



Developing a Positive Mindset

A positive mindset means approaching life's challenges with a positive outlook. It does not necessarily mean avoiding or ignoring the bad things; instead, it involves making the most of the potentially negative situations, trying to see the best in other people, and viewing yourself and your abilities in a positive light.

There are proven benefits to cultivating a positive mindset, including better overall health, better ability to cope with stress, and greater wellbeing. We know how much you love your phones, so here are some apps you could use to help cultivate a positive mindset!



When times of stress or negative thinking threaten to overwhelm you: stop, breathe and centre your thoughts with the Happy Not Perfect app. By simply entering your daily mood, you'll be taken through seven, scientifically-backed steps to refresh and recharge your mind. It's amazing how taking just five minutes can transform your wellbeing.

This wellbeing app explores whether inspirational words can change your mindset for the better. Pinging short and encouraging quotes to your phone each day for a whole year, the app aims to boost positive thinking and promote proactive thoughts and actions with very little effort required on your behalf.



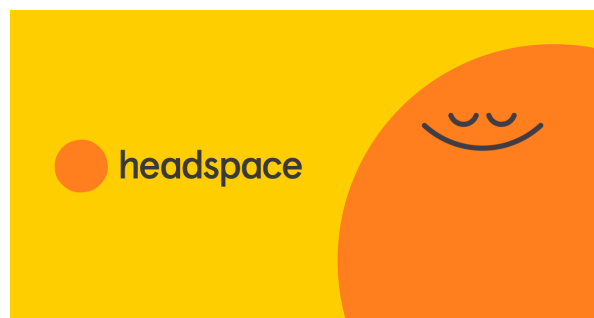
With its focus on (albeit scientifically-supported) games and activities, Happify doesn't take itself too seriously so it's almost guaranteed to put a smile on your face. Fully invested in the power of positivity for better mental health, the app allows you to build up your happiness score by fighting back against worry and negativity - not by avoidance but replacing them with positive emotions, such as empathy and thankfulness.

Silvercloud provides a wide range of supportive and interactive programmes, tools and tactics for mental and behavioural health issues. These programmes address wellbeing, life balance, time management, communication skills, goal setting, communication and relationship management, anger management, stress management, relaxation and sleep management, among many others.



Headspace is probably the most famous wellbeing app out there and it broke new ground when it launched in 2010, by giving individuals with no experience of visualisation techniques, mindfulness and meditation a source of

information and guidance. Gwyneth Paltrow, Emma Watson and Jessica Alba are all said to use and love it, probably because it works even when followed for just a few minutes a day.



Calm approaches coping with stress as a 360 degree concept, so whether you want to try meditation to help reset a troubled mind, need help sleeping, or require the tools to try mindfulness, the service can help. You can also tap into audio programmes taught by some of the world's best mindfulness experts, while enjoying some of the most relaxing music and imagery. We can't recommend it enough.

Contact Us

Please feel free to email any suggestions about resources and support to:

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