

## Keeping a positive journal

To help you to focus on all the evidence in your current situation, rather than just challenging or threatening problems and worrying thoughts or images, start to keep a positive daily journal.

This is a brief note – on paper, your phone, tablet or computer – of anything you notice each day that appears 'positive' – enriching, pleasing, a reminder of nature, happy, warm, loving etc.

For example:

<i>Monday</i>	<i>I watched a blackbird building a nest in the tree outside the office. My friend at work asked how I was doing My boss told me I had done a good job</i>
<i>Tuesday</i>	<i>The shop assistant complimented me on my scarf I smiled and said hello to my neighbour I noticed how fluffy the clouds looked</i>
<i>Wednesday</i>	<i>I had a message from my Mom that cheered me up I stopped and admired some flowers I went for a short walk and felt better</i>

Practice keeping your journal on a daily basis – it may only take up 5 minutes of your time to write down what you've noticed.

Review your journal once per day to remind yourself of what you have recorded.

Notice what impact this has on your mood, thoughts, behaviour.