

Top tips for taking a **positive** approach



Other useful tips

1. Focus on active problem-solving

If you focus on what the problem actually is, not what it feels like, then you can solve it.

Notes

2. Distract yourself from the problem for a short time

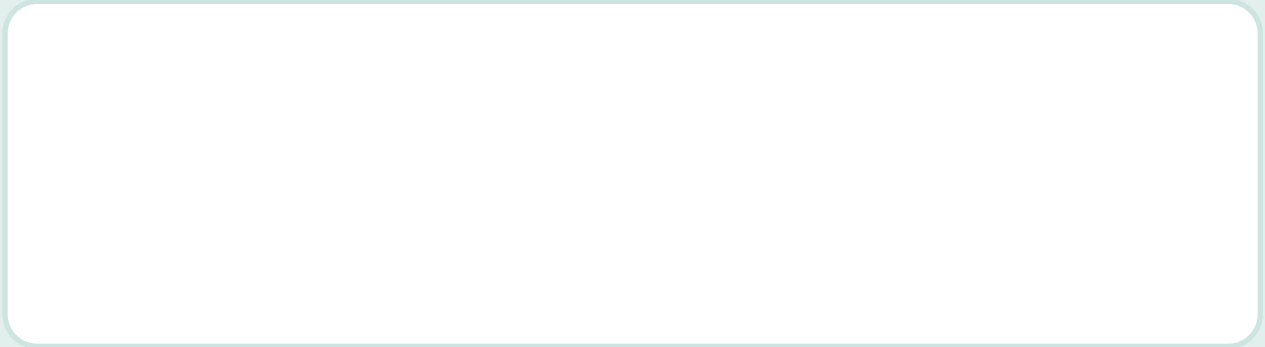
coming back to it with a clear mind and fresh outlook later on can help.

Notes

3. Get a second opinion

Talking something through with a friend or colleague can be very helpful - often just by saying it out loud you realise that it's not clear in your own mind. Another view can also help you see the bigger picture.

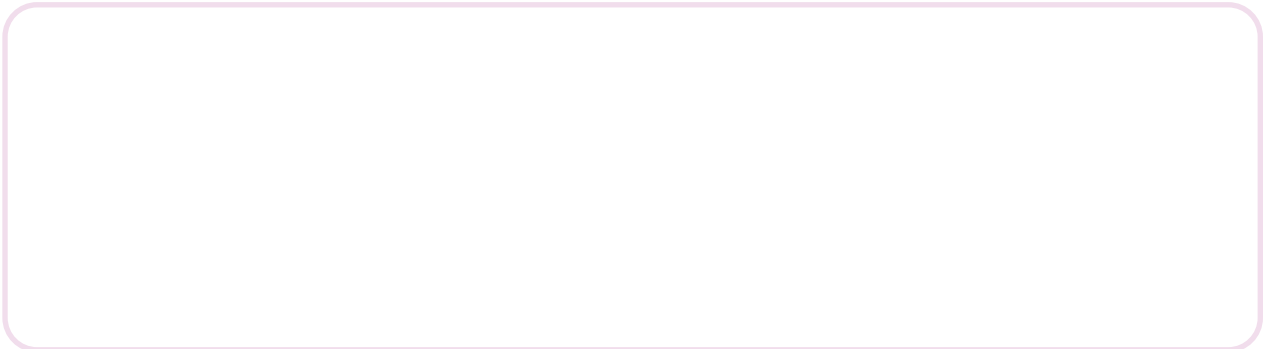
Notes



4. Practice mindfulness

This is a basic human ability that we all possess. It's the ability to be fully present, aware of where we are and what we're doing and not overly reactive or overwhelmed by what's going on around us. Being in the present rather than the past or a possible future in your mind, can help you to not overthink things.

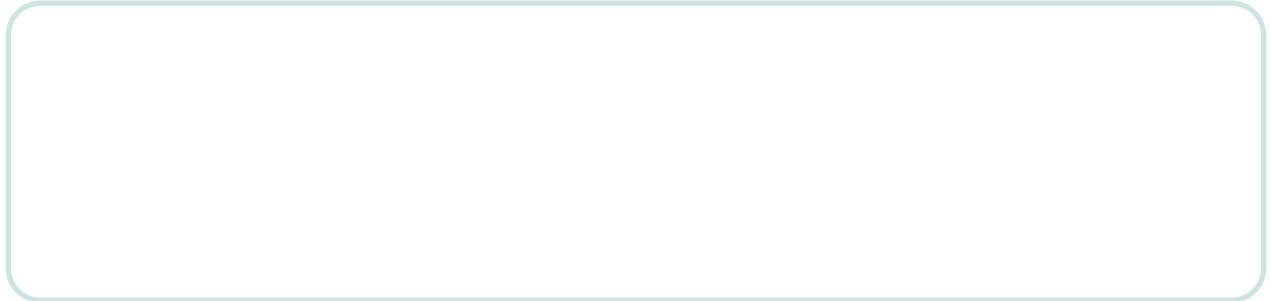
Notes



5. Using positive affirmations and self-talk

An effective technique for changing your mind-set is to repeat positive statements or declarations in your mind. It works well at the start of the day or before a potentially stressful event.


Notes



6. Focus on the good things and have something to look forward to

This is about filling your head with the positives so there is less space for negative thoughts. Filter out the negatives where you can.

Notes



7. Find and share the humour in bad situations

Laughing at ourselves and the situation, especially with others if possible, can really lift your mood. Make sure you connect regularly with friends, family and colleagues using technology if necessary to share your feelings.

Notes





Useful Meditation and Mindfulness Apps

Aura

This mindfulness app provides the user with daily micro-meditations that last only three minutes apiece. Aura helps users relieve stress and anxiety with a technologically advanced, simple, and effective meditation platform. It was created by some of the best and most sought-after meditation teachers and therapists, and personalized by AI.

Aura allows users the option to keep a gratitude journal, track moods throughout the day, and listen to the sounds of nature. It even makes meditation into a game, as it allows you to level up as you learn and participate in daily challenges. This may be the right app for you if you have limited time throughout the day to practice your meditation.

www.aurahealth.io

Breethe

Breethe is a free app that follows users throughout the day, from the time they wake up to the time they go to sleep. It provides them with supportive tools and guidance to help them stay on track with their meditation practices throughout the day. It offers five-minute meditations, along with tips for overcoming pressure, feeling love, and living with intention and inner peace. It is fully customizable, making it a user-friendly app to help support your practice.

www.breethe.com

Headspace

Headspace provides the user with spoken-word exercises that are designed to be used for around 10 minutes a day, beginning with a 10-session pack that comes free with the initial download. It includes short meditations for people who are on the go and even SOS meditations that are useful during times of crisis. One of the best things about this app is that you can try it out before buying it. It really teaches users how to incorporate meditation into their own lives so that it works for them.

Headspace brands itself as being a gym membership for the mind. People note that they can feel the hard-to-quantify benefits from Headspace that have to do with their attention span, equanimity, sense of alertness, and the ability to deal with stressors in daily life.

www.headspace.com

