Positive mindset & gratitude

sata CommHealth

Set realistic goals

Focus on small, achievable goals rather than trying to do and complete everything at one go.

Challenge negative thoughts

Relook at negative thoughts at a different angle by looking for the good in a situation. Practise positive self-talk and focus on what you are grateful for.

Focus on the present

Do not think of the past and worry about the future.

Instead, focus on what you can control and change now.

Practice mindfulness

Focus on how some activities can help you to feel calm.

E.g. Pay attention to the water flowing on your body during showering, and spend some time focusing on your slow breathing as you shower.

Surround yourself with positivity

Spend time with supportive people who encourage you and move away from people who give you negative influences.

Express appreciation

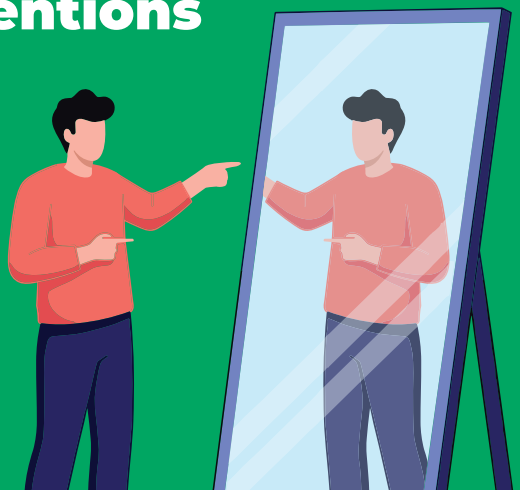
Give thanks to people who have helped you, either through kind words or small affordable gifts.

This can strengthen relationships and is beneficial for both parties.

Start each day with positive intentions

Begin your day by setting good intentions and focusing on gratitude for at least 3 minutes.

You can try looking into mirror and tell yourself:

"Today is a good day, I am thankful for what I have now."

"You are good. You are strong. Thank you for being you."