



How can I use positive psychology in my daily life?

Although, therapeutic interventions are used to treat a range of mental health conditions, certain principles can be beneficial for any population. At its core, positive psychology aims to facilitate existing strengths in order to assist people become happier and live more enriched lives. And there is increasing evidence to suggest that there are many benefits for our wellbeing.

Undoubtedly, it's useful for anyone (and everyone) to implement principles of positive psychology. Some suggestions as to how we can use positive psychology in our daily lives are summarised below:

- **Encourage self-motivations:** Set clear goals and intentions for yourself, ensuring they are aligned with your values. Then, identify what you are motivated to achieve, whether it be to quit smoking, eat more healthily or learn a new language. Additionally, actively trying out a new activity (e.g. painting, tennis) can be the first step towards a more positive outlook. And embracing the motivation to do well will boost feelings of satisfaction, improving your wellbeing.
- **What am I thankful for:** Consider three things you are thankful for each night. Write them down and reflect on them for a few minutes. Do this exercise a few times a week, making the content as simple or complex as you prefer, but keeping the points brief. This activity helps us to focus on the positives and to avoid ruminating on the negatives. Continually doing this will make us feel effortlessly happier!



- **Who am I grateful for:** Take note of who you are grateful for. For example, did someone do something that helped you, made you laugh or made you feel good? It has been shown that this exercise can boost positive emotions, enhancing your wellbeing. Let the person know by writing them a letter or telling them in person. By doing so will make them feel great about themselves, which in turn will increase your own positivity.
- **Signature strengths:** Take some time to reflect on what your strengths are. Consider when your strengths are applied, how they improve your performance and brainstorm how you can implement and utilise these strengths in other contexts. Participate in activities that favour these strengths and remind yourself of your successful endeavours. Focusing on our strengths rather than our weaknesses has been found to increase our happiness.
- **Practice optimism:** At the core of positive psychology is essentially, positivity. One seemingly obvious way to achieve that is to be optimistic. Although you may feel this is easier said than done, a couple of things to consider include:
 1. Listing five things that make you feel happy on a given day;
 2. Putting a negative experience into perspective (e.g. you're stronger now, it could be worse, you know to avoid that next time etc.)
- **Exercise:** Positive psychology aims to increase our happiness and wellbeing in general, so it is no surprise that exercise is a point that needs to be made. Not only does exercise keep us fit and healthy, but it releases endorphins, which makes us feel happy.
- **Practice mindfulness:** Mindfulness is a way which we can teach ourselves to live more in the moment, rather than the past or the future. Mindful attention can be developed through meditation or other mindfulness therapies. And through these techniques, we can learn to focus our attention and perspective, and increase our wellness and positivity.

We would like to thank Centre for Corporate Health (cfch.com.au) for their assistance in the compilation of this factsheet.



The Corporate Mental Health Alliance (CMHAA) is a group of Australian businesses dedicated to providing mentally healthy workplaces for their people.

FOR MORE INFORMATION PLEASE VISIT:

Website: cmhaa.org.au

LinkedIn: [Corporate Mental Health Alliance Australia](https://www.linkedin.com/company/corporate-mental-health-alliance-australia)



This resource was produced with the support of Commonwealth Bank

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