

Top Tips on how to live positively...

Remember to smile! It's an effective way of making us feel better.

Positivity - recognise when you are thinking negatively. Ask yourself if the thought is fair & rational. Try and be positive.

Help - don't be afraid to ask for help from others

Prioritise - choose your top 3 most urgent tasks each morning and make them your priority.

Realistic - No one is perfect but we can all be good enough

Take some time - try and find out what is worrying you and try to change your behaviour to reduce it.

Avoid alcohol, nicotine and caffeine as coping mechanisms - long term these will actually make things worse.

Be kind - to yourself and others

Appreciate what you've got - try and take some time each day thinking about the good things in your life. Try and take time out to enjoy yourself.



Contact Support & Advisory Services

e: SupportAndAdvisory@rhul.ac.uk t: 01784 443394
www.rhul.ac.uk/ecampus/welfare/home.aspx

Top Tips on how to live positively...

Talk to someone you trust - it's a great way to reduce stress

Say no - learn to say 'no' to the things you don't want and 'yes' to the things you do want.

Take care - by taking care of our own needs we ensure we are in a stronger position to help others.

Breathe - take some time to learn breathing and relaxation exercises as they are proven to be of use in reducing stress and anxiety.

Accept yourself for who you are - have belief in yourself

Reflection - Leave some time to reflect on your day. Highlighting what has gone well and what might have gone better.

Be good - notice the good things you do for others and that others do for you.

Remember each day is a new day - try and let go of negative thoughts. Energy spent worrying about things in the past is better spent making a success of what is happening today.



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