

Self-care exercise: Positive thinking and nurturing hope

People who have optimism and hope believe good things can and will happen. They tend to think more positively and set goals for themselves. And they are more confident that they can and will get through difficult times and situations.



And research reveals that they're right^{1,2,3}

While it's natural to feel down sometimes, people who generally think more positively tend to live healthier, longer lives with a better quality of life. They also tend to have lower rates of depression, general distress and pain. And if they have a health condition, they're more likely to cope with it better. Researchers believe this is because people who think more positively feel more positive, which in turn helps them feel less stressed. They also tend to take better care of themselves and lead healthier lives.

To nurture your own positive thinking and sense of hope, use this worksheet to remind yourself of the good things in your life and in yourself.

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|--|-----------------------------------|
| 1 This makes me laugh:
_____ | 6 If I need help, I can:
_____ |
| 2 This helps me relax:
_____ | 7 I feel good when:
_____ |
| 3 My strengths include:
_____ | 8 I am grateful for:
_____ |
| 4 I have achieved this goal:
_____ | 9 I look forward to:
_____ |
| 5 I overcame this difficult time:
_____ | 10 A good memory is:
_____ |

Come back to your answers and this worksheet whenever you need a boost.

