



## Yellow Ribbon Reintegration Program

For Those Who Serve and Those Who Support<sup>SM</sup>

### ***What are the benefits of being positive?***

*Instructions: read each statement and then circle either T = True or F = False*

- T F 1. Positive people live longer – In a study of nuns, those that regularly expressed positive emotions lived on average 10 years longer.
- T F 2. Positive work environments outperform negative work environments.
- T F 3. Positive, optimistic sales people sell more than pessimistic sales people.
- T F 4. Positive leaders are able to make better decisions under pressure.
- T F 5. Marriages are much more likely to succeed when the couple experiences a 5 to 1 ratio of positive to negative interactions whereas when the ratio approaches 1 to 1, marriages are more likely to end in divorce.
- T F 6. Positive people who regularly express positive emotions are more resilient when facing stress, challenges, and adversity.
- T F 7. Positive people are able to maintain a broader perspective and see the big picture which helps them identify solutions whereas negative people maintain a narrower perspective and tend to focus on problems.
- T F 8. Positive thoughts and emotions counter the negative effects of stress. For example, you can't be thankful and stressed at the same time.
- T F 9. Positive emotions such as gratitude and appreciation help athletes perform at a higher level.
- T F 10. Positive people have more friends which is a key factor of happiness and longevity.
- T F 11. Positive and popular leaders are more likely to garner the support of others and receive pay raises and promotions and achieve greater success in the workplace.

Retrieved from: <http://world.edu/11-benefits-positive/>

### **Three Good Things**

- 1.
- 2.
- 3.



## ***Positive Techniques***

### **Acts of Kindness**

People who performed five kind acts one day each week experienced increases in well-being.

**Ideas:** (*smile at a stranger, pick something up that was dropped, open the door for someone, buy a gift for someone, give someone a compliment, help someone, pay for someone's meal at a drive thru window, etc.*)

### **Cultivate the moment (savoring)**

In order to cultivate the moment you must focus on a pleasurable experience and make the pleasure last as long as possible.

For example, when drinking hot chocolate, one might prolong that experience by focusing first on the various features of the whipped cream (i.e. the taste, texture, and temperature), then on the drink itself, and lastly on the interplay of those flavors, textures, and temperatures together.

Schedule time for a "savoring adventure" - It could be anything—a walk in the woods, a trip into a city, or cooking a meal you love.

In order to cultivate that moment, do three things:

- (1) Beforehand, really anticipate how wonderful it will be.
- (2) During the experience, focus on all the sensations and feelings you're having. Use all five senses. Be nonjudgmental. Express your emotions—to whomever you're with or by writing them down later.
- (3) Afterwards, look back on the event. Share it with someone. Turn it into a story. Reminiscing is another important part too.

### **Loving Kindness Meditation**

Practicing loving-kindness meditation has been shown to result in increases in nine positive emotions - amusement, awe, contentment, gratitude, hope, joy, interest, love and pride.

- May you/I be peaceful and happy . .
- May you/I be safe from harm . .
- May you/I be as healthy and strong as you can be . .
- May you/I live with ease of well-being . .