

## *Collect your moments of happiness*

In times like these, times of bad news and uncertainty, it is easy to get dragged down and become caught up in a negative mindset. In such situations, often it doesn't help to remind yourself that many others are still much worse off.

The following exercise can help you to notice how much there is to appreciate in the simple things of our daily lives.

### **The exercise:**

- Make it a routine to sit down in the evenings and write down all the things that have made you happy over the course of the day.
  - What made you smile? Or even laugh out loud? What made your eyes light up? What touched your heart?
  - Some of these moments might be very small things. Some of them may be big and very present, while others may only become apparent as special moments on second glance.
- Collect the pieces of paper with your moments of happiness in a jar or a small box.

You can feel the positive effects of this exercise every evening after writing down your happy moments.

On a bad day, you can reach inside the jar or box and look at one of your happy memories to cheer up.