

How to use the

# Positive Emotions Cards

to help people feel good

***Expanding someone's 'good feeling' vocabulary.*** Many people find it hard to identify and distinguish different positive feelings and are stuck with 'good' and 'fine'. To help expand their emotional vocabulary ask them to pick a card and describe that feeling in their own words. You can further explore those that particularly catch their interest by asking them the questions on the back. Throughout the session you can ask, 'What other feeling does this seem similar to, and how is it different?' In this way you can help them expand their ability to discriminate between, and describe, different positive feelings.

***Helping someone feel good more often.*** To help with this ask them to sort the cards into positive feelings with which they are familiar, and those with which they are not. Choose one from the familiar and one from the unfamiliar card piles. Use the questions and activities to help them come up with a plan for how to boost the frequency of feeling good.

***Helping someone create habits that promote wellbeing.*** Between them these cards provide one-hundred-and-twenty action ideas and mindset prompts to help someone experience a good feeling. Help them select the good feelings they are most interested in building into their life experience. Then select some specific activities that they feel might work for them. Monitor progress. If something doesn't seem to work, try something else.

***Developing greater awareness of a particular set of emotions.*** The cards fall into five emotional categories. Select the category that the person thinks will help in their current situation. For example they might want to feel more motivated (activating feelings), less lonely (relational feelings), calmer (soothing feelings), replenished (restorative feelings) or elevated (expansive feelings). In this case, concentrate on exploring the six emotions in that category.

**Helping a team bond.** These cards can also be used to help to encourage team bonding by exploring, sharing and amplifying the good feelings that they have experienced working together. Just spread the cards out and ask each person to pick up to five that describe how they feel about the project, the team, or their successes. Use their selections to promote discussion.

**Creating a positive team culture.** Help the team identify what emotions they would like to experience, that they think will help the team gel and succeed. Help them select a top five. Then use the questions to stimulate discussion about these feelings. Next look at the actions to create ways the team can support each other to build these feelings into their culture.

**Career coaching.** Spread the cards out then ask your coachee to select up to five that they want to experience in their work. Then discuss the kind of job they might look for that is likely to give them the opportunity to experience these feelings.

**Job-crafting to boost feeling good at work.** Help the person identify which of these feelings they experience in their role at present. How does feeling them affect their productivity? Are there others they would like to experience in their work? Help them think creatively about how they can both achieve their objectives and feel good more of the time.

**Build the business case for your wellbeing programme.** Each category of emotional states is fronted by a card that explains their impact on factors such as individual mental and physical wellbeing, relationships, team performance, creativity, productivity and absenteeism. Use them to help turn a 'nice to have' desire into a 'need to have' business case.

**Self-coaching.** These cards are perfect for a spot of self-coaching. Pick a positive feeling with which you are not very familiar and learn how to boost it. Pick a feeling that used to be frequent but which you haven't felt for a while and use the questions to help bring it back into your life. Spread the cards out and allow yourself to be drawn to something you would like to feel right now.