**Slide 1: Positive Psychology**

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Practicing positive psychology can help boost your mood, well-being, and resilience. Being aware of your mindset and shifting your thinking patterns are a big part of gaining perspective and satisfaction in life.

**Slide 2: Reframe ANTs**

Automatic Negative Thoughts (ANTs) can make situations feel worse than they really are. If you notice a negative train of thought, stop it in its tracks! Recognizing and reframing ANTs can help change your outlook and improve well-being.

* **Absolutes:** “I’m the only one who doesn’t have a close group of friends.”
* **Correction:** “I haven’t made close friends yet, but I know lots of people are also struggling with this, and there will be more opportunities to meet new people in the future.”
* **Catastrophizing:** “COVID-19 is going to last forever and will ruin my entire college experience!”
* **Correction:** “This is a temporary reality, and there are still ways to enjoy life at UVA right now.”
* **Fortune Telling:** “I didn’t study enough for that exam because online classes don’t as important and I probably failed.”
* **Correction:** “Maybe I could have studied more, but I can learn from this to prepare more effectively going forward. It was just one test and my performance in this class does not define my value.”
* **Mind Reading:** “I didn’t get into that club, they must not like me.
* **Correction:** “UVA is a big school and I bet a lot of students applied. There are so many clubs at UVA, and I will find one that is the right fit for me.

**Slide 3: HooKnew?**

93% of UVA undergraduates are optimistic about their future.\*

\*From the February 2020 NCHA with responses from 904 UVA undergraduates.

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**Slide 4: Positive Psychology in Practice!**

Practicing gratitude can help you see the good in each day. Spend time reflecting on what’s going right. It might feel like a lot of things are out of control, but try focusing on what’s *within* your control, like how you react to challenges.

Try these exercises to practice gratitude:

* Write down a few things every day that you’re thankful for, no matter how small.
* Text family members or friends letting them know that you’re grateful for them.
* Think about something that you’re looking forward to. If you don’t have plans, make some! For example, plan to spend the day outside or have a nice dinner after finishing an exam.

**Slide 5: Affirmations**

Positive affirmations can help shift negative thought patterns and encourage an optimistic mindset.

[graphic design – I just picked 5 but feel free to switch them out]

* I am resilient, strong and brave
* Through confidence and hard work, I am capable of achieving my goals
* Even if circumstances are out of my control, I’m in charge of my reactions
* I’m working to be my best self
* I accept and love myself
* I give myself permission to take a break
* I greet today with calmness