

# Positive Psychology Techniques Handout

## Gratitude journaling

Gratitude journaling is one of the simplest tasks to incorporate into your everyday routine. In this activity, write down three things you are grateful for each day. This can help shift your focus to the positive aspects of your life and foster a sense of appreciation.

As an example:

- “I appreciate my family”
- “I am thankful for the sunrise today”
- “I am grateful for the challenges I have overcome”

If journaling is not the preferred method, individuals can also say their gratitudes out loud. This also promotes appreciation and allows a moment of reflection.



## Mindfulness activities

Engaging in mindfulness activities allows individuals to become more present in their everyday life. This can also promote relaxation and enhance awareness. Mindfulness activities also help emotional regulation. Individuals can use these skills when they need to wind down or when they are taking time for self care.

Examples of mindfulness activities are:

- Breathing exercises
- Mindful walking
- Nature observation



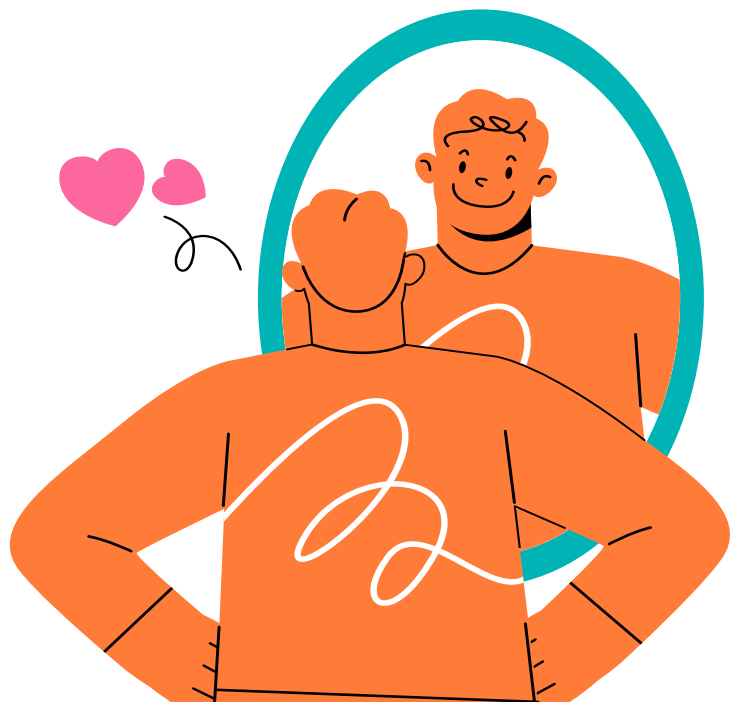
## Strength identification

Taking some time to focus on specific strengths allows individuals to feel fulfilled as well as fostering a more whole identify.

Ways to identify strength:

- Take a strengths assessment
- Reflect on past experiences
- Seek feedback

Engaging in these activities can support individuals in building their strengths, better their decision making as well as to incorporate their strengths into their daily life.



## Acts of kindness

Acts of kindness are a great way to foster a sense of community. These acts don't have to be large scale acts either. Individuals can engage in acts of kindness that are small and don't require a lot of effort.

Examples of small acts of kindness:

- Volunteering some hours where possible
- Complimenting others
- Share resources with others

Engaging in acts of kindness not only spreads happiness but also contribute to a sense of community and connection.



## Visualizing goals

Another great positive psychology technique is to set out goals by visualizing them.

Examples of visualizing goals:

- Creating vision boards
- Goal progress charts
- Daily affirmations

Engaging in the visualization of goals can make them more apparent and easier to focus on. Having visual goals allows individuals to see physical progress, even if the goal is mental.

## Additional notes