

5 Simple Ways to Add Positivity to Your Day

When you start practicing positive reflection, it may feel a little awkward. Taking time to reflect on the things that you are grateful for or that you enjoy doing can help you reframe a stressful event, get motivated, or simply make the best of every day.

Take just a moment to add one of these simple practices to your daily routine.

<p>List 3 things that you are grateful for</p> <p>Keep it simple and reflect on the things that get you through the tough days and make the good days great!</p>	<ol style="list-style-type: none">1.2.3.
<p>Reflect on your daily successes</p> <p>We often get stuck thinking about the things that we can improve instead of building on what we are already doing well. List 3 gut-healthy habits that you are already including on a daily basis.</p> <p>(Examples: drinking water, going to bed on time, eating a balanced breakfast, hitting your step goal, taking your supplements daily)</p>	<ol style="list-style-type: none">1.2.3.
<p>Practice positive affirmations</p> <p>Breathe deep and remind yourself that you are doing OK, and you are productive, smart, confident, organized, or anything else that you want to feel good about.</p>	<p>Write a positive affirmation and repeat it 5 times to yourself:</p> <hr/> <hr/>
<p>Do something simple to ease your mind</p> <p>Listen to your favorite playlist on the way to work, call a friend you haven't talked to in a while, declutter your kitchen table, organize your desk, or make a new recipe. Any simple action you can enjoy or cross off your to-do list will give you a boost.</p>	<p>Simple tasks to help declutter your mind:</p> <hr/> <hr/>
<p>Laugh</p>	<p>List a few ideas about how you could laugh a little more. You may also want to note funny memories</p>

And not just once! Whether you are alone or surrounded by others, find reasons to laugh, smile, and enjoy the moments. Indulge in a funny video, spend time playing games with loved ones, or listen to a favorite comedian. Think of funny moments from the past and allow them to make you chuckle again.

you share with your friends and family.

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- 2.
- 3.