



Brighter Days

# The Little Leaflet of Brighter Days

Positivity helps us to build resilience, cope better with stress and be more productive.

Here are a few simple techniques to practise positive thinking day-to-day.

Brought to you by



# #1 Connect

People who feel more connected to others have lower rates of anxiety and depression.

## Strengthening relationships

- Face-to-face interactions
- Ask others what they need from you
- Reach out to people to get together
- Show appreciation
- Be there for loved ones

## Meaningful conversations

- Smile
- Maintain eye contact
- Neutral tone and body stance
- Really listen
- Open up
- Be authentic



Creative activities can help you let go and open your mind to new discoveries. This can lead you to new places and ways to engage with the world.

# #2 Create

## Learning to let go

- Accept rather than struggle against the issue
- Choose to forgive
- Focus on what you can influence
- Practice makes perfect - you may have to let go more than once!



## Learning to relax

Learning how to relax takes practice, but over time it can help release tension in your body, clear your thoughts and improve your mental wellbeing. Useful relaxation CDs and booklets can be ordered and downloaded for free from [stepsforstress.org](http://stepsforstress.org)

Meditation can be a good way to encourage some time for quiet calmness and self-reflection and there are many free apps available, such as Insight Timer (available on Android and iOS) to get you started.

Deep breathing exercises can help to slow your heart rate, relax your muscles, lower your blood pressure and increase blood flow to your brain.



### Calming breathing technique

- Make yourself as comfortable as possible.
- If you're sitting or standing, place both feet flat on the ground. Whatever position you're in, place your feet roughly hip-width apart.
- Let your breath flow as deep down into your belly as is comfortable, without forcing it.
- Breathe in through your nose and out through your mouth.
- Breathe in gently and regularly. Some people find it helpful to count steadily from one to five. You may not be able to reach five at first.
- Without pausing or holding your breath, let it flow out gently, counting from one to five again, if you find this helpful.
- Keep doing this for three to five minutes.

Studies show that leading a compassionate lifestyle can benefit both our emotional and physical wellbeing.



People who practice self-compassion can accept their failures, move past them, and try again.

### Steps to self-care

- Focus on what you can control
- Reminisce about good times
- Dance it out
- Breathe
- Improve your sleep
- Enjoy nature
- Trust your instincts
- Don't be afraid to say 'no'
- Be kind to yourself

# Tips to inspire positivity

## #1 Connect



Staying connected with family and friends



Saying it with a smile!



Walking with your dog



Going out and about and meeting others if you can

## #2 Create



Capturing photos of nature's finest



Singing or dancing along to a favourite upbeat song



Keeping a diary of things that make you smile



Walking

# Tips to inspire positivity



Yoga, mindful breathing or meditation



Reading



Making a plan for things to look forward to



Indulging yourself in something you enjoy that is purely for you



Doing something for others




Exercising to be kind to your mind and body



Practising self-care. Know that you matter, your feelings are valid and that you are loved!



Hugging!



Breathing Space is a free and confidential phone service for people in Scotland feeling low, stressed or anxious.

When you phone Breathing Space, your call will be answered by one of our specialist advisors. If you would like a translator, please ask the advisor to contact Language Line and the language you need, so that an interpreter can join the call.

You are not alone, talking about how you feel is a positive first step in getting help. Call free on

**0800 83 85 87**

