HOW TO KEEP EVERYTHING IN PERSPECTIVE



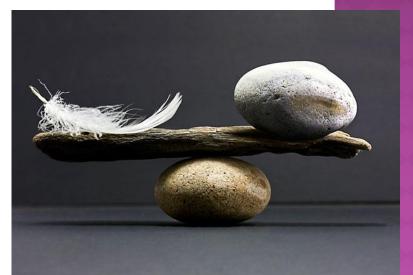
POSITIVE PSYCHOLOGY

- 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!