

# A GUIDE TO POSITIVITY

**POSITIVITY** can be defined as the tendency to be optimistic, joyful and have a positive mindset.

An abundance of research indicates that when we think positively or experience feelings of joy a surplus of serotonin is released.

This hormone stabilises our mood and functions to improve our well-being and overall happiness. In addition, serotonin also reduces the cortisol levels in our body and therefore alleviates the stress we feel in our day to day lives.

The many functions of serotonin highlight the importance of this hormone and its positive link to positivity and happiness.

Being positive and happy has many benefits for physical and mental wellbeing, For instance, research indicates that positive emotions predict higher quality relationships and improved work performance.

Moreover, research highlights that practicing positivity is linked to increased life span, lower rates of depression and better cardiovascular health.



## HERE IS A STEP BY STEP GUIDE ON HOW TO PRACTICE POSITIVITY

Think of one thing you are grateful for either every morning or every night- this reminds you of how fortunate you are.

Aim to laugh everyday! Laughter is good for the soul and triggers the release of serotonin and other feel good hormones like dopamine.

When you feel low and sad, pause and reflect- this reflection period helps you recharge and remain positive.

Keep in touch with your family and friends- positive people around us and your loved ones enhance your positivity.

Practice an activity such as yoga or mediation- these activities are calming and relaxing and will bring peace and positivity in your life.