



Feel-Good Friday

Have you been feeling overly negative or extra critical? Have you found that your conversations involve primarily complaints and criticisms? **Try one or more of these ideas to jumpstart your positivity:**

- Set a goal to look for the good within you. **Start each day by listing three of your positive traits.** If you feel satisfied and comfortable with who you are, you have a foundation from which to view others with empathy and kindness.
- **Set a goal to notice what others are doing well, even if it is something routine and expected.** To help you find these small points of goodness, ask yourself, "What good have others done today that in the absence of that good, I would have been negatively impacted?" If you would have complained about something happening differently, then take a moment to appreciate what went smoothly. Did you notice the family member who got ready on time or completed a chore? Did you notice someone's smile or friendliness that brightened your day? Did you notice how fast and accurately your coffee order was filled? Did you notice the driver who made room for you to merge? Did you notice a friendly text?
- Once you start to notice more of the good around you, you can comment on the good you notice. **If you find yourself stuck in a habit of complaining or criticizing, set a goal to say only positive statements for a day or for all interactions with a particular person for a full day.** If you are a parent, your relationship with your children can be strengthened by your complimenting their efforts and their willingness to persist in working through difficult tasks.
- If you find yourself sharing mainly negative stories during conversations, **set a goal to share one positive story before and one positive story after each negative story you choose to share.**
- When in the midst of difficulty, **look for those who are helping** through their acts of kindness and words of compassion.
- **Choose to celebrate** large and small successes by rewarding yourself and others.
- **Focus on gratitude** for each positive moment in your day.

You Can Look for the Good

*To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying "Feel Good" to emotional-wellness-no-reply@tricityfamilyservices.org