

Take in the Good (developed by Rick Hanson, Ph.D.)

Closing your eyes or resting your gaze lightly downwards and sensing your posture. Bring to mind something good that has happened recently. It can be something significant or something very small. Not something you imagine but something good that has actually happened in the past couple of days. It might be as simple as a greeting from a friend, finishing a piece of work, enjoying a laugh together. Now give this good thing your full attention for 10-20-30 seconds in a row. It might be subtle but see if you can really enjoy and savour this good experience. Bring to mind the details and see if you can feel the positive emotion. Now have an intention for the feeling of this good experience to soak into you. So that it can become a part of who you are. So that you can create your own well-being. Slowly opening your eyes.

Thankfulness

One way of cultivating thankfulness is simply to take a few moments to quietly focus on something in your life which you appreciate. This can take as little as 10-20 seconds. Each time you do this, you are strengthening neural circuitry which supports optimism and well-being.

Closing your eyes and bringing to mind something for which you are thankful. It can be big or small, special or ordinary. It can be unique or something that happens often. Focus on the details and give them your full attention. Notice how it feels in your body and mind to focus on what is good in your life. Let this feeling soak into you. Know that you can do this anywhere, anytime. You might also like to reflect on how you can express thankfulness to others. For example, to a person who has cooked you a nice meal, driven you to an event, or helped you with a challenge. Opening eyes.

Savour a Happy Memory

Let's take a moment to mentally balance work and study with having fun and feeling good. One way of doing this is by taking a few moments to savour a happy memory.

Think of a happy memory – something that when you recall it will make you feel happy. Sometimes when we remember a happy event we can also feel a bit sad that the event has passed. But this activity is based on the kind of memory that when you recall it, you will just feel the happiness of the experience. It might be something special or something small and ordinary. It might be something you do often like playing with a pet or relaxing with friends. It's a real experience not an imagined one.

Closing your eyes and sensing your posture. Now bring to mind this happy experience and give it your full attention. Recall as best as you can some details of where you were - of the place. If other people were there too, see if you can bring them to mind. Remember what you were doing - the good things that you saw and heard. Now focus on the good feelings in this memory. See if you can really savour and appreciate the experience. As you do this, notice how your body is feeling. See if you can have a sense of all the happiness of this memory really soaking into you. So that you are immersed in it. Now slowly opening eyes.