

# NSAD for 2009 is



## 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 under-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

**W: [www.nationalstressawarenessday.co.uk](http://www.nationalstressawarenessday.co.uk)**

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