5 Positivity Power-Ups
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LIVE WELL UTAH
Winter can be a difficult time for many people. The days are dark and cold, and it is easy to let that affect your mood. Try some of these positivity power-ups to lift your spirits as you push through to spring.

Positivity can provide a powerful boost to physical and mental health, productivity, relationships with others, and can even lead to an increase in lifespan. On the other hand, negativity can be harmful to physical and mental health, damage careers, and destroy relationships.

Consider focusing on these steps to increase the positivity in your life:

- **Keep it positive.** Keep conversations positive and steer clear of comments that are negative or degrading toward others or yourself. If you catch yourself saying something negative, make an effort to change it to a more positive comment instead.

- **Tip the scales to the positive.** Research has found that happy relationships have about five positive interactions to every one negative. While it’s ok to express concerns or frustrations, be sure to also express sincere words of appreciation or other positive words to keep the relationship in the positive.

- **Focus on what is right.** While it isn’t possible to change how others act or have control over some situations, drawing attention to the things that are going right can help to set a more positive tone for interactions and increase positive emotions.

- **Make it personal.** Genuinely caring for others sets positivity in motion that is often reciprocated. Examples of this might include listening to others with
unconditional positive regard and providing support and encouragement.

- **Share the positivity.** Making an effort to have positive thoughts and interactions sets off a chain of positivity that often amplifies positive emotions and can have a powerful positive impact on others. Examples of this might include doing something nice for someone, giving a compliment, or just writing down all the things that went well today.

Being positive can have a powerful impact on the world. Sharing an uplifting word or giving a small act of kindness can create a ripple effect of positivity. What will you do today to increase the positivity in your life?

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This article was written by Naomi Brower, USU Extension associate professor, Weber County

Reference:

How Full is Your Bucket: Positive Strategies for Work and Life by Tom Rath & Donald Clifton.