



Practice Positivity

Learn ways to focus more on the positive than the negative.

Negative thinking can dampen our moods, affect our actions and worsen overall health.



Seek out the silver lining. Find the positive in a negative situation. Ask yourself how you have grown from this situation or what new skills you have developed.

Notice the positives. Take time to feel gratitude to boost your mood. Write down big and little things that make you smile. Share your good news with a friend for a double dose of gratitude.

Shift negative self-talk. Reflect on achievements instead of only mistakes. Imagine what you would tell a friend who had similar worries. Consider other explanations before always jumping to negative conclusions.