A positive spin

Explanation: Noticing the good things in life encourages the brain to notice more good things and helps us feel more positive. When bad things have happened it's really easy to only notice bad things and to feel like nothing good will ever happen again. This is your brain trying to protect you and keep you safe, but it's got caught in a loop and it needs you to restore the balance. It needs you to find the positive things again.

How to do it: There are lots of different ways to do this; you could try any the examples below. Set aside a few minutes every day to record one of the following:

- List up to three good things that happened today.

- List up to three hobbies and activities that bring me joy and why.

- Describe my favourite location in my house and why I like it.

- One thing I've learned this week that I'm thankful for.

- Who or what made me smile in the past 24 hours and why?

- Describe my favourite smell/sound/sensation/taste/sight – in as much detail as possible.

- Write about someone famous who has helped my life in some way.

- Name a great book I've recently read/tv show I've watched/song I've listened to and why?

- What is today's weather and one positive thing I can say about it?

- When was the last time I had a genuine belly laugh and why was it so funny?

- What's one lesson I can learn from rude people?

- What makes me happy when I'm feeling down.

- Look around the room and list all the items that I like.

- Write about a challenging person in my life for example, someone I frequently disagree with, and the qualities I like about this person.

When it's useful: If you have some time to yourself and you're feeling a bit down, or it feels like things are going wrong, this will help reset the brain to notice some of the positives in life as well. It's something you can do on your own, but you could also try doing it with a friend or trusted adult.