



## 7 Positives For A Better Life

### 1. Change the thought – Change the outcome:

This is the starting point, reprogramming your brain by replacing an unhelpful negative thought or belief with a new positive one. Use your imagination to visualize or 'show' your brain what you want. The power of the mind cannot be over-estimated!

### 2. Self-belief starts with you:

This is an empowering way of taking more control in your life rather than relying on others to make you feel good. Do something fun or caring for yourself today!

### 3. Don't just do what you did last year:

Repeating what you always do will bring you the same outcome unless others change & this is not in your control. So if you didn't like all that happened last year make plans & set new goals, do something different!

### 4. Deal with difficult decisions now, not later:

"Never put off until tomorrow what you can do today" We all know this but positive action is required to make it happen. Prioritize & do the difficult tasks first in the day so you have a clear focus for the rest of the day making you less stressed & more productive!

### 5. Find reasons to say "yes":

"I would love to but..." here comes the negative reason why you can't! It can be a really positive experience to just say yes, if it is possible & what you want, then try to find ways that will allow you the opportunity, maybe you need others to persuade you, take control & decide for yourself!

### 6. Renegotiate:

Stuck with what you have always had & now want a change? Look at learning to develop & use your assertive skills, ask for what you want, discuss your changing needs, expectations with yourself & others to reach the deal that works for you!

### 7. Flip it!

There are always two sides to every situation, sometimes more. Take time to look at all your options, don't just assume, maybe ask others & make informed choices based on facts!

Always consult your GP if you are concerned about your health.



International Stress  
Management Association UK

Promoting well-being and stress prevention

E: [admin@isma.org.uk](mailto:admin@isma.org.uk)

W: [www.isma.org.uk](http://www.isma.org.uk)