

CREATE POSITIVE EMOTIONS

Positive emotions broaden our awareness and allow us to take in and process more information. They help build and generate psychological, social, and physical resources.

THERE ARE TWO WAYS TO DO THIS:



1

Hunt The Good Stuff - HTGS

Reflect on the good things that happen to you. You can double positive emotions through re-experience.



Which exercises do you think make you more resilient?

Definitely the ruck march! Thanks for asking.



2

Active Constructive Responding - ACR

Listen and respond to good things that happen to others. ACR occurs when others share their positive experience, and you ask questions and respond to details so they experience HTGS.



For more ways to strengthen your resilience, connect with us at:

www.armyresilience.army.mil

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