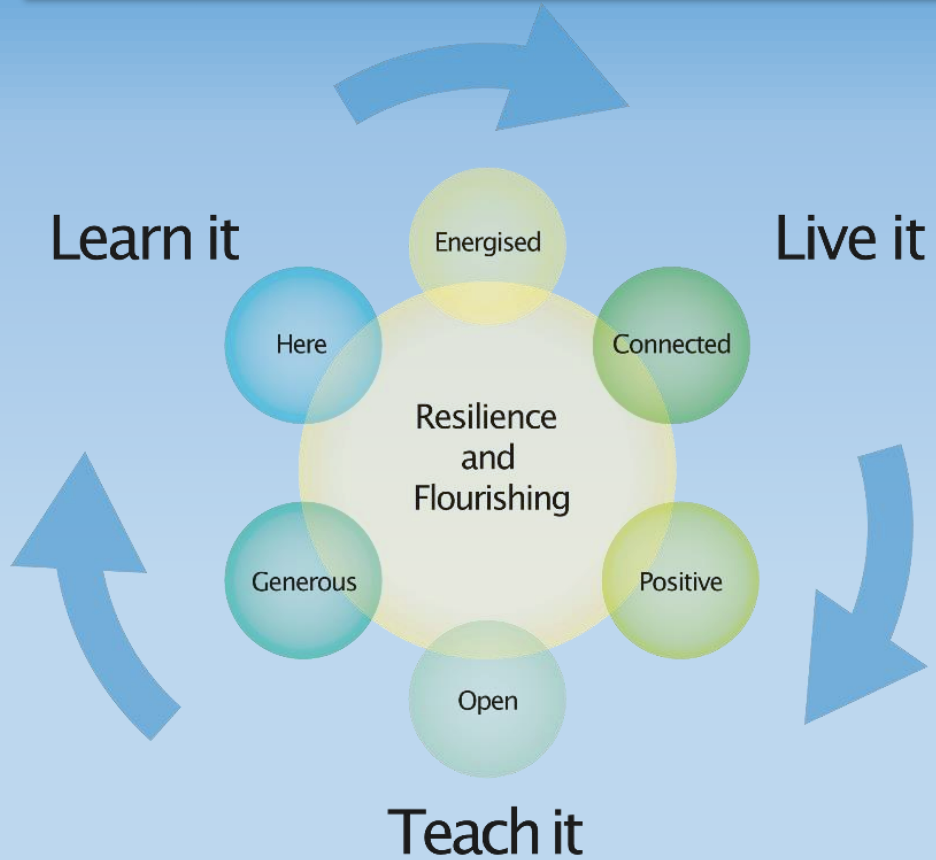


KHS Well-Being – The 6 Strands



Be Connected

Be Energised

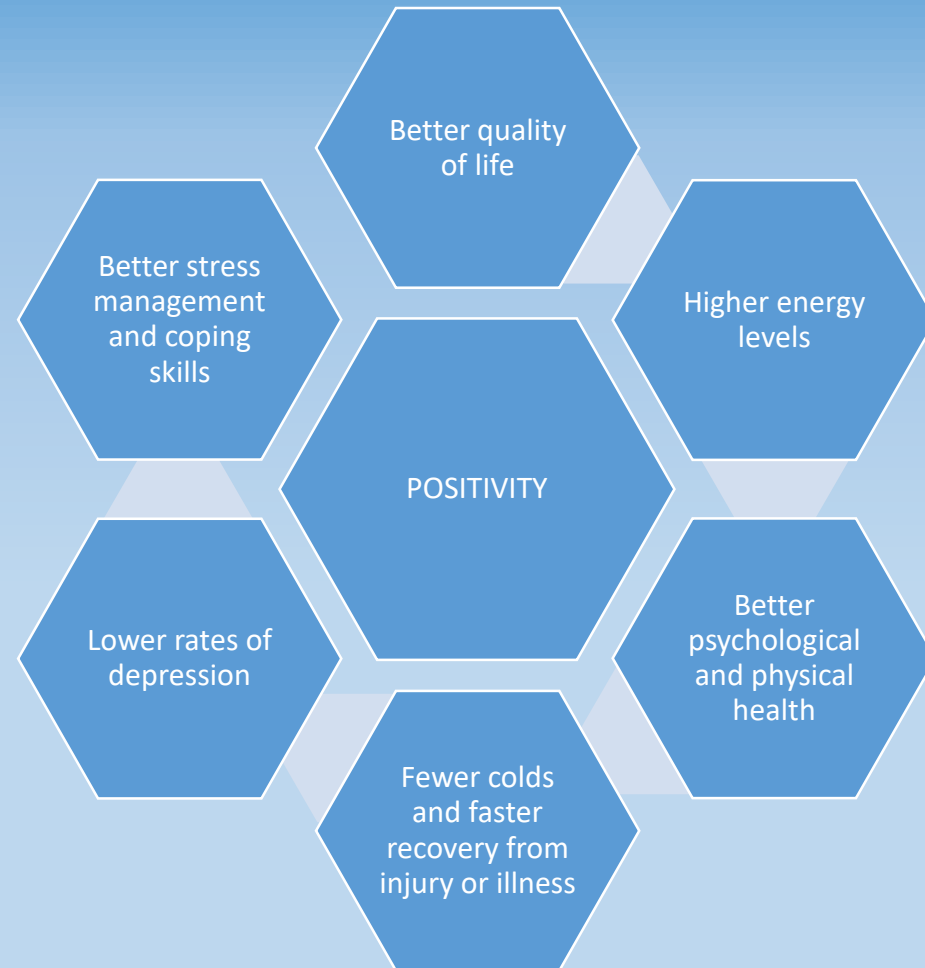
Be Positive

Be Here

Be Open

Be Generous

WHY BE POSITIVE?



WHY ARE WE NEGATIVE?



- Our brains are conditioned from birth to see the negative and overlook the positive. While we are constantly seeking positives and rewards, we are always fighting our brains and our nature.

- Brantley Agency 2018

Brain Chemistry

Triggers

Learning from pain

Hard to be social





You can train your brain to look for the positives in life.

‘Focussing on positive emotion is more than smiling, its the ability to remain optimistic and view one’s past, present , and future from a constructive perspective’

