



# Positive Emotions Build Resilience

Using Positive Emotions Under Pressure



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# Why This Matters

- In crisis situations, stress narrows attention and exhausts mental energy.
- Positive emotions help responders recover faster, think more flexibly, and sustain performance.



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# Key Insight

- Positive emotions are not a weakness.
- They are functional tools that strengthen coping, problem-solving, and teamwork.



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# What Positive Emotions Do

Positive emotions such as gratitude, hope, and interest:

- broaden attention and thinking
  - reduce physiological stress
  - build long-term psychological and social resources
- ❑ They help responders “reset” after intense moments.



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# Practical Tools You Can Use

Responders can build resilience through simple practices:

- Gratitude moments – noticing what went well, even briefly
- Short grounding breaks – 2–3 minutes of breathing and awareness
- Reframing stress – seeing stress as energy for action
- Peer recognition – acknowledging positive actions in the team

Small actions, repeated often, make a difference.



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# How This Helps in the Field

- Restores mental clarity after stress
- Improves decision-making
- Strengthens team morale
- Reduces long-term exhaustion and burnout



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# Leadership and Team Impact

When leaders model positive emotion practices:

- teams feel safer and more connected
- motivation increases
- resilience becomes a shared norm



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# Key Reminder

- Using positive emotions does not deny distress.
- It complements professional support and healthy coping.



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# What You Gain as a Participant

## Faster emotional recovery

- Better focus under pressure
- Stronger team cohesion
- Sustainable resilience in demanding roles

☐ Resilient Responders grow strength by building positivity.



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Tugade, M. M., & Fredrickson, B. L. (2004). Resilient individuals use positive emotions to bounce back from negative emotional experiences. *Journal of Personality and Social Psychology*, 86(2), 320–333.



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