

What results in these benefits?

- Reduces stressed and frustration
- Increases the sense of humanity at work
- Improves confidence
- Enables people to succeed in life
- Fosters group happiness
- Builds resilience
- Increases dopamine (enhances attention and pleasure) and serotonin (decreases fear and anxiety)
- Improves performance at work
- Improves commitment at work and employee engagement
- Improves responsiveness to customers
- Increases positive emotions and reduces negative emotions
- Builds trust and cohesion

Positive Emotions	Negative Emotions
Amusement Awe Gratitude Hope Inspiration Interest Joy Love Pride Serenity	Anger Disgust Embarrassment Fear Guilt Hate Nervousness Sadness Scorn Shame

Source: Barbara Fredrickson, University of Carolina

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Cartoon

*"Dear Mom and Dad: Thanks for the happy
childhood. You've destroyed any chance
I had of becoming a writer."*

At 7 am, Monday to Friday, the alarmist clock goes off

The world is
going to end!!

The world is
going to end!!

Oh for
goodness
sake

horacek



Source: Judy Horacek - www.horacek.com.au
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"Really, I'm fine. It was just a fleeting sense of purpose—I'm sure it will pass."