Savor Exercise)</i>	When and where will I practice?
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

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Keep in mind, the Mindful Coping Program is designed to be FLEXIBLE. Don't worry about doing the lessons or exercises in a particular order. You can go through the lessons and exercises in any order you prefer.

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