Headway Coventry and Warwickshire’s TOP TIPS –

**Headway CW**

**- Info Blasts -**

For looking on the brighter side of life!

Sometimes it can be really difficult to see the positive side in a situation. These top tips will hopefully help a little.

* Smile more – it really works! Using the specific muscles in our face to smile sends a signal to brain indicating that you must be happy!
* Surrounding yourself with positive people – when you are stuck in a negative circle, talking to people who have a positive outlook on life can help you think differently.
* Change your thinking – instead of thinking “we are going to have difficulty adjusting to living with this situation” think “This will be hard, but we will find solutions to make it easier”
* Helping others – Giving is receiving! Being kind and nice to other people can increase your own happiness.
* Take control – remember you have control of your life, you always have the choice to make change happen if need be.
* Do more of what makes you happy – think about what activities make you happiest and do more of them!
* Exercise – yes as much as most of us hate it, exercise releases endorphins which make us happy.
* At the end of every day make a list of things you are grateful for and the positive aspects of your day.
* Always look for the silver lining – as difficult as it may seem.
* And remember; everything will be ok in the end. If it’s not ok yet, it isn’t the end.