



## Finding the positives - SHARP Skill

In times of high stress and uncertainty, it can often feel as though there aren't many positives in our daily life. We tend to focus on what fits with how we feel. If we feel low or scared, we focus on the negative, which makes us feel even worse. If we are critical about ourselves or our actions, we will start to focus on our mistakes and shortcomings. This can shift our perception, so that we seem to be looking through "Gloomy Specs" and that we see things through distorted and dark lenses, resulting in us overlooking the positives. Changing our focus can help this. Noticing the positives with **SHARP** Specs can help you improve the way you think and feel.

Finding the positives might feel harder on some days than others, and this is ok. On days where it feels hard, maybe take a breath, step away and come back to it later.

### Set time **H**unt **A**cknowledge **R**ecord **P**lan

**Set time** - Set some time aside each day to notice the positives - perhaps a few minutes at the end of the day before bed, or at the start of your morning.

**Hunt** - Hunt down those times that went well, when you said or did something positive, or when something positive happened or was said to you. Don't dismiss things as being too small or insignificant! Sometimes, just smiling or speaking a few words can have a big impact.

**Acknowledge** - Acknowledge when some things didn't go so well - it's normal to feel sad or disappointed - but ask if you're still using those Gloomy Specs! Use your SHARP Specs and ask yourself: What did I do ok? What is there about that situation that was ok? What can I take away from this? How will this help me grow? Also acknowledging in difficult scenarios that you may have done everything possible, and that's ok.

**Record** - Try to record every day, write down at **least** 3 positive things that happened that day. You could use a positives journal or just use a notepad and pen! You could also try writing what you are grateful for/positives in your life on coloured pieces of paper and put them in a jar. You can review your written record every week, month, and at the end of the year.

**Plan** - Plan ahead for the next day. Plan positive things you could do throughout the day, such as eating a meal you enjoy or scheduling to watch your favourite film at home. You could schedule a call to a family member or friend also.