

At this stage you might be feeling
overwhelmed, frustrated, sad,
angry, bored...or all of the above!

And that's ok, it is completely normal. So to help us all feel a little better we are going to shift our mindset away from the negatives of our current situation to positives aspects of our lives.



LET'S START THE WEEK BY EXPRESSING...

GRATITUDE

When we express gratitude, we are acknowledging the things that are good in our lives, the things we are thankful for. Research has found that gratitude is associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, reduce stress and build strong relationships.

How can I start practicing gratitude?



Start a gratitude journal

Make a habit of taking note of at least one thing each day that you are thankful for.



Write down **"3 good things"** that happened this week and figure out how and why they happened. This way you can do them again!



Engage in "mental subtraction"

Imagine what your life would be like if some positive event had not occurred.