



Rose



WELLBEING  
PROJECT

It is easy to focus on the things that went wrong in our day. Take a moment to smell the roses and share something positive about your day with the people you are with.

Instead of asking, 'How was your day?'

Try asking 'What was the best thing about your day today?' Or 'What was good for you today?'

Our brains are hardwired to pay attention to threats and danger but we can shift our focus towards the positive and this is great for us and our relationships.

When we actively pay attention to positive things we get better at noticing them and we feel more positive. Focusing on what is good creates energy and hope.



Thorn



WELLBEING  
PROJECT

It's okay to say 'You know what, that really sucked today.' A problem shared is a problem halved. Share the thorn in your side from today.

Ask someone 'What was the hardest part of your day?'  
Be ready to listen.

You do not need to offer advice or try to fix things. Sometimes we just need to know that other people care about how we feel. You can help create a safe place for someone to talk honestly about their struggle without fear of being judged.

Often the hardest part of our day is a chance to learn something new, to make sense of our world or ourselves.



Banana



WELLBEING  
PROJECT

Laughter is the best  
medicine.  
Share a bunch of laughs  
with your loved ones by  
sharing the funniest  
moment of your day.

Ask someone 'What made you laugh today?'

Or 'What was the funniest thing that happened today?'

Don't worry if you haven't had a funny moment yet, it is not too late to create one and make someone smile!

Sharing a funny story with loved ones brings them happiness and can help you feel more positive. It is a reminder to search for moments that bring you joy, a reminder to be playful. Laughing together strengthens our connections to each other.