

POSITIVE JOURNALING

Searching for the positives can be challenging at times and so creating a routine where you actively search for and record positives can be very beneficial to our wellbeing and mental health.

1. Find an old journal, a new journal, open up a new document on your laptop or a new notes page on your phone. Something you won't lose or discard by mistake.

2. Every day, or every couple of days, record three things that you are grateful for or feel positive about. These can be as big or little as you want. For example, you could say you're grateful that it's a sunny day or that you have a wonderful community around you, or that there's still milk in the fridge.

3. If you are struggling to find positives, speak to people around you. This doesn't have to be an isolated activity.

4. Return to your positive at any time you are feeling low or lacking in inspiration. They're out there!