



BE POSITIVE
FIND THE SILVER LINING

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Positive Thinking & Attitude

Isolate yourself
from negative
news

Everything we
need to know, we
already know!





Choose
Joy

Ways to be positive

- Use positive words when talking
- Give yourself credit
- Read at least one page of an inspiring book every day.



Let go off
the past



Consciously accept
the benefits of
positive thinking



Catch yourself
being negative

Positive
thinking

Positive
Action


Positive
Habits

Positive
Results

Don't take everything personally



The situation is not forever



**Nothing is
permanent.**

Don't stress yourself
too much because
no matter how bad
the situation is... it
will change.

Don't take life too seriously. Sometimes you just have to laugh at your problems, knowing it's not the end of everything.

www.LiveLifeHappy.com

Find
something to
laugh about



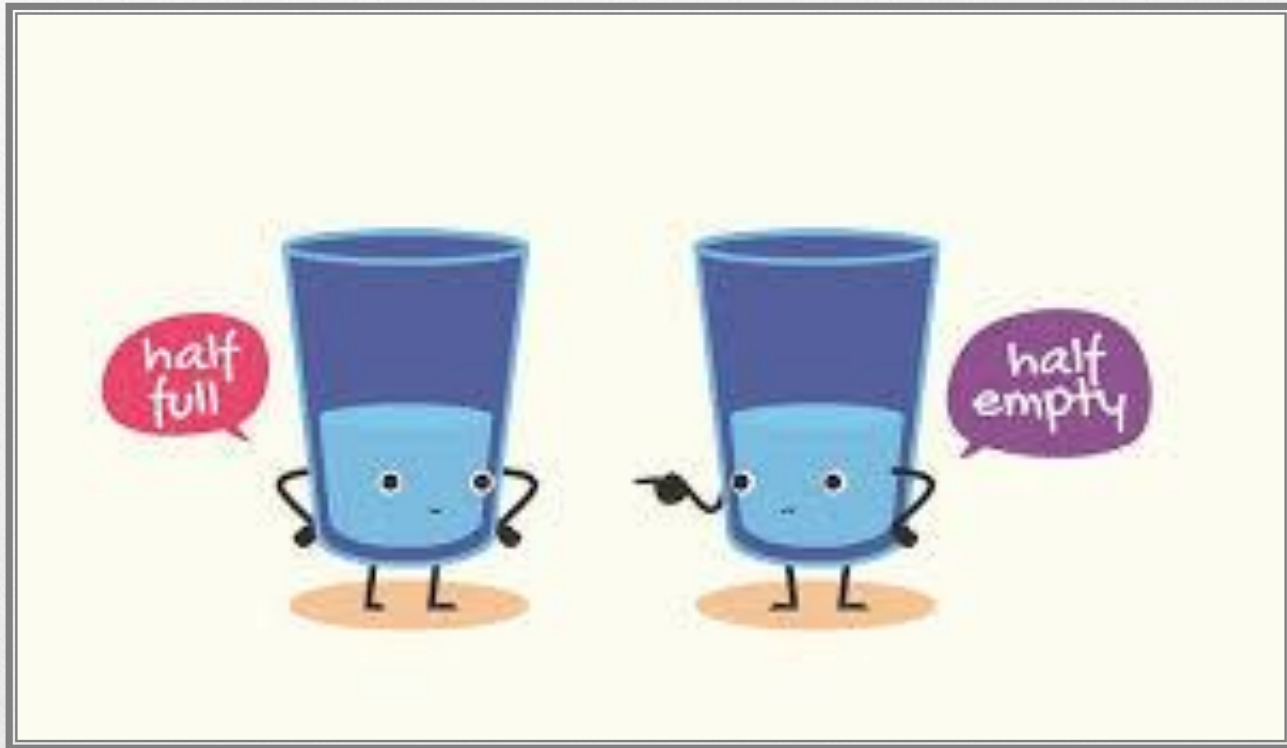
Surround yourself with people who
make you happy



Count your blessings

If you have a family that loves you,
a few good friends,
food on your table and
a roof over your head.
You are richer than you think!

Your choice!

