

Wellbeing Superfood

In the [previous lesson](#) I presented the three levels of wellbeing and how fostering Felt Wellbeing is so important.

[Felt Wellbeing](#) is when you experience heartfelt positive responses to things in your life. **And it's the accumulation of these experiences (and not, as many people believe, the absence of negative ones), that really make a difference to your life.....** in terms of happiness, being at your best, and getting better outcomes.

They are like a superfood for the mind, body heart and soul.

So since they are so good for you, how do you go about accumulating these heartfelt positive experiences?

It's easier than you think because positive transformation and improving your life comes from accumulating lots of small experiences, rather than occasional bigger experience.



[Barbara Fredrickson](#), researcher and world expert in positivity, argues that it is the 'micro moments' that count. Here's 3 key ways to increase them.

1. Range

The greater the range of possibilities to experience heartfelt positive moments you have, the easier it is. The pleasure that comes from drinking a nice cup of coffee, the satisfaction from an achievement, enjoying a smile or laugh with someone, a peaceful moment, being interested and curious about something...all enhance our life.

2. Depth

Take a moment to notice and let in positive heartfelt moments. So often we are caught up in the everyday, in the tasks, in our thoughts and worries, in our hopes and dreams, that we only notice of the positive things in a surface way, if at all.

Telling someone else who is interested in you and your wellbeing, not only provides another positive experience, it amplifies the effect.

3. Amount.

If we take the [rainbow experience](#) we talked about in the previous lesson, you could stop and notice the rainbow and give space to experiencing the beauty, wonderment, or joy from seeing it. You don't have to make a big thing of it, or make it bigger than it is, it's just learning to notice and experience what's there.

Later in the day you could remember seeing it and in a small way experience the positivity again so you get twice the benefit. Telling someone else about it as well and the benefit triples!

Jotting them down is another way of increasing them and has the added benefit of building up a 'bank' of positive experiences.

Allowing yourself to experience the positives moments, resources and replenishes you to meet all the other things that are going on in your life.

Small heartfelt positive experiences really are the superfood that builds the foundation to an enriched life, enabling you to bring more of your best to your life, and get better outcomes.

Take Care

Peter

Heart and Soul Coaching provides the practical support and resourcing you need for you to enrich your life and be at your best in your life and work. For coaching and staff training contact

peter@heartandsoulcoaching.com.au

