

# Smart Moves for Resilience

## Practicing Positivity

Trying to be happy all of the time despite really good reasons not to be is unhealthy and can alienate you from your emotions. Its best to have balanced emotions but adopting a positive approach to tough things can help us get through them.

### Take an Attitude Inventory

- Think about a person that you think has a good, positive attitude all of the time. What makes them think they have a good attitude, what do they say /do that gives you that impression?
- Think about a person that you think has negative attitude. What makes them think they have a negative attitude, what do they say /do that gives you that impression?
- What are some things that you would like to change to help you be a more positive person?

**Helping Others** - Helping others is a great way to feel good about yourself. It can also reduce stress and increase your happiness. Any small act of kindness can help anyone's overall well-being.

**Changing Perspectives** - Take an A4 sheet of paper and it into four columns. Next, write the following four headings on the top of the paper: *Home, Family, Friends, School*. Think about any problems you may have in any of the areas listed and write them down under each column.

Reframe: Challenge yourself to think of a positive way to turn their problems around. For example, if you wrote "I'm failing math's" then it might turn into a plan as to how to get help with your math's work

Think through the following questions for each problem:

- How do I feel about this problem?
- What will happen if I don't solve this problem?
- How can I change my negative attitude into a positive attitude in order to solve the problem?
- What will happen once this problem is solved?

By reshaping negative attitudes into more positive one's we are learning the tools that will help contribute to our overall well-being.

**Practicing Positive Affirmations** - Positive affirmations are a great tool to help silence negative thoughts. How we think can have a big impact on our actions!

When we practice positivity, we will have a better outlook on everything. To help start the day off right, practice saying positive affirmations every morning. You can say "I love myself," "I am confident," and "I am smart." To get the most out of these positive affirmations, repeat them to yourself about 10 times each day.