

Positive Sense Exercise

Positive Sense is a 'positive' affirmation meditation that you can begin to imbed as part of your daily routine outside of therapy sessions incorporating it into their self-care routines.

Encourage to use once a day, 5-10 minutes in the evenings.

Whilst using the Butterfly, ask yourself the following questions:

- What was the nicest thing about today?
- What was the worst thing about today?
- What was the least important thing?
- What am I looking forward to tomorrow?

Once you have become familiar with these questions, incorporate the following:

- What was the nicest things about yesterday?
- What was the worst thing?
- What was the least important thing?
- What am I looking forward to today?

This exercise helps to pay more attention to the present moment and can improve mental wellbeing. This includes the thoughts and feelings, the body and the world around the client. It can help the clients to enjoy life more and understand themselves better. It can positively influence the way they feel about life and how they approach challenges.

