



How to Have a **Positive Rebound** *Into Post-Pandemic Life*

The Power of Our Thoughts

- Our ability to see the gift in challenging situations is a result of using the Sage part of our brain. The Sage keeps us in positive emotions while the Saboteur keeps us feeling negative emotions.
- Our thoughts are powerful influencers on our emotions, which drive our actions and words.
- **PQ (Positivity Quotient)** indicates how often our thoughts are **serv**ing us vs. how often they're working **again**st us.

The Benefits of Increasing Our PQ

- Research shows that a higher PQ results in better health, relationships, performance, and resilience.
- Our attitude and emotions have a ripple effect on those around us – up to three-degrees of extension. Make sure you are a positive ripple.

Increasing Our PQ with the Immunity to Negativity Formula



- **PREPARE your mindset.**
 - Look for the positive
 - Add positive moments
 - Take a few slow, deep breaths
 - Remember a positive memory (Tip #2 in Tina’s book)
- **PRACTICE to make it easier**
 - Practice pausing and noticing while . . .
 - Watching the news
 - Reading social media
 - Watching a video or movie scene
- **PAUSE in the moment**
- **NOTICE your thoughts** – Think about what you think about
- **CHOOSE the best response**
 - Choose your internal response
 - Focus on what is within your control
 - Look for what you can learn
 - Change your story
 - Choose your external response
 - Ask questions for better understanding
 - Take a few deep breaths
 - Take a break

Take-aways

- What are one or two take-aways you want to remember, use, and/or share from this program?

4 Free Resources at ThePositiveEdge.net/MHCA

1. Learn about your mental fitness with the free PQ and Saboteur assessments.
2. Catalyze your positivity by signing up for these free weekly tips.
3. Sharpen Your Positive Edge with a PDF version of Tina’s book filled with 80 short positivity tips.
4. Build Your Immunity to Other People’s Negativity with 3-months of free access to this 7-week masterclass.

Quotes

- *We don't experience the world; we experience our thoughts and think it's the world.* – Tina Hallis
- *Positive emotions carry the capacity to transform individuals for the better, making them healthier and more socially integrated, knowledgeable, effective, and resilient.* — Barbara Fredrickson
- *Between stimulus and response there is a space where we can gain freedom by choosing our response.* – Victor Frankel
- *The greatest weapon against stress is our ability to choose one thought over another.* – William James
- *I can make you rise or fall
I can work for you or against you
I can make you a success or a failure
I control the way you feel and the way you act
I am your thoughts* – Bob Conklin

Suggested Reading

- Positive Intelligence – Shirzad Chamine
- The Happiness Advantage - Shawn Achor
- The How of Happiness – Sonja Lyubomirsky
- Positivity – Barbara Fredrickson
- Flourish – Martin Seligman