

FEELINGS AS INFORMATION

The benefits of negative emotions



While we need to be aware of the effects that negative emotions can have on us, it's not the negative emotions themselves that impact our health and well-being. How we react and process them when they arise is what counts. When managed well, negative emotions can offer some meaningful benefits. Here are some tips on how to do that.

DEVELOP GREATER SELF-AWARENESS

1

Negative emotions tend to be experienced more strongly compared to positive emotions, so there is much we can learn from them. For instance, anger arises when something that we value has been disrespected. This emotional response, therefore, highlights qualities that are important to us. People who manage emotions effectively can use what they learn from their experiences to increase self-awareness. This allows them to more accurately identify what they are feeling in future situations and strategically evaluate whether those emotions will best serve them at that moment. Self-awareness is a key component of success as it improves our judgment and helps us identify opportunities for personal growth.

GET MOTIVATED

2

Negative emotions can serve an important adaptive purpose and when managed effectively can be a source of motivation. They can encourage action and help us react to situations appropriately or create beneficial changes. An obvious example is fear, which is an internal warning that a situation may not be safe and cause us to react with a fight-or-flight response. Guilt can help adjust negative behaviours. It's essentially our moral compass and when it goes off, it's a good indication that we've done something wrong. Emotions like anger and frustration can be motivating forces that generate the energy we need to make a change. They may allow us to accomplish things we couldn't if we remained more passive. They can give us the push to work through challenges and propel us forward.

MAKE BETTER DECISIONS

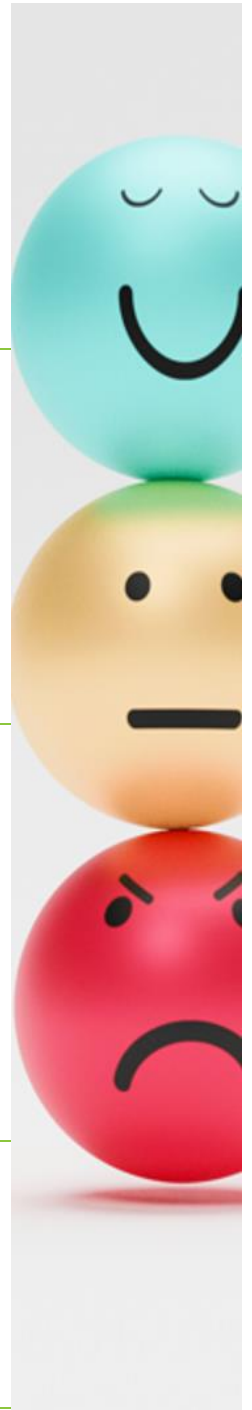
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Negative emotions have been linked to more deliberate decision-making. They alert us to new or challenging situations when focused attention is needed to produce an effective response. According to research, negative emotions can be helpful when engaging in activities that require more attention to detail. Sadness encourages slower, more systematic cognitive processing, so we rely less on quick solutions and pay more attention to subtle details that matter. Anxiety, on the other hand, is helpful when quick solutions to complicated problems are needed. It stimulates the body's fight-or-flight system, which facilitates problem-solving mechanisms. Frustration and anger have been linked to more creative problem-solving. When experiencing these emotions, you're less likely to think systematically and more likely to engage in flexible, unstructured thought processes.

ADD MEANING TO YOUR LIFE

4

Negative emotions provide an important contribution to the richness of our lives and their ability to foster gratitude and a sense of meaning. While it sounds amazing, a life of only positive emotions would be quite insipid. We learn important lessons from our negative emotions and they can make us more appreciative of the good things in life. Experiencing negative emotions also gives us the ability to build empathy and compassion toward others, which fosters positive and meaningful relationships.



Sources: <https://positivepsychology.com/negative-emotions/#effects> | <https://foundations.koahealth.com/blog-post/on-the-benefits-of-negative-emotions/>