EMOTIONS AT WORK

We all have emotions! Did you know your emotions can have a positive effect in the workplace? Research shows that happy workers make the best workers.

To improve our work and personal lives, we should try focusing on positive emotions such as gratitude, joy, peace, hope, and pride, to name a few. By doing so, we reduce stress and become more resilient which can also increase our engagement. To quote Viktor E. Frankel from his book, *Man’s Search for Meaning*, “Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.” So make a choice to be positive and improve your work life.

**TIP OR EXPERIMENT:**

Try This: Keep a gratitude journal and begin writing things down that you are grateful for in your work and personal life. The challenge is to do this for 30 days to see if you have a happier, more positive outlook and better emotions at work. It’s also great to look back to see what you were grateful for during a specific time and how things have improved.

**KEEP ON LEARNING**

- Watch this short video on *Focus on what’s good and build gratitude*
- Read this article from Harvard Business Review *The Emotions That Make Us More Creative*

* Please note: When watching a LinkedIn Learning course/video, read the sign-in dialogue boxes carefully.