

The benefits of keeping positive

COVID-19 has challenged our collective wellbeing for almost 18 months, with our 'usual' stresses and anxieties being exacerbated by uncertainties and restrictions brought about by, and indeed as a response to the COVID-19 pandemic.

The summer has softened the blow a little bit over the last few weeks, but as we think back on recent times, it is helpful to keep with you some tips to help remain positive.

Try and find the silver linings

Try to find some positivity from the situation. Are you going out less and saving more money? Able to spend more time with loved ones? Able to spend more time focussing on yourself? As the saying goes, every cloud has a silver lining, you just need to find yours whatever it may be.

Feed yourself positivity

Manage the influences in your life to help feed your positivity. You won't be able to completely avoid negativity but you can pinpoint sources of it such as TV/Social media and limit the amount of time you spend absorbing it.

Slow yourself down

Whilst the hustle and bustle of life often means we are in a hurry, taking the time to slow down a bit and not rushing gives you the time to calm down and better think things through and find the silver lining, or a more positive approach to things.

Bring positivity to someone else

More often than not you get back what you give out. So being that positive influence in someone's life will bring more positivity back to you. People feel good for being the one that makes others feel good so bear this in mind.

Start your day as you mean to go on

Getting off to a good start when starting your day drastically helps your mood throughout. Waking up in the morning feeling glum will often result in you feeling that way throughout the day. Getting in to a good habit of starting your day off in a way that puts you in a good mood will

change entire days. Get up earlier, make the bed, exercise, do whatever makes you feel productive and fresh.

Look after your general wellbeing

Looking after your general wellbeing often has a positive effect on your state of mind as it reduces stresses and anxieties, it can also make you feel more positive. Making sure you get enough sleep, have a healthy diet and exercising whether that's mind, body or both will help you feel more positive when dealing with difficult situations over prolonged periods of time.

Speak to friends and family

If something is starting to bug you it is best to speak about it with friends and family. This will help release the pressure of the concern surrounding a situation and will possibly help you see the light from another person's perspective. This will help you deal with issues better and help to maintain a more positive mind set.

Don't let yourself get too worked up

It can be very easy for things to get blown out of proportion in times of increased stress. This only contributes to your stress more and it becomes a vicious cycle. A lot of the time the issues that we get so worked up about are not as big as we think. Try to avoid letting this happen, keep things in perspective.

Don't be afraid to seek support

If you feel you may need some support, you can contact Care first. Care first is a leading provider of confidential, professional counselling, information and advice services. All employees are eligible to use Care first, our services include; telephone counselling, information services and online support. Call Care first on the Freephone number provided by your organisation and you can speak to a professional in confidence.

More information

Please join our live Webinar on **'Positivity and Wellbeing'** on **Friday 2nd July at 12pm**, please use the following link to register for this session –

<https://attendee.gotowebinar.com/register/5370083375485849359>

If you are unable to join the webinar live, a recording of the session can be accessed using the same link above after the webinar has taken place.