

Tips on staying positive in 2022



Why you should always aim to be as positive as me

Let's start with the why, shall we? Why it's important to make a real effort to stay chipper, because it is honestly something of a skill, and it takes practice to get right.

But take my word for it, it's well worth the effort.

Research has shown that a positive attitude can boost your immune system, and maybe even help you live longer. From what the professionals have shown me, the evidence suggests that having a sunny outlook on life can mean fewer colds, and living as much as 11 years longer. That's a lot of extra time to be smiling!

And surely being positive is easier than eating broccoli and quinoa every day? Just try my tips.

Look after yourself like you look after your pets

First thing's first – look after yourself. No one is going to be able to spot the silver lining when they're running on five hours of sleep and haven't eaten anything green in days.

- get enough sleep (yes, more than five hours)
- exercise every day – I can vouch for a snazzy velvet tracksuit to get you motivated!
- eat as well as you can, as often as you can
- drink water like your life depends on it (my doctor assures me it does)
- keep regular appointments with your dentist and healthcare providers

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Start and end your day with gratitude

When you wake up in the morning, and before you go to sleep every night, remind yourself of three things that you are grateful for. It could be little things like:

- a sunny day
- a cute cat purring by your side
- a friendly smile from the barista
- fewer emails in your inbox that day (fingers crossed)
- someone laughing at your excellent beet puns

Whatever the case, this is a great habit to get into. You'll quickly start to take more notice of all the wonderful little things that happen every day that are easy to miss if you're not feeling great.

Spend time with people like me (the adorably happy ones)

Find the positive people in your life and follow them around a bit. Grab a cuppa, get out for a beach walk together, visit a local tourist attraction, tell the best pun without laughing – you know, normal stuff.

It's tough to be glum with someone who consistently sees the positive side of life, and their attitude and outlook can help to get you into the same mindset.

Beware of internet trolls (and the internet in general)

The internet can be a dark and scary place, and there's no denying it's often filled with upsetting, stressful news.

While it's good to stay on top of the news, be mindful of how much it affects you. You can try these tips:

- limit the amount of time you spend browsing to however long you can hold a plank (bonus – great abs!)
- only check news feeds once a day and then be on your merry way
- actively make an effort to consume positive media, including uplifting stories
- avoid toxic communities – 'leave group' and 'unfollow' are your new best friends (aside from me, obviously)

Put the pro in proactive

There are many things out of control that we can't do much about. Like when you open a can of Pringles to just have a couple then accidentally eat the whole lot. Those things just happen. But there are also many situations where we can be proactive and do something about it by seeking out a solution.

Ask yourself what you can do to improve the situation, even if it's only a tiny, miniscule thing that will only take five minutes. Do that.

Then keep doing that.

Baby steps are still steps, and you'll get that good feeling of having a go – being proactive – with every single one.

Make like a computer and give yourself a backup

If you're worried about the way things might go, make a backup plan. You may never have to use it, but once it's in place, you can remind yourself that you've done all you can for now, and should the worst happen, at least you have a game plan.

For example, you can sort your [life insurance](#) now, then rest easy knowing your loved ones won't need to worry about costs should the worst occur.

Ok, that's an extreme example. Another example might be to have a pop-up gazebo on standby should it rain on the day of your garden party. Or the pizza delivery number on speed dial when you're cooking dinner for your loved one for the first time.

You know what they say – plan for the worst, but stay super positive and hope for the best. Or something like that.

