

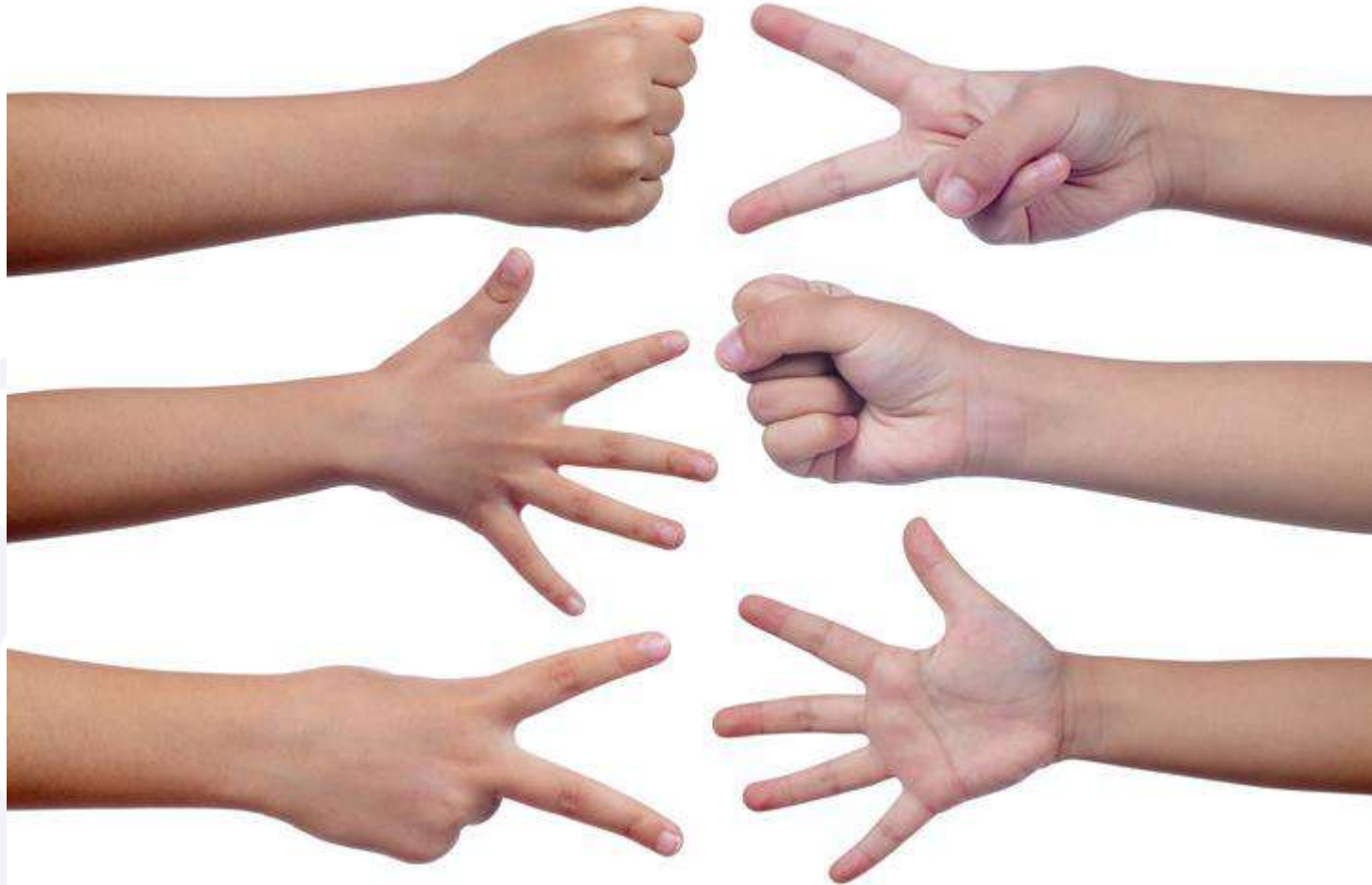
Beating the Winter Blues

Maintaining a Positive Mental Attitude



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Energiser



Laugh – Why wouldn't you?

Benefits of laughing:

- Reduces heart disease
- Natural pain killer
- Improves breathing
- Helps you lose weight
- Gives you good sleep
- Decreases stress
- Makes you look young

**There's no reason not
to laugh!**



Mastering a Positive Mental Attitude

Research shows that acting positive at work can actually help you become happier over time. In other words, emotions can be influenced by behaviour.



Traits of a Positive Mental Attitude

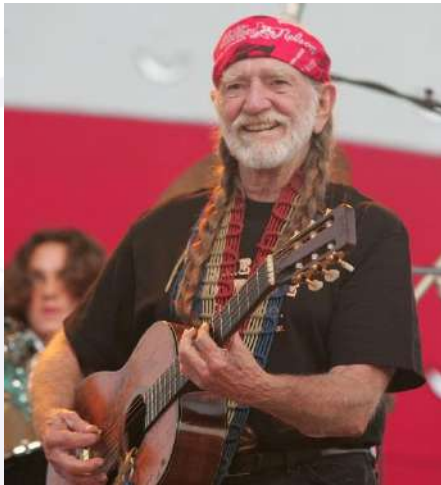


1. A positive attitude is mental outlook of optimism and of expecting good things to happen.
 2. A person with a positive state of mind does not dwell on the problems and difficulties of the past, and does not let them dictate their life.
 3. A positive attitude can affect your life favourably in all areas.
 4. People with a positive attitude will not let failure or obstacles stand in their way, and will always try to find ways to overcome them.
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Attitude is everything!

Oscar Wilde says:

Life's too short to be taken seriously.



Willie Nelson says:

Once you replace negative thoughts with positive ones, you'll start having positive results.

Gratitude – the foundation of happiness

According to studies conducted over the past decade.

