

Reliance on Science

Did you know that positive people, including families and teams, live longer and bounce back better? In the well-known 2001 Nun Study, researchers from the University of Kentucky discovered those who regularly expressed positive emotions lived on average 10 years longer. Other studies conducted by psychologist Barbara Frederickson reveal that families who regularly express positive emotions are more resilient when facing stress. Author and psychologist, Daniel Goleman points to studies in his book, Working with Emotional Intelligence, that positive work environments outperform negative work environments. And the research of notable psychologist and therapist, John Gottman, showed that marriages are more likely to succeed when the couple experiences a 5 to 1 ratio of positive to negative interactions.

Positive energy causes things to happen and gives us an ability to do the work of daily living. Science tells us there are two types of energy: stored energy and moving energy. Stored energy is called potential energy because there is still untapped power yet to be released. Moving energy is called *kinetic* and that is what does the work. Renewable energy can be either stored or moving, and it comes from resources which are continually replenished.

When it comes to measuring energy, it's done with BTU's which stands for British Thermal Unit. It takes 2,000 BTU's to heat up a pot of coffee. And a piece of bread and butter will give us 35BTU\$ enabling us to jog for 6 minutes, bike for 10 minutes, and briskly walk for 15 minutes.

Becoming a Department of Positive Energy



So how do we replenish our own positive energy? And how can we release the potential of this stored energy to create a moving, transforming kinetic energy throughout our family, workforce, and community? In order to cause positive things to happen in our lives, work, and families as well as do the same for others, it's important to fire up the *BTU*'s which in this case are *Bless The YoU* in others. Please follow your facilitator's directions as you complete the following exercise.

Firing Up the BTU's	
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Every time you subtract negativity from your life, you make room to fill it with positive energy. ~ Anonymous