

P - Positive Emotion



This element of the model is one of the most obvious connections to happiness. Being able to focus on positive emotions is more than just smiling, it is the ability to be optimistic and view the past, present, and future in a positive perspective.

This positive view of life can help you in relationships, work, and inspire you to be more creative and take more chances. In everyone's life, there are highs and lows, focusing on the lows increase your chances of developing depression, therefore, you should focus on the high and positive aspects of life. There are also many health benefits to optimism and positivity.

Distinguishing between pleasure and enjoyment is important in this element of the model. Pleasure is connected to satisfying bodily needs for survival; such as thirst, hunger, and sleep. Whereas enjoyment comes from intellectual stimulation and creativity, for example when a child completes a complex lego car that requires his concentration, he will be beaming with joy and satisfaction from his work.

This type of positive emotion is needed, as when someone enjoys the tasks in their lives they are more likely to persevere and battle challenges through creative and alternative solutions.

Positive Emotion Links:

1. [Compassion](https://positivepsychologyprogram.com/category/compassion/): <https://positivepsychologyprogram.com/category/compassion/>
2. [Gratitude](https://positivepsychologyprogram.com/category/gratitude/): <https://positivepsychologyprogram.com/category/gratitude/>
3. [Happiness](https://positivepsychologyprogram.com/category/happiness/): <https://positivepsychologyprogram.com/category/happiness/>
4. [Positive Emotions](https://positivepsychologyprogram.com/category/positive-emotions/): <https://positivepsychologyprogram.com/category/positive-emotions/>