

Little Book of Positivity

Forward
South
Partnership

HAPPINESS
IS A MOOD.
POSITIVITY
IS A MINDSET.

@POSITIVELYPRESENT



when you feel LONELY

@POSITIVELYPRESENT



IDENTIFY HOW YOU FEEL



TAKE YOURSELF ON A DATE



SEEK OUT SUPPORT

AVOID TOTAL ISOLATION



HELP SOMEONE IN NEED



MAKE SOMETHING

GO FOR A STROLL



FIND A WAY TO RELAX



stressful day TO-DO LIST

@POSITIVELYPRESENT



when you feel sad



WRITE YOURSELF A LOVE LETTER



TAKE A NAP



TREAT YO' SELF

PUT ON A OUTFIT YOU LOVE



DRINK SOME HOT TEA



CALL UP A FRIEND



LISTEN TO HAPPY SONGS



BUY FRESH FLOWERS



WATCH A FUNNY FILM + HAAAA



WRITE DOWN YOUR FEELINGS



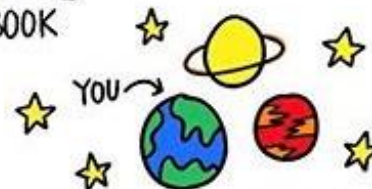
CREATE SOMETHING



SMILE AT YOURSELF IN THE MIRROR



READ A BOOK



LOOK AT THE BIG PICTURE



TAKE A WALK

LIGHT A CANDLE



@POSITIVELYPRESENT

when you feel ANXIOUS

@POSITIVELYPRESENT



ASK FOR HELP



TAKE A DEEP BREATH

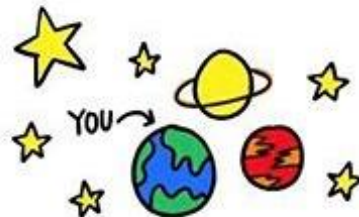


WRITE ABOUT HOW YOU FEEL

FIND A POSITIVE DISTRACTION



LISTEN TO SOOTHING SONGS



STAY PRESENT

