



# Positive Energy

*Tips & Habits for Positive Emotions & Energy*

## A Sense of Positive Emotion & Energy

There are a range of effective tactics and habits we can put in place to boost a sense of positive emotion and energy in our lives. Such activities can also help to reduce the impact of negative life events, stress and negative emotions. Positive emotions include a sense of joy, gratitude, serenity, interest, excitement, hope, pride, amusement, inspiration, awe and love. Positive energy includes a sense of feeling energised, rested, calm, focused, motivated, engaged.



However, it's important to accept that experiencing a meaningful and normal life will bring its ups and down and it's impossible to be 100% happy or contented all the time.

Mood and energy levels change in response to our thoughts, actions, reactions, physical wellbeing, nutrition and sleep (just to name a few!). The best we can do is to determine and implement healthy, practical tactics and actions that are within our control and are known to be effective, either based on good science and/or personal experience.

We've collated a few lists of things you can do to help boost a sense of positive emotion, wellbeing and energy. Take some time to note the tactics or actions that you already do, consider those you'd like to do more of (or try out), and determine a way of turning these into regular habits (with the help of a buddy if needed).

Because many of these tactics come from the science of positive psychology, health, resilience and recovery – you'll find that they can work even in times of challenge and change.

Reach out to your support network or professional help if you feel that these types of tactics are no longer working for you and can't gain a sense of positive emotion in your life. Professional help can provide more advanced and tailored ways to help you manage the negative and build the positive in your life.

## *Lists of Tactics and Habits for Positive Emotions & Energy*

### **6 Heavyweight Habits to Enable Positive Wellbeing**

- Regular exercise / physical activity
- Good sleep and time for rest
- Time with social support/friends
- Nutritious, healthy diet
- Constructive attitude/ thinking / perspective
- Use of problem-solving skills

### **Quick Energisers for the Busy Bees**

- Go for a walk
- Hydrate or eat a healthy snack
- Look into the distance
- Use micro-breaks through a longer day
- 2 mins of light exercise to recharge
- Talk with someone
- Read something fun or interesting
- Stretching or brief yoga
- Deep breathing exercises
- Mindfulness meditation
- Stop, zoom out and have a think
- Use a positive mantra, quote or thinking
- Consider what you've already accomplished

### **Engage personal Values that Drive You**

- Determination / persistence
- Courage
- Patience or tolerance
- Safety / security
- Boundaries
- Sense of achievement
- Money or physical rewards
- \_\_\_\_\_

such as....

- Acceptance
- Calm
- Kindness
- Hope
- Optimism
- People first (family/friends)
- Learning / growing
- \_\_\_\_\_

- Respect
- Helpfulness / service
- Openness
- Equality
- Honesty
- Communication
- Unity
- \_\_\_\_\_

### **Record and Reconnect to these Positives**

- Your strengths and how to use them
- Your accomplishments, no matter how small
- Things that make you feel good
- The good things to be grateful for
- Your valued relationships and connections
- The values and principles that drive you

### **Meaningful & Engaging Activity**

- Something fun
- Hobbies and interests
- Quality time with family or friends
- Quality time with your faith or spirituality
- Learning and self-development
- Things that make you smile or laugh
- Setting goals and working toward them
- Something that challenges or inspires you
- Being occupied, e.g. work, study, holiday, home duties, volunteering, projects
- Recalling positive memories and future plans
- Set up your physical environment with pleasant and/or personal objects and images

### **Links to More Resources & Exercises**

- [Relaxation, Composure and Mindfulness Exercises \(Audio Files on YES website\)](#)
- [Selected Tips for Wellbeing, Leadership & Performance \(handouts on YES website\)](#)

### **WORKSHEET QUESTIONS** (use your own paper or type up your answers)

- What sorts of activities, habits and values do you use to help boost your positive emotions and energy (are they used frequently enough)?
- What would be the next step you could take to establish a habit to support your mood and energy?
- How specifically could you accomplish this: (what, when, how, who with and why)?

