

MARCH NEWSLETTER

International Day of Happiness



POSITIVE EMOTIONS

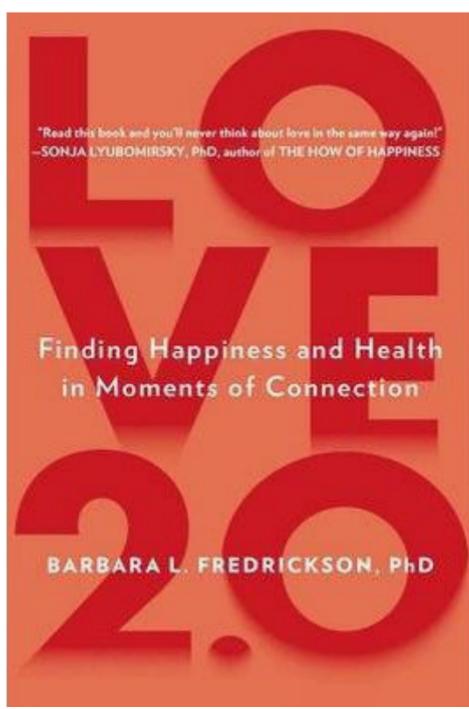
What you do to experience positive emotions?
What do you do to elicit positive emotions in others?
How can you use your character strengths to gain positive emotions?

The International Day of Happiness was on the 20th March. It was established by the United Nations to acknowledge the importance of experiencing happiness in our lives. Whilst we all want to experience happiness, it is worthwhile remembering that there are many other positive emotions which enhance our wellbeing, such as awe, love, gratitude and excitement, to name just a few.

Here are some suggestions to enhance positive emotions:

- Spot strengths in others
- Express gratitude or [gratitude journal](#)
- Visit a place of beauty
- Listen to or play music
- Watch a funny movie
- Leave a note of kindness
- Practice [mindfulness](#)
- Do something fun that uses your top strengths
- Volunteer
- Do the [VIA Survey](#) and marvel at your strengths

Remember that Positive Emotions are only one part of the wellbeing picture. According to Professor Martin Seligman we also require Engagement, Positive Relationships, Meaning, and Accomplishment - PERMA.



Book Recommendation

Barbara Fredrickson is a world leader in positive emotions. Read how small shared moments of positivity can impact your ability to flourish.

[See More >>](#)



PESA - Positive Education Schools Association is a great resource for schools implementing positive education.

Don't miss [PESA's National Conference](#) next month from Wednesday 11th April - Saturday 14th April at Geelong Grammar in Victoria, featuring world leader Professor Martin Seligman.

Growing Strong Minds will have an exhibitors stand, so stop by and say hi!



WANT YOUR STAFF TO EXPERIENCE POSITIVE EMOTIONS?

Our wellbeing packages Strong Minds not only enhance individual staff wellbeing, but also build relationships amongst staff. Book your 1.5 hr staff workshop now.

[BOOK NOW!](#)

Or request an [INVOICE](#) or [CONFERENCE CALL](#)

[Learn More >>](#)

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Warmest wishes,
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