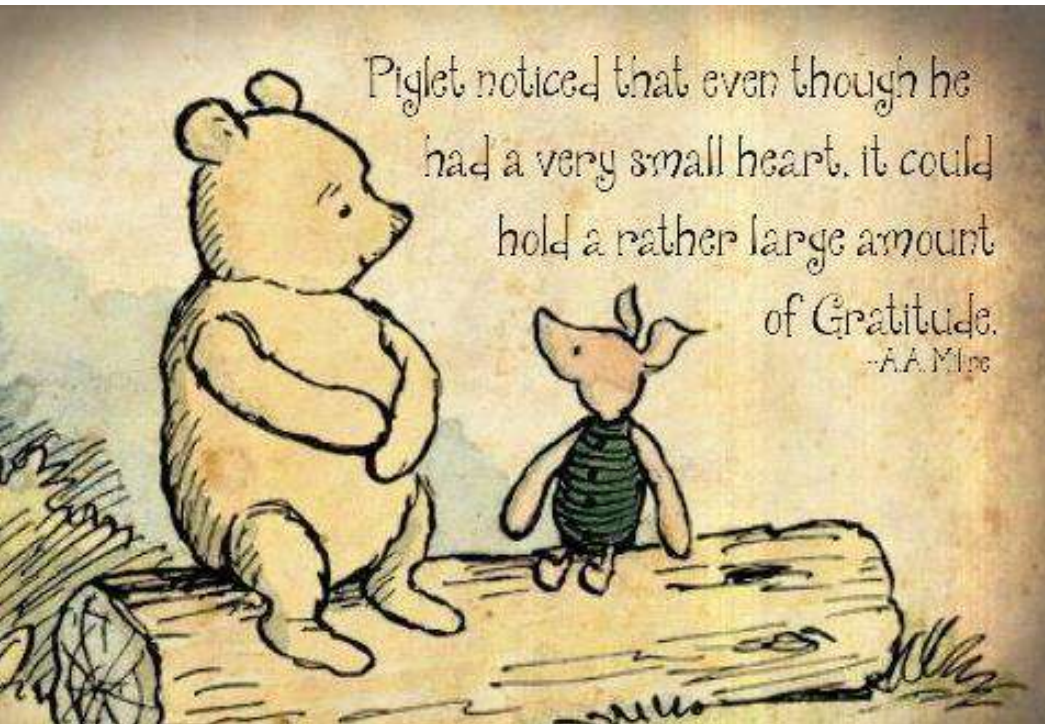
Adults who feel grateful have:

- more energy
- more optimism
- more social connections
- more happiness than those who do not.

They're also less likely to be depressed, envious, greedy or alcoholics!

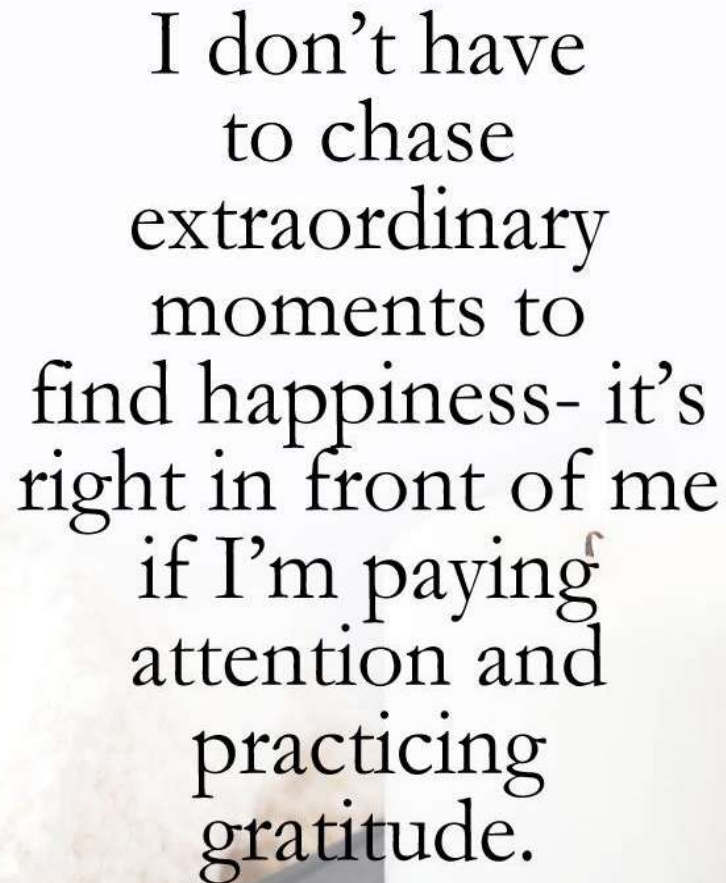


Practise gratitude



1. Don't be picky, appreciate everything.
2. Find gratitude in your challenges.
3. Practice mindfulness.
4. Keep a gratitude journal.
5. Volunteer.
6. Express your gratitude – out loud!
7. Spend time with those you love.
8. Prioritise things that make you happy.

Brene Brown says:

The background image shows a lit candle with a warm, yellow flame, resting on a stack of books. The candle is partially melted, and its light is soft and inviting. The books are stacked horizontally, with the top book having a dark cover. The overall scene is cozy and contemplative, with a warm, golden light emanating from the candle.

I don't have
to chase
extraordinary
moments to
find happiness- it's
right in front of me
if I'm paying
attention and
practicing
gratitude.

~Brene Brown

Cultivate positive relationships



How do positive relationships make you feel?

TRUST: the foundation of stronger connections



FOCUS on your focus



Emotional state control

Presupposition:

*The mind and
the body are one
system –
connected in a
cybernetic loop.*



Now it's all up to you