Dr Hazel Harrison

Positive emotions

Interest

Joy

Hope

Awe

Inspiration

Gratitude

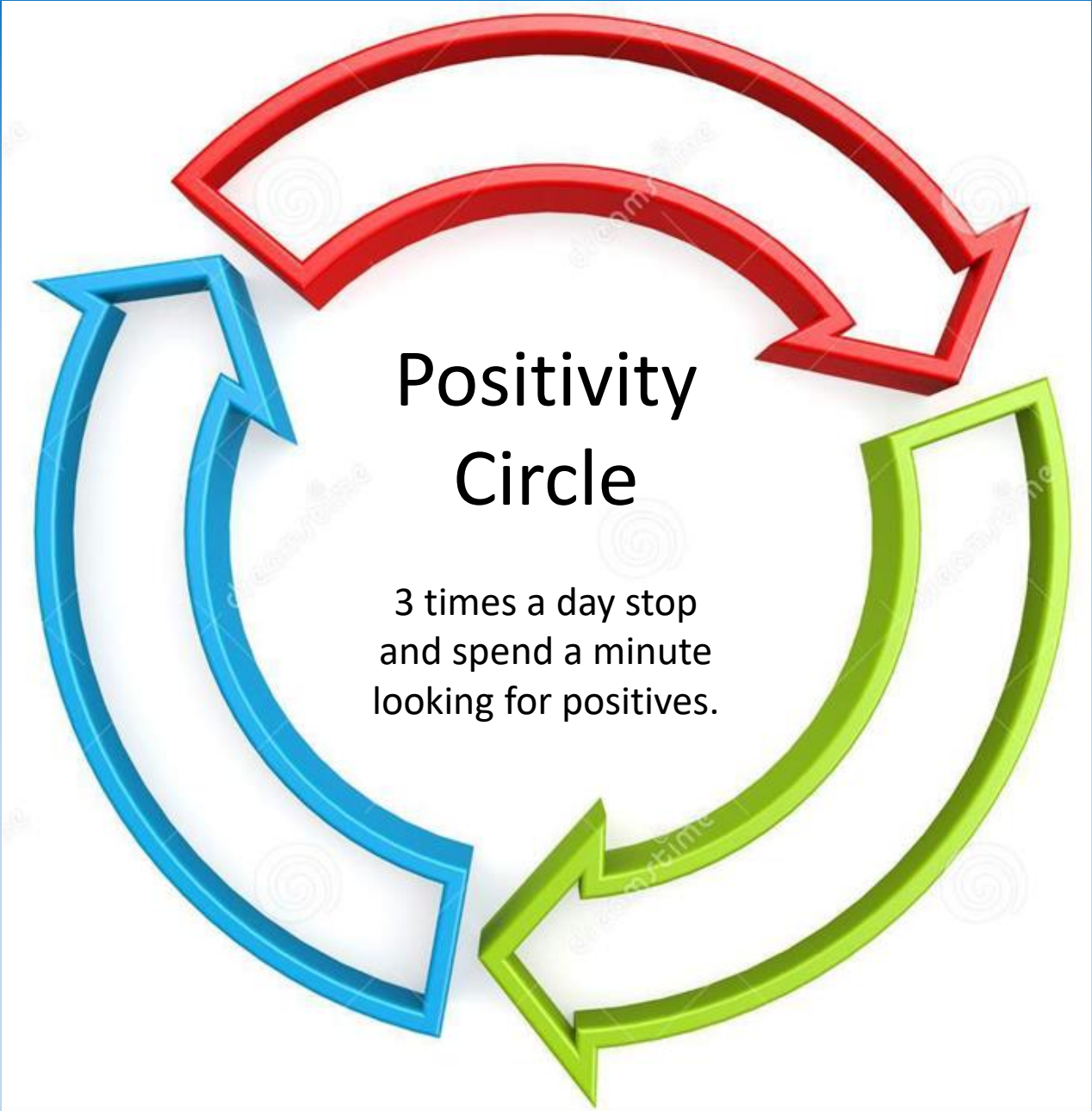
Serenity

Love

Pride

Amusement





Positivity Circle

3 times a day stop
and spend a minute
looking for positives.

Gratitude

Take a moment to say thank you.

Let people know you are recognising the positives.

Being positive yourself, increases the positivity of others and makes them feel better too.

Gratitude Journal

Write down at the end of each day things that you are grateful for even on days you are having a hard time.

Pay it forward

Help someone out or perform an act of kindness.
This positive act will make us and someone else feel better.

Spend time with positive people

Positivity rubs off, negativity drags you down.

Find the humour

Studies have shown that laughter lowers stress, anxiety and depression. It can help improve our coping skills, mood and self-esteem.

