



Learn About

FINDING SILVER LININGS

This week's Nook activity is here!

Pick up a printed copy of our step-by-step guide outside of OHP or
swipe through our Instagram/FB story to learn more!

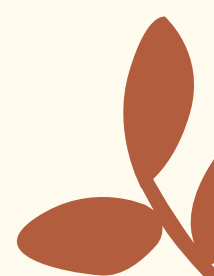




We all experience negative events.

Learning to find silver linings can change our outlook on negative events and help us experience less stress.

Finding silver linings requires effort and intention. It takes time, but it is worthwhile and supports overall mental health.





PRACTICE FINDING SILVER LININGS IN 4 STEPS!



- 1** List 5 things that you find enjoyable and make life worthwhile. From “being in good health” to “drinking a cup of coffee”, this will help foster a positive mindset.
 - 2** Next, think about a recent time when something didn’t work out, when you felt angry or upset. Maybe you missed the bus.
 - 3** Write a few brief sentences about the situation.
 - 4** Finally, list 3 things that allow you to see the bright side of this situation. For example, if you missed the bus, you could write:
 - You missed the bus and are late for class.
 - Even though you missed it, you got exercise running to catch it.
 - You live in a city where there was another bus 10 minutes later.
 - Ten years from now, you likely won’t remember what happened this morning.
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