

# Top Tips on how to live positively...

**Remember to smile!** It's an effective way of making us feel better.

**Positivity** - recognise when you are thinking negatively. Ask yourself if the thought is fair & rational. Try and be positive.

**Help** - don't be afraid to ask for help from others

**Prioritise** - choose your top 3 most urgent tasks each morning and make them your priority.

**Realistic** - No one is perfect but we can all be good enough

**Take some time** - try and find out what is worrying you and try to change your behaviour to reduce it.

**Avoid alcohol, nicotine and caffeine** as coping mechanisms - long term these will actually make things worse.

**Be kind** - to yourself and others

**Appreciate what you've got** - try and take some time each day thinking about the good things in your life. Try and take time out to enjoy yourself.



## Contact Support & Advisory Services

e: [SupportAndAdvisory@rhul.ac.uk](mailto:SupportAndAdvisory@rhul.ac.uk) t: 01784 443394  
[www.rhul.ac.uk/ecampus/welfare/home.aspx](http://www.rhul.ac.uk/ecampus/welfare/home.aspx)

# Top Tips on how to live positively...

**Talk to someone you trust** - it's a great way to reduce stress

**Say no** - learn to say 'no' to the things you don't want and 'yes' to the things you do want.

**Take care** - by taking care of our own needs we ensure we are in a stronger position to help others.

**Breathe** - take some time to learn breathing and relaxation exercises as they are proven to be of use in reducing stress and anxiety.

**Accept yourself** for who you are - have belief in yourself

**Reflection** - Leave some time to reflect on your day. Highlighting what has gone well and what might have gone better.

**Be good** - notice the good things you do for others and that others do for you.

**Remember each day is a new day** - try and let go of negative thoughts. Energy spent worrying about things in the past is better spent making a success of what is happening today.



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