

- Wellbeing in Mind
- Communication in Mind
- Skills in Mind
- Mood in Mind
- Activities in Mind

# Building Positive Experiences

Sometimes, when things are stressful, our mind focuses in on all the other stressful things happening and becomes blind to the good things that are happening in our lives. Our brains automatically focus on the thing relevant at the time. For example, it's like when you're thinking of buying a new car and then all you see is that type of car driving everywhere. Or your friend mentions a TV programme, then you see the adverts for it everywhere.

We can teach our minds to pay attention to the things we want it to. We can shift it away from focusing on negative aspects of our lives and increase it with positives. Once you start to do this, you will notice your brain will focus on the positives more often! Think about having a jar that is half full with black beads. These beads represent the negative experiences in your life.

If that is all you have, that is all you see – black beads. If you fill the rest of the jar with coloured beads, the same amount of black beads are in there, but now it looks multi-coloured due to the other experiences you have.



Think about all the activities you currently do in your lives. Do you have any free time to engage in more positive activities to shift your focus?

You could use a weekly planner to track your activities and an interest checklist if you are struggling to think of activities to do.