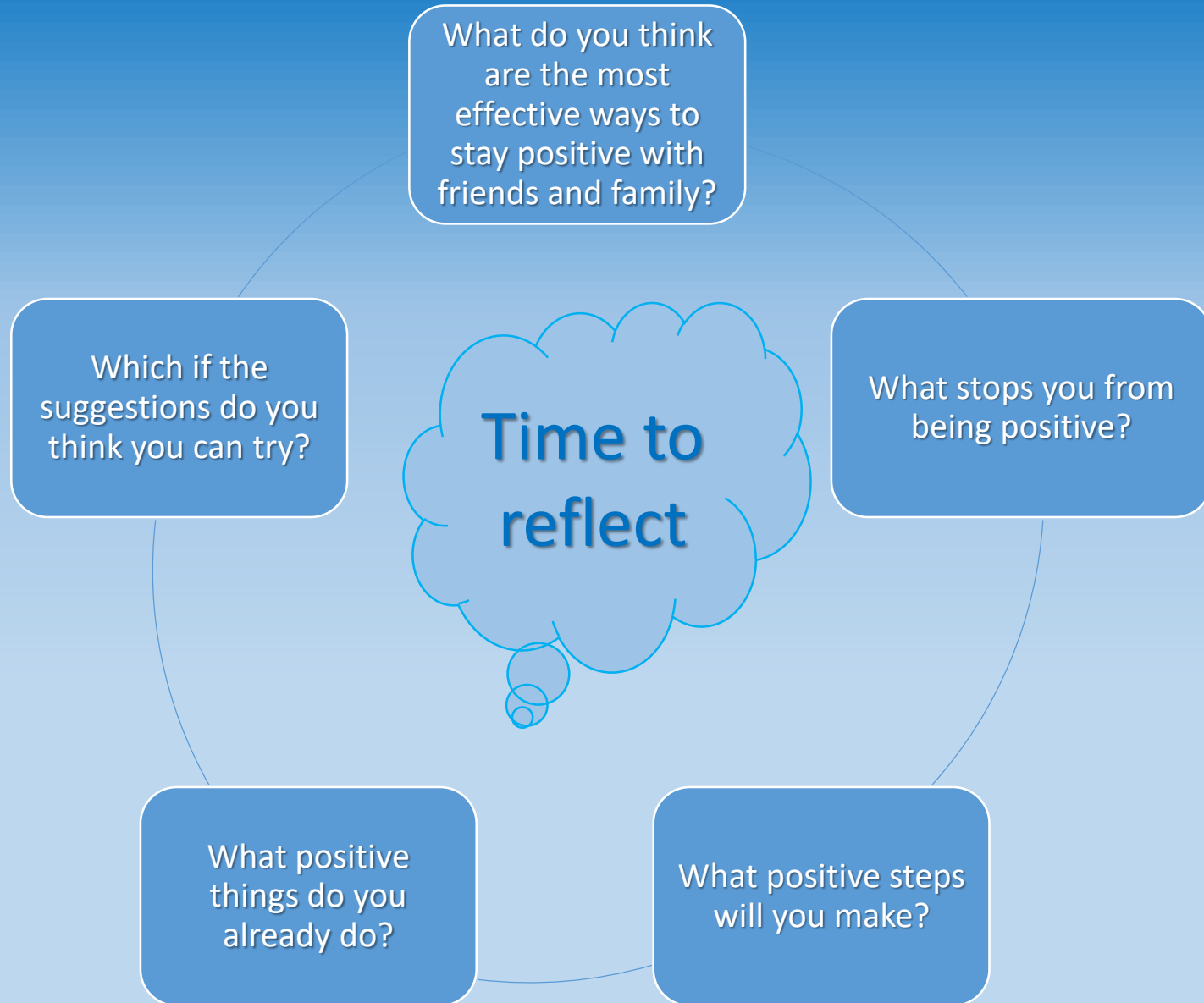
Start your day in a positive way.

Like you pick your clothes, pick your mood and set yourself up for the day.



**Its so important to
'Be Positive'**

<https://www.youtube.com/watch?v=oVV9dDdOojc>



Useful links are resources

- <https://www.themix.org.uk/get-support>
- <https://volunteersuffolk.org.uk/under-18-volunteering>
- <https://www.activesuffolk.org/satellite>
- <https://www.kooth.com/>
- [https://search3.openobjects.com/mediamanager/suffolk/enterprise/files/2020-04-29 mental health resources v8.pdf](https://search3.openobjects.com/mediamanager/suffolk/enterprise/files/2020-04-29_mental_health_resources_v8.pdf)
- <https://www.mentalhealth.org.uk/a-to-z/f/friendship-and-mental-health>
- <https://www.annafreud.org/on-my-mind/self-care/apps-delivering-self-help-strategies>
- <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>
- <https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>
- <http://www.baftakids.org/events>