



Winter Positivity



Does the cold, dreary weather have you feeling down in the dumps? Does just the thought of enduring the rest of the winter make you cringe? Fortunately, there is something you can do! For decades, psychologists have studied the positivity, happiness, and well-being of people in many situations. These researchers have discovered a few simple techniques for adding more positivity, meaning, and happiness into your life that have proven to work for thousands of people.



Reflect

Get out a pen and journal or paper. Take some alone time in the morning, night, or during your lunch break each day to think, write, and reflect. This will boost positive thinking and happiness.

Count your blessings.

- Write three things you are grateful for.
- Write a letter of gratitude to someone you care about to tell he or she how grateful you are that they have touched your life.
- Write down three things that went well today.

Write a legacy statement.

Reflect on what you hope to accomplish in life, what you want to mean to your friends and family, and the legacy you hope to leave with the world.

Imagine the future.

Picture your future as if it has gone as well as it possibly could and write about it.

Take action

Perform a random act of kindness.

Sometimes, one of the best ways to make yourself happy, is to go out of your way to make others happy.

Meditate.

Although there are many ways to meditate, here is one way to get you started:

In a quiet place, sit upright in a chair with both feet flat on the floor. Close your eyes and focus your mind on your breathing, a positive word, thought, or phrase. Continue for a few minutes to an hour or however long you feel necessary.

Sources: www.mayoclinic.org/meditation/ART-20045858

<http://www.health.harvard.edu/newsweek/positive-psychology-in-practice.htm>