

Subject 3: Experiencing positive emotions

Emotions are experienced in response to events or objects that motivate behaviour in a positive or negative way. They are a key contributor to overall happiness and wellbeing.

People who experience frequent positive emotions appear to be more successful than others in three primary life domains – [work, relationships, and health](#).

There is a physiological benefit as well. Frequent experiences of awe, wonder and amazement have been associated with [lower levels of inflammation](#) which in turn can protect physical and mental health.

How to Increase Positive Emotions

Individuals have the power to influence their happiness four times more than is influenced by life circumstances. Here are some easy to do activities that can help increase your experience of positive emotions:

1. **Practice Gratitude.** Taking time to express thanks to other people, nature or a higher power will increase the experience of positive emotions. Video: [Gratitude](#)
2. **Savour Pleasure.** Savouring is being fully aware of the present experience and consciously prolonging and enjoying it to generate and intensify positive emotions. Video: [Savouring](#)
3. **Do Good.** Acts of kindness towards others enhances mental and physical health. For example, spending money on others can [promote more feelings of happiness](#) compared with spending money on oneself. Also, volunteering for a good cause allows individuals to [experience elevated moods](#) and connected to others. Video: [Do good](#)

Do you want to find out more?

The Generali Employee Benefits Network has partnered with FlourishDx to provide video and other resources on mental health and sleep health. Access these resources [here](#).