

1. Every day may not be good, but there's something good in every day

We all have bad days. Days when things don't go to plan or go our way. Days when it all feels a bit too much.

On days like these, it's important to remember the good things that happen. Reflecting on positive events (no matter how small) can help us feel better about ourselves and maintain our wellbeing.

Whether you've had a good, bad or a somewhere in-between kind of day, spend 15 minutes reflecting on three good things that have happened. When you do have a bad day, try repeating this exercise to keep your spirits up and remind yourself that there is something good in every day.

