

Nurturing Healthy Emotions

Handout #1

HEALTHY, HAPPY, EMOTIONS

These are the top ten positive emotions identified by Barbara Fredrickson and described in her book, 'Positivity'.

Emotion	Description and Bible verses
Laughter / Amusement	<p>Enjoying the positive humor of funny situations and experiences, laughing with other people, not laughing at other people's distress.</p> <p>A cheerful heart is good medicine. Proverbs 17:22</p> <p>There is a time for everything, and a season for every activity under the heavens...a time to laugh. Ecclesiastes 3:1,4</p>
Awe and wonder	<p>A sense of amazement at the beauty and intricacy of God's creation and artistry.</p> <p>For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. Psalm 139:13,14</p>
Thankfulness	<p>Being grateful for the gifts we receive from God and other people, and for the good things in our lives.</p> <p>Give thanks in all circumstances for this is God's will for you in Christ Jesus. 1 Thessalonians 5:18</p>
Hope	<p>Believing that things can change for the better, especially when things are difficult right now.</p> <p>For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11</p>
Inspiration	<p>Being inspired by God's love and wisdom. Being inspired by the great and noble acts of other people.</p> <p>Being motivated to reach higher goals. Philippians 4:8</p> <p>Psalm 104 (inspired by God's works)</p>
Joy	<p>Having a sense of pure delight and happiness.</p> <p>A happy heart makes the face cheerful, but heartache crushes the spirit. Proverbs 15:13</p>
Interest	<p>Being curious and wanting to discover more about something, learning something new, or losing yourself in a positive or creative activity.</p> <p>The wife of noble character is one who pursues her interests and develops her skills well.</p> <p>Proverbs 31:10-31</p>
Feeling valued and appreciated	<p>Knowing that you have done a job well, and that God and other people appreciate what you have done, too.</p> <p>Whatever your hand finds to do, do it with all your might. Eccl. 9:10 Whatever you do, work at it with all your heart, as working for the Lord, not for men. Colossians 3:23</p>
Serenity	<p>Feeling still, peaceful, calm and content. Being free from stress, worries and fear.</p> <p>Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. John 14:27</p> <p>There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love. 1 John 4:18</p>
Love	<p>Feeling warm, safe and close to another person who cares about you. 1 Corinthians 13:4-8</p>