**Relaxation Exercises:**

Calm Body Strategy

Smile Power



Did you know smiling increases a

chemical in your brain that makes

you feel happier?

Try to smile for 10 seconds –

watch the clock!

Calm Mind Strategy

Positive Thoughts (PTs)

Think of positive thoughts you can share with others. then put those thoughts in writing. Add sticky-notes around your home or school, write the PT on a rock for someone to find, write the PT in chalk on your walkway or road.



**Weekly Tip – Positive Thinking**

Positive thinking doesn’t mean that you live in a world of rainbows and unicorns, where you ignore life’s less pleasant situations. Positive thinking means that you respond to uncomfortable or unpleasant situations in a more positive and optimistic way.

When we choose to tell ourselves stories using the lens of negative self talk, we will limit our potential. Here are some ways to begin to look at things through a more positive lens:

**1. Meditation** - Meditation helps to reduce stress and anxiety levels and will help you stay in the present moment and find peace within. Meditation is a great practice to have in the morning, so you can start your day grounded and present.

**2.** **Start the Day on a Positive Note** - Besides meditation, reading or listening to something inspirational helps set the tone to the rest of your day. You can also do [some affirmations](https://www.lifehack.org/363049/7-positive-affirmations-tell-yourself-every-day) like “Today is going to be an amazing day”.

#### 3. Create a List of at Least 3 Things You’re Grateful For - Gratitude helps you realize all the good and positive things you already have in your life (it doesn’t matter how small they are). There is no way you can be grateful and negative at the same time.

#### 4. Surround Yourself with Positive People - If you ever feel stuck in a negative loop, call someone you trust — someone who can help you put things into perspective and will not feed the negativity.

#### 5. Shift Negative Self-Talk into Positive Self-Talk - Our negative self-talk can be so engrained in us that it can be hard to become aware of it. It’s easy to dwell in our mistakes and beat ourselves up. When you catch yourself doing this, just pause for a couple of minutes, take a couple of deep breaths and start replacing those negative stories with more positive ones. For example: replace “I’m so bad at doing \_\_\_\_\_ with “I’m getting better and better everyday”, or “I know that the more I practice, the better I’ll get at it”, or “It didn’t work out as planned but if I try again, I will see improvement”.

**No one is perfect, we are all peers in this human experience, and we’re always learning.** The only thing we can do is learn from our mistakes and keep moving forward. If you tend to have a negative outlook, don’t expect to become an optimist overnight. I can assure you that with practice and consistency, your self-talk will start shifting to more self-acceptance and acceptance of others.