7 Positivity Tips

Tip 1 Gratitude

- Set time aside today to make a list of 3 things you are thankful for
- Tell other people 'thank you' when they do something kind for you
- Reflect on what these 3 things are and how you can continue to practise gratitude

Tip 2 Kindness

- Consider all the ways you can offer kindness today
- Show kindness in a way you wouldn't usually do
- The greater the variety of kind acts the better

Tip 3 Transform Negative Thinking

- Learn to recognise and identify negative thought patterns as they occur
- Stop and detach yourself from the negative thoughts by returning to the present moment
- Replace the negative messages with positivity

Tip 4 Communication

- Reach out to 3 people you haven't spoken to in over a month
- Video call someone close to you
- Make time in your day for others

Tip 5 Music

- Listen to your favourite album all the way through
- Search for new music and discover a new artist or band
- Sing – singing lowers stress levels

Tip 6 Try something new

- Trying something new will stimulate creativity
- It will break up your normal routine
- Discover new things you may like

Tip 7 Humour

- Laughter can strengthen your immune system
- Laughter triggers the release of endorphins
- Laughter relieves stress