



Learning How to Manage Emotions Positively



Learning how to manage choices and responses to external stimuli helps you become self-aware and to manage and regulate emotional responses. When you manage your own emotions positively, you are exhibiting an internal locus of control – or a sense that you are in control of your environment – because you can control how you think, what you say, and how you respond. An internal locus of control helps you make positive choices and be proactive in your reactions.

A large body of positive psychology research shows that **gratitude** is consistently associated with greater levels of happiness. Additionally, there is a strong correlation between feeling gratitude and greater levels of happiness.



The power of showing gratitude is far reaching. When you feel and share gratitude, you feel and share positive emotions and good experiences, and improve your own health. The effect of feeling and showing gratitude also helps you build healthy relationships and deal with adversity.

There are many other ways of improving attitude. Individuals who observe and record positive experiences through journaling, photography or other creative methods, tend to show greater levels of life satisfaction. Others who practice mindfulness also report greater life satisfaction because it helps them break free from negative thought loops and focus on the present. Mindfulness practices can enhance gratitude and perspective as well as help you feel more connected to others.

You can choose the attitude you would like to have. As you practice having an internal locus of control, utilizing gratitude, and focusing on what matters most, you gain the power to choose a positive attitude.

Sources:

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