



GRATITUDE

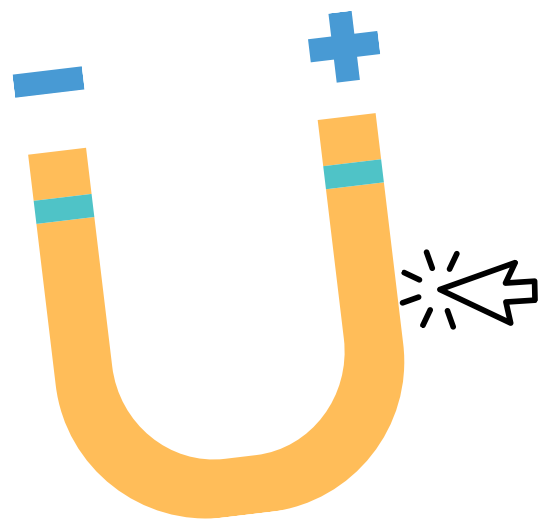


THESE ICONS INDICATE CLICKABLE RESOURCES

THE POSITIVE

Find it hard to focus on the positive? You're not alone.

Research shows that our brains are more reactive to **negative** than to **positive** information.



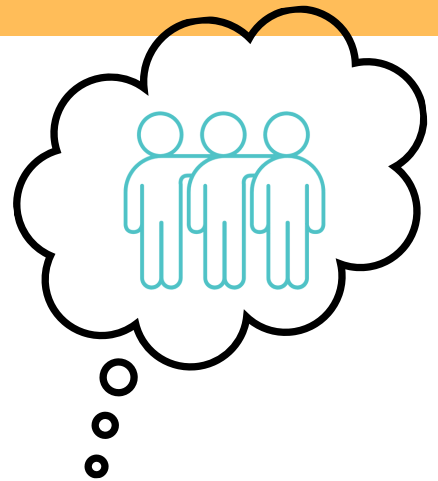
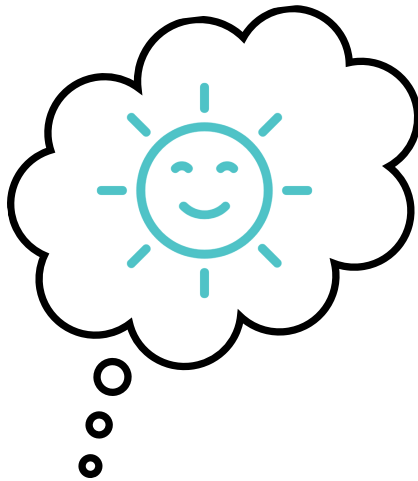
CLICK ON THE MAGNET THEN SELECT THE 'GRATITUDE' TAB TO VIEW THE VIDEO

PUT IT INTO PRACTICE!

Try to recall 3 things over the last 24 hours that were fun, pleasurable, or enjoyable



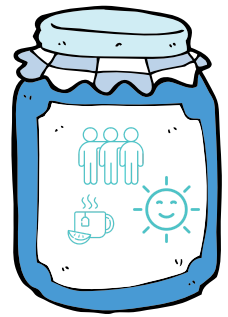
Write them in a notebook



Write them in a jar beside your bed



OR



RESOURCES

Here are some resources to help you bring your attention to those good moments, despite having challenging days.

AT MCGILL

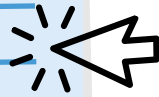
Grad Breakfast Club

Turning Failure Into Success

The Science of Happiness

McGill Yoga Club

Skills For Healthier Relationships



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