

Resources for your Positivity Toolbox for PSC

Achieving a positive outlook

Action for happiness – brilliant resource take a look around it

<http://www.actionforhappiness.org/10-keys-to-happier-living>

Chris Johnstone - <http://chrisjohnstone.info>

Positivity Tools

Gratitude diary - http://ggia.berkeley.edu/practice/gratitude_journal

Mindfulness - <https://www.headspace.com/science>

Breathing- Learn to breathe correctly:

<https://www.youtube.com/watch?v=Jd78W66mA2U>

How to breathe from your belly- Dr Belisa Vranich

<https://www.youtube.com/watch?v=ysYO69Oxdhc>

Music - <http://www.chopra.com/articles/5-ways-music-enhances-your-mood-and-health?sthash.CYyugqPb.mjjo#sm.0000z2nlkpc9rd5gwgz2a4bgpksju>

Participate in regular exercise

Walking for health - <https://www.walkingforhealth.org.uk>

Swimming – <http://blogs.bmj.com/bjbm/2017/06/23/major-new-study-health-benefits-swimming-released/>

Core exercises - <https://www.verywell.com/the-best-exercises-for-core-strength-3120054>

Pilates - <http://www.nhs.uk/Livewell/fitness/Pages/pilates.aspx>

Get Inspired - <http://www.bbc.co.uk/sport/get-inspired>

Engaging with people - http://www.huffingtonpost.com/entry/baking-for-others-psychology_us_58dd0b85e4b0e6ac7092aaf8?ncid=engmodushpimg00000003

<https://greatergood.berkeley.edu/tag/happiness>

Keep learning

U3A - <https://u3a.org.uk>

Future learn - <https://www.futurelearn.com>