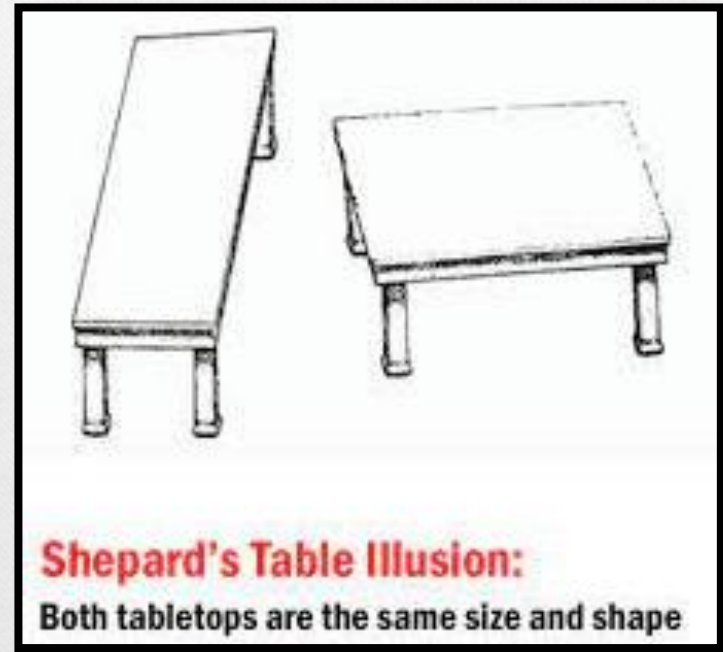
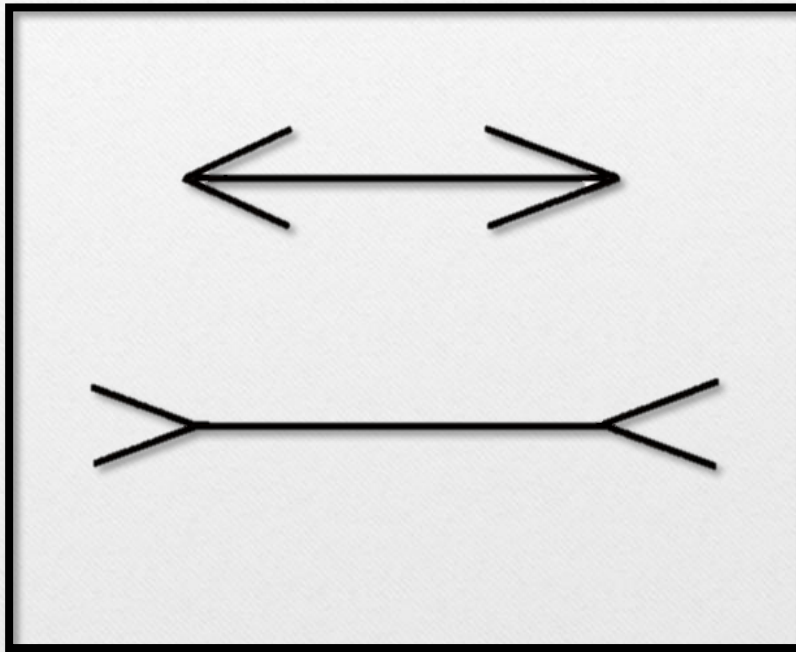


Misconceptions of happiness

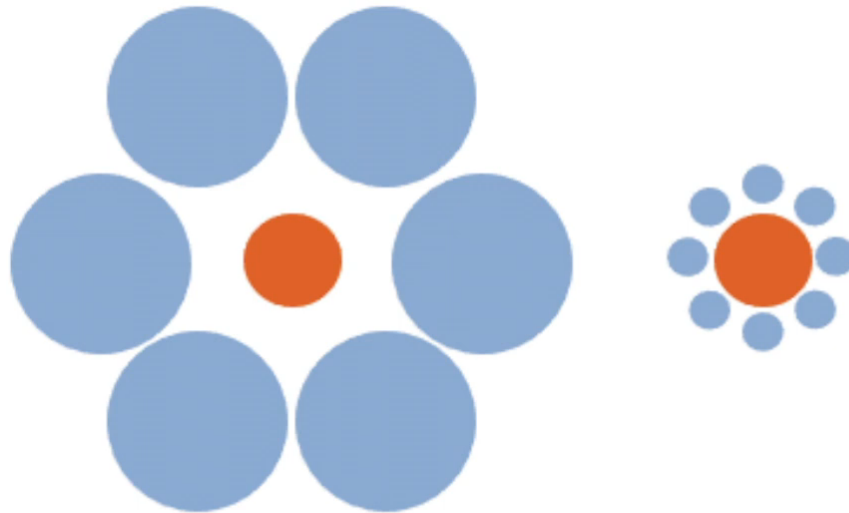
**GOOD PEOPLE
LIVE HAPPY LIVES
AWAY FROM TUFF
THINGS
THE MORE MONEY
THE BETTER GRADES**



