

# Are you Missing the Good for the Negative?

We tend to dwell on the bad things that happen in our lives and not notice the good stuff.

This 'negativity bias' can be countered. It's OK to recognize the bad, but it's also important to recognize & appreciate the things that go right.

**Focusing on the negative creates negative emotions.**

- Stress
- Frustration
- Fear
- Anger
- Rejection

**Experiencing positive emotions improves our health, sleep, creativity, relationships, performance and overall well-being**

**Focusing on the positive creates positive emotions.**

- Gratitude
- Hope
- Inspiration
- Love
- Joy

## HUNT THE GOOD STUFF:

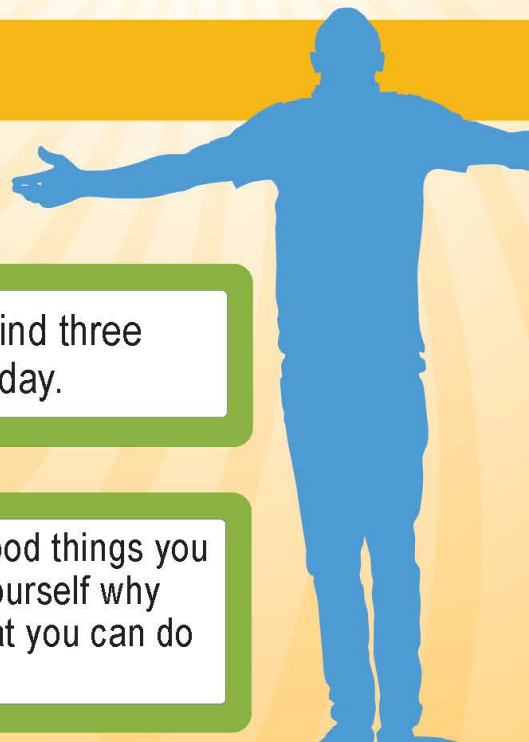
To create positive emotions, make these two steps a daily habit:

### STEP 1

**Go Hunting.** Make it a point to deliberately find three things that are "going right" throughout your day.

### STEP 2

**Reflect.** Think a little deeper about the three good things you found and take a moment to relive them. Ask yourself why those good things are important to you and what you can do to enable them to happen again.



For more ways to strengthen your resilience, connect with us at:

@ArmyResilience  