

HOW TO KEEP EVERYTHING IN PERSPECTIVE



POSITIVE PSYCHOLOGY

- ◉ Positive psychologists believe that, to create happiness, you need 3 good experiences to every bad one.
- ◉ This is a great tool to have if you tend to dwell on the negative things.



3:1

- ◉ Think about or write down one thing that's really bugging you right now.
- ◉ Now think about 3 good things in your life (come back to your gratitude list if you need to).
- ◉ Take a few minutes to reflect on this.
- ◉ Keep the balance.



GOOD THINGS

- ◉ Good things don't have to be huge but they do add up, such as:
- ◉ Family
- ◉ Friends
- ◉ A test you did well in (or a pat on the back for joining the sixth form)
- ◉ A pet who loves you
- ◉ Your hair looks great today
- ◉ Soon there will be a holiday
- ◉ You're alive!