



## Module 1: Think Positively

### Module 1 Lesson 7 Exercises

1. When you're in a bad situation, act positive—regardless of how you actually feel. Grin and bear it, even if it hurts. In experiments, researchers asked people to force themselves to smile for 20 seconds when they felt stressed or anxious. The researchers found that this action stimulated brain activity associated with positive emotions. Remember, it's a choice you make every day.
2. Even though you may not look forward to your day, start it off on a positive note. Before you get out of bed, remind yourself of one positive thing about either yourself or your environment. As the day progresses, give compliments to people with whom you've interacted in some way.
3. If you experience a negative emotion, pause and take a moment to think about what you're going to say and do. This will give your thinking brain time to interact with your emotional brain as it evaluates your situation. This will enable you to more appropriately calibrate your response.
4. Look into your past and choose an experience that was either unpleasant or unwanted when it happened.
  - Did anything good come from the experience?
  - Is there anything for which you now feel thankful?
  - How did this experience make you a better person? Or a wiser one?
  - How did it help you grow as a person?
  - How did the experience help you appreciate the truly important things in life?