

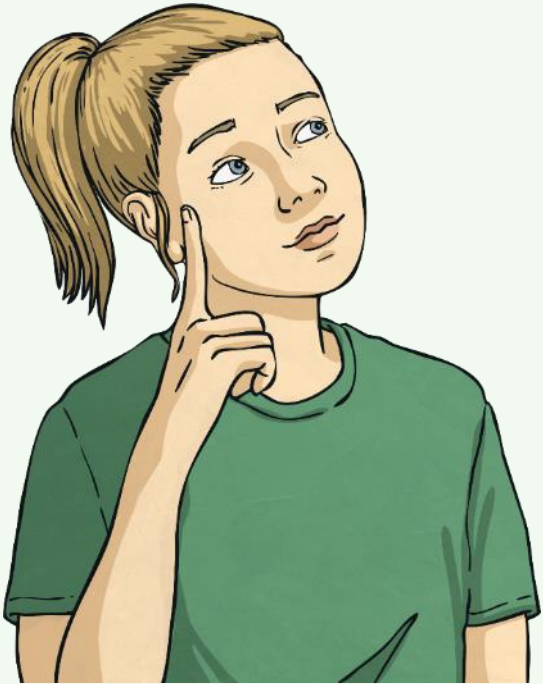
Looking After Your Wellbeing



Positive Mindset

Part of coping with times of change or stress is ensuring that the way you see the situation is through a positive mindset.

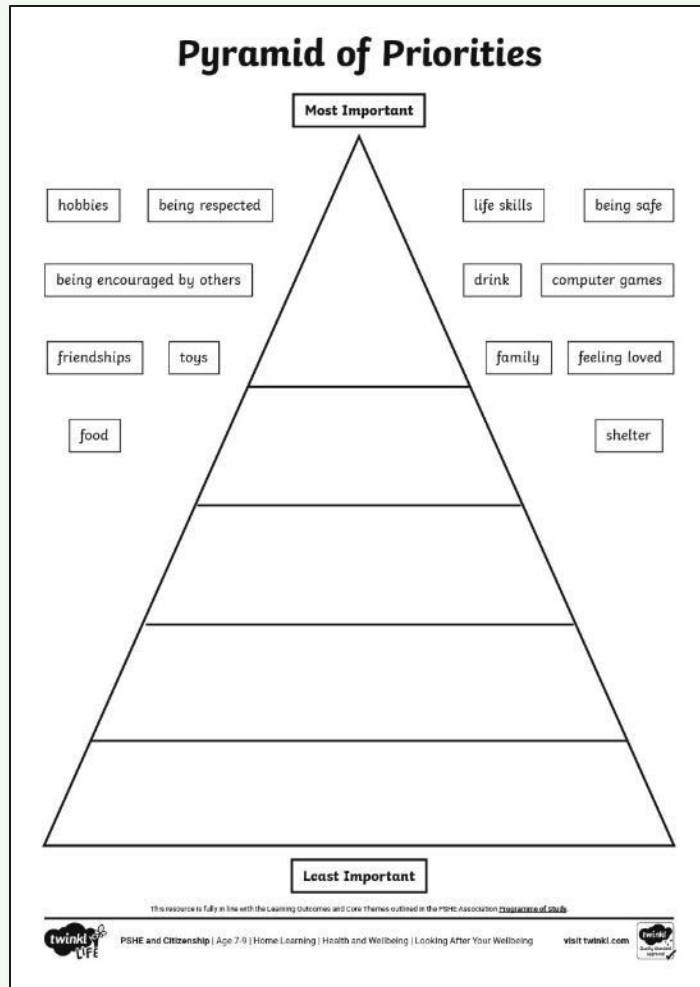
This means looking for opportunities in every situation, no matter how challenging or difficult they are.



This approach can help you to:

- see life in a different way;
- think about the priorities in your life;
- value people over 'things';
- remember what is important in your life;
- know how important your health and wellbeing are; and
- know how important it is to love others and be loved.

Positive Mindset



Look at the pyramid. Think about where you would put each of the different things in your own pyramid.

Discuss this with someone else in your house and see if there are areas where you feel the same and areas where you differ.