

# What good is feeling good ?

## POSITIVE COPING IN A TIME OF CRISIS

### POSITIVE AND PAINFUL EMOTIONS CO-OCCUR

Decades of research has shown that even seasons of life dominated by deep suffering, such as bereavement or acute trauma can include moments of positive emotional reprieve. Experiencing positive emotion amid these periods of stress promotes better long-term outcomes, including less depression and stronger social bonds.

Positive emotion coping strategies can include:

#### 1. CREATING POSITIVE MOMENTS



Sometimes we need to consciously schedule situations or activities likely to make us feel good. We can try for any positive emotion, including (but not limited to) curiosity, calm, amusement, joy, hope, gratitude, and/or love.

#### 2. PROBLEM-FOCUSED COPING

Some of life's problems are too big or too complex to solve alone. In these times, we can refocus on solvable tasks (e.g. making dinner, picking up medicine) within the unsolvable problem. Keep tasks small and incremental; What is the first step of the first step?



#### 3. FINDING MEANING + NOTICING THE GOOD



In times of chronic stress, many people infuse new or deeper meaning into otherwise ordinary daily events. A walk in the sun or a phone call with a loved one may elicit deeper gratitude than before,

Emotional balance is allowing for a full range of pleasant and painful feelings

### HONORING + ALLOWING PAINFUL EMOTIONS

Remember that chronic avoidance of emotional pain can worsen distress in the long-run. Noticing, describing, allowing, and accepting uncomfortable and painful emotion is an important part of coping with extended crises. No matter what emotional experiences you are having, try to treat yourself with understanding and without judgment. You're coping and that is good enough.

### SELECTED REFERENCES

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