Our mind's strongest intuitions are often totally wrong



Ebbinghaus Illusion



www.kaidipeets.com

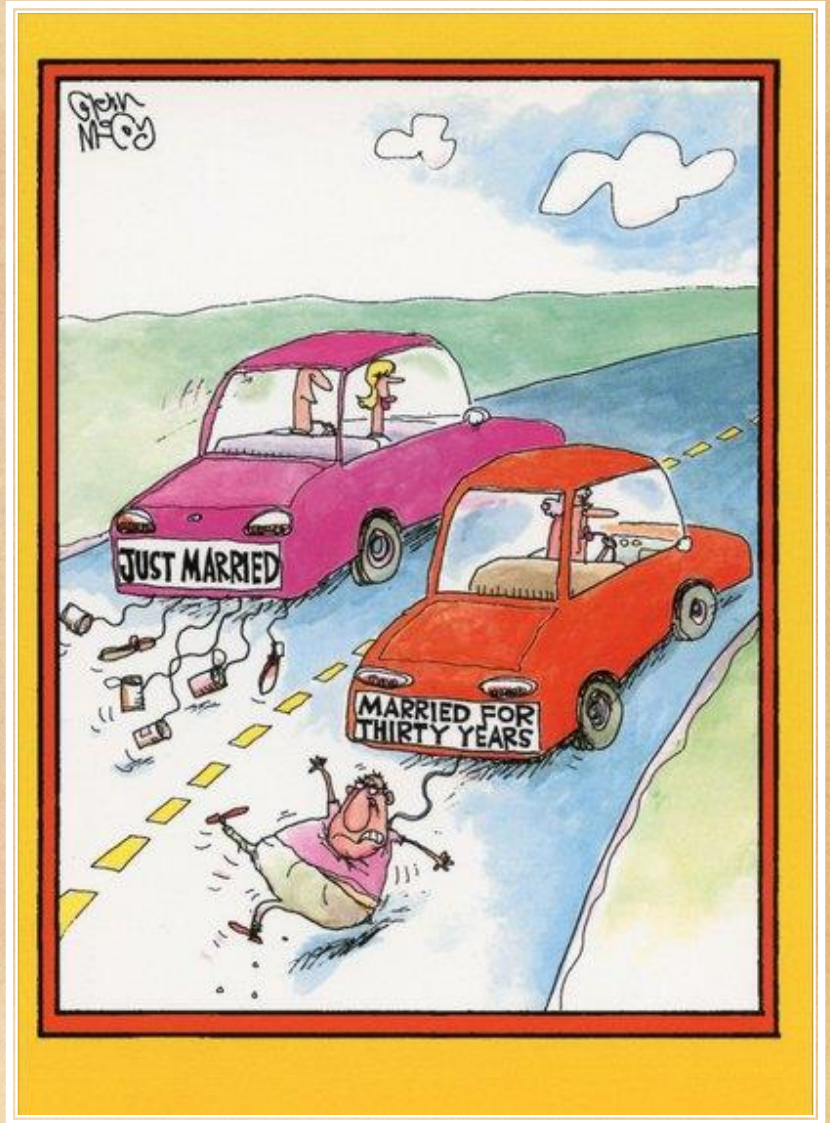
Our minds are built to get used to stuff.

HEDONIC ADAPTATION

- Mispredicting intensity
Mispredicting duration

IMPACT BIAS





keep learning

be active

take notice

connect

give

Five Ways to
Wellbeing







THANK
YOU! 😊