## LIST OF STRENGTHS AND SKILLS – CHECKLIST

### Personal Strength Examples

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Accurate               | <input type="checkbox"/> Forgiveness      | <input type="checkbox"/> Patient             |
| <input type="checkbox"/> Action oriented        | <input type="checkbox"/> Friendly         | <input type="checkbox"/> People skills       |
| <input type="checkbox"/> Adventurous            | <input type="checkbox"/> Generous         | <input type="checkbox"/> Perseverance        |
| <input type="checkbox"/> Ambitious              | <input type="checkbox"/> Good looking     | <input type="checkbox"/> Persuasive          |
| <input type="checkbox"/> Analytical             | <input type="checkbox"/> Gratitude        | <input type="checkbox"/> Persistent          |
| <input type="checkbox"/> Appreciation of beauty | <input type="checkbox"/> Helping          | <input type="checkbox"/> Practical           |
| <input type="checkbox"/> Appreciative           | <input type="checkbox"/> Honest           | <input type="checkbox"/> Precise             |
| <input type="checkbox"/> Artistic               | <input type="checkbox"/> Hope             | <input type="checkbox"/> Problem solving     |
| <input type="checkbox"/> Athletic               | <input type="checkbox"/> Humility         | <input type="checkbox"/> Prudence            |
| <input type="checkbox"/> Authentic              | <input type="checkbox"/> Humorous         | <input type="checkbox"/> Respectful          |
| <input type="checkbox"/> Bravery                | <input type="checkbox"/> Idealistic       | <input type="checkbox"/> Responsible         |
| <input type="checkbox"/> Caring                 | <input type="checkbox"/> Independent      | <input type="checkbox"/> Self-assured        |
| <input type="checkbox"/> Citizenship            | <input type="checkbox"/> Ingenuity        | <input type="checkbox"/> Serious             |
| <input type="checkbox"/> Clever                 | <input type="checkbox"/> Industriousness  | <input type="checkbox"/> Self-controlled     |
| <input type="checkbox"/> Compassionate          | <input type="checkbox"/> Inner peace      | <input type="checkbox"/> Speaking            |
| <input type="checkbox"/> Charming               | <input type="checkbox"/> Inspiring        | <input type="checkbox"/> Spirituality        |
| <input type="checkbox"/> Communicative          | <input type="checkbox"/> Integrity        | <input type="checkbox"/> Spontaneous         |
| <input type="checkbox"/> Confident              | <input type="checkbox"/> Intelligent      | <input type="checkbox"/> Social intelligence |
| <input type="checkbox"/> Considerate            | <input type="checkbox"/> Kindness         | <input type="checkbox"/> Social skills       |
| <input type="checkbox"/> Courageous             | <input type="checkbox"/> Knowledgeable    | <input type="checkbox"/> Straightforward     |
| <input type="checkbox"/> Creativity             | <input type="checkbox"/> Leadership       | <input type="checkbox"/> Strategic thinking  |
| <input type="checkbox"/> Critical thinking      | <input type="checkbox"/> Lively           | <input type="checkbox"/> Tactful             |
| <input type="checkbox"/> Curiosity              | <input type="checkbox"/> Logical          | <input type="checkbox"/> Team oriented       |
| <input type="checkbox"/> Dedicated              | <input type="checkbox"/> Love             | <input type="checkbox"/> Thoughtful          |
| <input type="checkbox"/> Determined             | <input type="checkbox"/> Love of learning | <input type="checkbox"/> Thrifty             |
| <input type="checkbox"/> Disciplined            | <input type="checkbox"/> Mercy            | <input type="checkbox"/> Tolerant            |
| <input type="checkbox"/> Educated               | <input type="checkbox"/> Modesty          | <input type="checkbox"/> Trustworthy         |
| <input type="checkbox"/> Empathetic             | <input type="checkbox"/> Motivated        | <input type="checkbox"/> Versatile           |
| <input type="checkbox"/> Energetic              | <input type="checkbox"/> Observant        | <input type="checkbox"/> Visionary           |
| <input type="checkbox"/> Entertaining           | <input type="checkbox"/> Optimistic       | <input type="checkbox"/> Vitality            |
| <input type="checkbox"/> Enthusiastic           | <input type="checkbox"/> Open             | <input type="checkbox"/> Warm                |
| <input type="checkbox"/> Fairness               | <input type="checkbox"/> Open minded      | <input type="checkbox"/> Willpower           |
| <input type="checkbox"/> Fast                   | <input type="checkbox"/> Orderly          | <input type="checkbox"/> Wisdom              |
| <input type="checkbox"/> Flexible               | <input type="checkbox"/> Originality      |  |
| <input type="checkbox"/> Focused                | <input type="checkbox"/> Organized        |  |
| <input type="checkbox"/> Forceful               | <input type="checkbox"/> Outgoing         |  |

