

WHAT IS POSITIVITY?

Positivity is a mindset that incorporates optimism and acceptance. It's different from happiness, which is a mood that comes and goes. Positivity, on the other hand, can endure. **It is a choice that you can always make.**

Learn positivity by looking in



Positivity is not based on the outside world, but rather the way our mind sees the world through an optimistic lens.

We have far greater control over ourselves (our inner world) than external influences. When faced with trouble or negativity, **look inward for a solution instead of outward.**

Factors that contribute to positivity –

PERSPECTIVE.

Viewing stress as a challenge, rather than an obstacle.

ACCEPTANCE.

Making peace with what you can control and what you cannot.

CHOICE.

Recognizing the conscious effort / decision to be happy.

Change is possible!

Here are five simple habits to improve your positivity, happiness and overall well-being –



1. **Expressing gratitude** – Write down three new things you are grateful for each day.



2. **Journaling** – Record one positive experience you've had in the last 24 hours.



3. **Exercise** – Boosts helpful brain chemicals and leaves you feeling happier.



4. **Meditation** – Helps with relaxation and thinking clearly and is great for brain health.



5. **Random acts of kindness** – Do something thoughtful for a friend or stranger.