

## **“How to stay positive even on difficult days”**

Today I want to talk about something important “how to stay positive even on difficult days”/ all of us have bad days. May be we feel tired, sad or something doesn't go the way we want. This is normal, everyone faces such days. But even on difficult days, we can stay positive by doing a few simple things.

1. Tell yourself that it's okay, bad days happen to everyone.
2. Try to focus on one small good thing. Finish one task, smile at someone (or) help a friend. Small actions make us feel better.
3. Talk to yourself kindly. Instead of saying “I can't do this” say “I will try my best”.
4. Take a short break when you feel stressed. Take a deep breath, drink some water or walk for a minute.

It helps your mind relax.

Lastly, think about things you are thankful for – your family, friend's even food you eat. Thinking of good things makes your heart lighter.

So, staying positive doesn't mean everything is perfect. It means we choose to stay strong and hopeful even when days are difficult.

Thanking you.

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