Looking forward positively

The way we deal with everyday worries and stresses can greatly affect our lives. A positive mind-set is something you can choose to have – see below for support and ways to achieve a positive outlook, which can greatly impact good mental health.

Daily Challenge – Why not create a positive playlist of uplifting songs to listen to whilst at home? In challenging times, music can spark happiness, joy and nostalgia, and even relieve stress and anxiety.

Also:

- ✓ Take a look at the **'Positive Thinking'** 60 Second Skills eLearning module which you can access via MyLearning
- ✓ Click here to view a ½ hour **'Happiness' mindfulness session** provided by our Health & Wellbeing partner Vitality from 12.00-12.30pm
- ✓ You can also view the **Positive Psychology – The key to challenging times** podcast at a time that is convenient for you. The session looks at what we can do to be happier on a day to day basis. In this challenging period we are living in, the session will provide advice and guidance on thinking positively.
- ✓ Paul McKenna's has recently released three special **Positivity Podcasts** episodes to help survive the coronavirus crisis.
- ✓ The NHS have a **'Feeling Good: positive mindset' app** available which offers 4 free audio tracks designed to help you build confidence, energy and a positive mindset.
- ✓ Positive thinking and optimism can be effective stress management tools – click here to find out about how **'Self talk'** can help