

Wellbeing Essentials

Keeping a Positivity Diary

“A daily journal is a simple but very supportive and nurturing concept...”

Positivity Journal

*“Find the happiness
in every moment”*



resilientme

Strength through understanding

Wellbeing Essentials 5

Keeping a Positivity Diary



When we go to sleep at night there is a large percentage of our brain that remains active (i.e. it doesn't sleep!!). This is known as the sub-conscious mind and it is critical to our survival. It carries out vital processes such as keeping our heart beating, breathing etc. Without these processes we would die.

However, the sub-conscious mind also behaves rather like a computer processor so, not just carrying out physical tasks, but also processing our day to day life – all of the thoughts and feelings we have. During the night it replays and 'processes' what has happened during the day.

This can really affect the quality of our sleep – positively or negatively. If you go to bed at night thinking about a problem you have, worrying about someone or perhaps feeling angry, then your sub-conscious will process these negatives through the night causing fitful sleep, nightmares or waking in the night.

You can help to reprogramme the night-time activities of your sub-conscious by choosing to focus on positive thoughts and feelings before going to sleep. An easy way to do this is through the use of a journal or diary.

A journal is a simple but very supportive and nurturing concept...

All you have to do, at the end of each day, is to reflect back on your day and write down the three most positive things that happened.

Maybe you made someone smile, maybe someone made you smile. Was the sun shining, did school or work go particularly well, did you have something nice to eat, did you achieve something that made you feel happy or proud?

It can be anything at all.

The important thing is that you do it every day and that you write it down. Because of the way our memory works, just thinking about it isn't good enough because we will have forgotten most of it by the next day.

Typing it into your phone or tablet won't work because these are screens and we need to avoid screen time at night.

Buy yourself a small notebook or journal and simply write down each of your positives last thing every night, before you go to sleep.

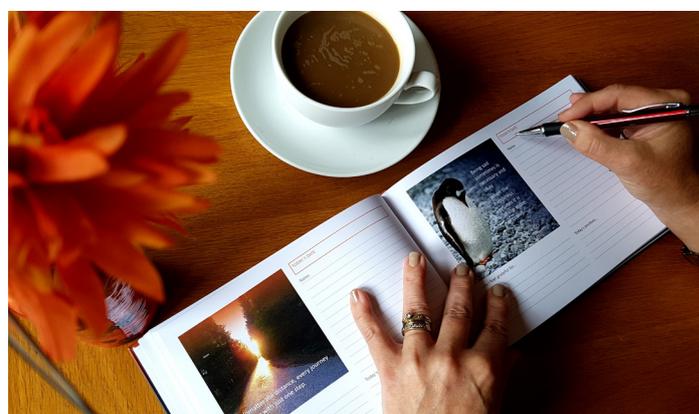
Doing this will not only make you feel good, but also help to ensure that your sub-conscious is thinking about positive things whilst you are sleeping.

Most importantly, as your journal grows it becomes a fantastic self-support tool. Any time you are feeling down you can simply look back on all the plus points in your life, and keep everything in perspective.

It's a win-win!

At Resilient Me we believe so strongly in this concept that we have developed our own Positivity Journal. Each page contains a positive thought for the day and dedicated spaces to write and focus on the good things that have happened.

You can find it on our website at www.resilientme.co.uk/shop or at www.etsy.com.



Rachel Munns Founder & Principal

Resilient Me specialise in Mental Health Awareness, Resilience and Wellbeing training. We also offer confidence building, motivational and personal leadership workshops. We all have close, 'lived' experience of mental health issues, and this combined with our individual expertise has enabled us to produce training and coaching that genuinely makes a difference. **If you want to know more – just call us on 07967 276194 or email info@resilientme.co.uk**

www.resilientme.co.uk

This document is just one of a series of written and video Wellbeing Essentials that you can find at our website. Be sure to visit us regularly to download the latest resilience resources.

© All materials herewith contained, communicated in person and made available as downloads are copyright ResilientMe 2018