

### Positivity

How we think plays a significant role in how we feel. The more you focus on the positive things in your life (close friendships, fun plans for the weekend, the things that are going well at school and with your family) the more likely it will be that you will enjoy a sense of well-being. Positive thinking brings positive responses in your body which can boost your mood and diminish stress.

### What is Positivity?

Positivity is the ability to meet challenges and situations in life with an “I can do it”, “I’ll figure it out,” “things will work out” attitude. People who use the power of positivity face the same disappointments, challenges and stressors in life that everyone else does – the difference is that they choose to react to these challenges by finding a productive and positive way to cope and respond.

### Ways to bring positivity to your life

- Surround yourself with positive people; it’s OK to avoid people who bring you down and who don’t bring out the best in you.
- Find the areas in your life that bring you joy, help you maintain your sense of humor and give you a sense of well-being – keep those things in your life as you go off to school, meet new people, face new stressors.
- Be familiar with situations or areas in your life that bring out the ‘negative’ in you – when a situation can’t be changed, try to focus on the positive; if a situation can be change, then do so!
- Find ways to give to others, help others, be compassionate and kind. Doing things for others is a powerful way to help you create positivity in your own life.
- Make an effort to keep a mental list (or write down a list) of all the things that are going well in your life, of the things that bring you joy and the things you are grateful for. Focusing on the aspects of your life that are going well for you can promote a positive attitude in the rest of your life.

For more information see:

- [Positive Psychology Center](#)
- [Identifying Negative Thinking](#)

Adapted from: <https://www.jedfoundation.org/positivity>