Professor Fredrickson has investigated the nature of positive emotions for more than three decades. In this virtual colloquium she will share her foundational Broaden-and-Build Theory of positive emotions as a backdrop for her latest thinking and evidence on the value of those positive emotions that individuals co-experience with others in day-to-day positive social connections. Mental health and resilience grows stronger through these shared moments of emotional uplift—they help individuals bounce back to wellbeing from illbeing. Moments of positivity resonance within long-term marriages predict trajectories of chronic illness and longevity. Character virtues also grow stronger: When people connect over positivity they gain greater appreciations for oneness, altruism and humility, benefits that stand to benefit whole communities. Dr. Fredrickson will highlight the evidence that supports these conclusions and also describe a simple “micro-intervention” that anyone can use to increase positive connections to reap the associated benefits.