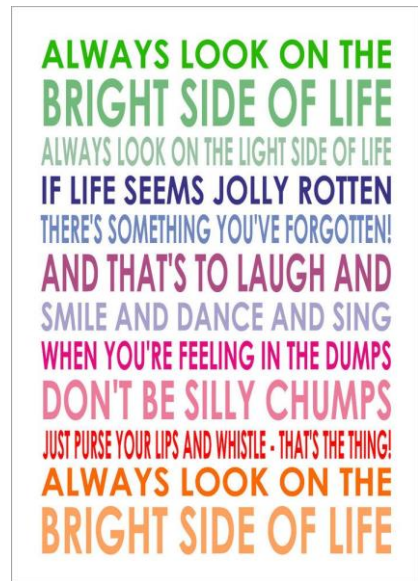


ALWAYS LOOK ON THE BRIGHT SIDE OF LIFE

There's no better way to describe it than through Monty Python "Life of Brian" (a movie from the good-old-days): "If life seems jolly rotten, there's something you've forgotten, and that's to laugh and smile and dance and sing when you're feeling in the dumps....". Find the whole movie on Netflix, or the clip for the song at <https://www.youtube.com/watch?v=SJUHIROBL8M>

Essentially, we're talking here about finding the wonderful things in life that still exist despite how awful, drab or sad it may seem right now. Like all crises, great things can come from tough situations. What wonders can you recognise or create in your life? Try these resources to keep you in a growth mindset, focused on what makes life amazing even when it sucks.



Gratitude app Gratitude

<https://gratefulness.me/> Gratitude is your personal journal app where you can write about things that you are grateful for. Being grateful or expressing gratitude helps to focus your attention on the positive things in your life. This app was built out of a personal need to cope with anxiety & depression, improve mental health and bring a self-change.



The Gratitude App

www.gratitude.plus This app is based on one principle: "Write down five things you're grateful for each day and change your life forever." Use it to journal those five things daily, add photos and share with friends on social media. The app will also send reminders so you can practice gratitude as a regular habit. Compatible with iOS devices only.



Grateful app: A Gratitude Journal

<http://treebetty.com/apps/app-detail/grateful#.XnwYt8tIKuW> According to researchers at the Harvard Medical School, "Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships." We created Grateful to make expressing gratitude in your life simple, and remembering those moments as joyful.