



FIVE TO THRIVE

WHAT CAN YOU DO TO PREVENT CHRONIC DISEASE AND THRIVE?

Visit the **Five to Thrive** [website](#) for more on healthy lifestyle habits!



STAY POSITIVE

5 WAYS TO STAY POSITIVE

A **POSITIVE MINDSET** IS ENTIRELY **UP TO YOU** AND HOW YOU CHOOSE TO SEE THE WORLD. JUST LIKE ANY SKILL, BEING POSITIVE **TAKES PRACTICE** AND NEEDS TO BE DONE DAILY!

1. SMILE FOR 60 SEC

Set a timer and smile for 60 sec. Studies show that smiling can change your mood and make you feel happier.



2. PRACTICE GRATITUDE: WHAT ARE 3 THINGS YOU ARE GRATEFUL FOR TODAY?

Bring to mind 3 things you appreciate. Write them down, share them around the dinner table or text them to a friend and really savour the feelings they bring.

3. CONNECT WITH NATURE AS OFTEN AS YOU CAN

Take a walk, sit on a park bench or even just look out the window and notice the trees and plants around you. Studies show that spending time in nature can boost your mood, reduce stress and anxiety, increase your confidence and improve your resilience!



4. HAVE AN EMOTION PLAN EACH DAY.

At the start of each day, think of what might make you upset and how you will deal with it. Write it down: "when I feel (emotion), I will (name what action you will take like breathing deeply, going for a walk...)"

5. PRACTICE SELF-COMPASSION

During a difficult situation: 1. Take a breath, put your hand on your heart. 2. Say to yourself, "This was hard. Everyone experiences difficult times. That's part of life." 3. Then, just as you would say to a friend say, "May I be kind to myself." Or any phrase that supports you. Practice this often!



(Adapted from Self-compassion Break by Kristin Neff)

PRACTICING POSITIVITY HAS BEEN SHOWN TO IMPROVE OVERALL WELL-BEING AND QUALITY OF LIFE, FOSTER CLOSER RELATIONSHIPS AND MAY IMPROVE SLEEP, PAIN MANAGEMENT, RISK OF DEMENTIA, HOW LONG YOU LIVE AND MORE!