

MAY  
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# Mental Well-being

## Life is all about perspective

It's hard to imagine that something good can come out of a bad situation. When life gives us lemons, sometimes we just don't want to make lemonade. Even though it may be tough, it's important to let go of the idea that things should have happened differently. Next time you are having a bad day, take a beat to look at the bigger picture and find something positive to think about. Find small ways to celebrate life every day to bring more positivity into your world. A great way to do this is by thinking about all of the things you feel grateful for. Begin by saying thank you with the following tips:

**Thank someone who supports you.** Some people are here for you no matter what. Think about one person who is always ready to help you when you need it.

**Thank your body.** Instead of thinking about what your body can't do, think about all that it CAN do. Your body performs amazing work all day, so take a minute to be content about yours.

**Thank your food.** The food on your plate made it there thanks to the effort of many different people. The goodness of food that comes directly from mother nature not only fills your stomach well, it also provides better emotional energy.

**Thank yourself.** It's easy to be your own critic. Take a moment to reflect on everything you are capable of.

Be creative as you think of ways to change the way you view each day. Please keep in mind that if your stress is beginning to affect your daily life, it's important to seek help by contacting your primary care provider or a qualified health professional.

*Source: ADAA.org, WebMD.com, GreaterGood.Berkeley.edu*



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## Silver Linings Practice

It's hard to practice positive thinking when you feel overwhelmed. Use this sheet to help put your mind in the right place to think happy thoughts and train your brain to find the silver linings in every situation. Once you finish writing about things that make you happy, practice approaching a situation that causes negativity in your life.

### Step 1: List 5 things that are going well in your life.

These can be general things or specific things. Thinking about positive moments, big or small, can get you in the right mindset to find the silver linings in other aspects of your life.

### Step 2: Now list something that didn't go your way recently.

In a few sentences, describe that situation. (Example: I missed the bus this morning).

### Step 3: Find the silver lining of the situation.

Try to look on the bright side of that negative situation by listing three things that can help you see the bright side. (Example: I missed the bus this morning, but at least another bus arrived 10 minutes later).

Read this [article](#) for tips on how to handle stress and anxiety.

Listen to this [podcast](#) about how to find your silver linings.

Watch this [video](#) and learn 3 easy techniques that zap stress away.