## General Strengths in the Workplace

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Activating                    | <input type="checkbox"/> Generating ideas | <input type="checkbox"/> Questioning         |
| <input type="checkbox"/> Adapting                      | <input type="checkbox"/> Giving feedback  | <input type="checkbox"/> Qualifying          |
| <input type="checkbox"/> Administering                 | <input type="checkbox"/> Helping          | <input type="checkbox"/> Researching         |
| <input type="checkbox"/> Analysing information         | <input type="checkbox"/> Handling         | <input type="checkbox"/> Resolving           |
| <input type="checkbox"/> Arranging                     | <input type="checkbox"/> Hosting          | <input type="checkbox"/> Reporting           |
| <input type="checkbox"/> Advising                      | <input type="checkbox"/> Imagining        | <input type="checkbox"/> Recording           |
| <input type="checkbox"/> Budgeting                     | <input type="checkbox"/> Implementing     | <input type="checkbox"/> Repairing           |
| <input type="checkbox"/> Building teams                | <input type="checkbox"/> Influencing      | <input type="checkbox"/> Reviewing           |
| <input type="checkbox"/> Briefing                      | <input type="checkbox"/> Initiating       | <input type="checkbox"/> Scheduling          |
| <input type="checkbox"/> Balancing                     | <input type="checkbox"/> Innovating       | <input type="checkbox"/> Selling             |
| <input type="checkbox"/> Communicating                 | <input type="checkbox"/> Interviewing     | <input type="checkbox"/> Setting-up          |
| <input type="checkbox"/> Controlling                   | <input type="checkbox"/> Instructing      | <input type="checkbox"/> Supervising         |
| <input type="checkbox"/> Coordinating                  | <input type="checkbox"/> Judging          | <input type="checkbox"/> Simplifying         |
| <input type="checkbox"/> Creating                      | <input type="checkbox"/> Learning         | <input type="checkbox"/> Speaking            |
| <input type="checkbox"/> Checking                      | <input type="checkbox"/> Listening        | <input type="checkbox"/> Strategizing        |
| <input type="checkbox"/> Counseling                    | <input type="checkbox"/> Locating         | <input type="checkbox"/> Teaching            |
| <input type="checkbox"/> Compiling                     | <input type="checkbox"/> Launching        | <input type="checkbox"/> Team-work           |
| <input type="checkbox"/> Coaching                      | <input type="checkbox"/> Leading          | <input type="checkbox"/> Trouble-shooting    |
| <input type="checkbox"/> Deciding                      | <input type="checkbox"/> Managing         | <input type="checkbox"/> Training            |
| <input type="checkbox"/> Detailing                     | <input type="checkbox"/> Mentoring        | <input type="checkbox"/> Tracking details    |
| <input type="checkbox"/> Developing people             | <input type="checkbox"/> Monitoring       | <input type="checkbox"/> Thinking creatively |
| <input type="checkbox"/> Directing                     | <input type="checkbox"/> Motivating       | <input type="checkbox"/> Understanding       |
| <input type="checkbox"/> Devising                      | <input type="checkbox"/> Meeting people   | <input type="checkbox"/> Uniting             |
| <input type="checkbox"/> Discovering                   | <input type="checkbox"/> Marketing        | <input type="checkbox"/> Upgrading           |
| <input type="checkbox"/> Data input                    | <input type="checkbox"/> Negotiating      | <input type="checkbox"/> Updating            |
| <input type="checkbox"/> Empathizing                   | <input type="checkbox"/> Navigating       | <input type="checkbox"/> Verbalizing         |
| <input type="checkbox"/> Evaluating                    | <input type="checkbox"/> Observing        | <input type="checkbox"/> Volunteering        |
| <input type="checkbox"/> Examining                     | <input type="checkbox"/> Organizing       | <input type="checkbox"/> Verifying           |
| <input type="checkbox"/> Explaining                    | <input type="checkbox"/> Overhauling      | <input type="checkbox"/> Writing             |
| <input type="checkbox"/> Editing                       | <input type="checkbox"/> Overseeing       |  |
| <input type="checkbox"/> Empowering                    | <input type="checkbox"/> Persuading       |  |
| <input type="checkbox"/> Finding                       | <input type="checkbox"/> Planning         |  |
| <input type="checkbox"/> Fixing                        | <input type="checkbox"/> Preparing        |  |
| <input type="checkbox"/> Formulating                   | <input type="checkbox"/> Presenting       |  |
| <input type="checkbox"/> Finalizing                    | <input type="checkbox"/> Problem-solving  |  |
| <input type="checkbox"/> Guiding a group or individual | <input type="checkbox"/> Proof reading    |  |
| <input type="checkbox"/> Gathering information         | <input type="checkbox"/> Prioritizing     |  |