

Shift to the Positive

A package for turning happiness into a habit



Research shows adopting an optimistic point of view can help people feel better about daily life, improve health, and reinforce positive thoughts and emotions. This twelve-week package is designed to support the health-related goals of your organization, community, or workplace by introducing practices for promoting and sustaining positivity that your audience can incorporate into their weekly routine.

Practicing positivity is part of a larger Healthy Monday curriculum to help lower stress, which also includes deep breathing, mindfulness, and physical activity. Incorporating healthy habits at the beginning of the week is an opportunity for a fresh start.

Why this Behavior is Important

Unchecked stress can affect an individual's body, mood, and behavior. The physical effects of stress can be serious, ranging from feeling agitated and overwhelmed to experiencing insomnia and a compromised immune system. Stress can also exacerbate existing conditions, making them worse or slowing the time to heal.

What is Included in this Package

The following package includes 12 visual assets and related links to content featuring a specific actionable practice designed to help your audience familiarize themselves with the variety of ways they can use Healthy Monday to inspire positivity in themselves and their community. The 12 practices are divided into four core categories: happiness, managing stress, kindness, and gratitude.

How to Use the Contents of this Package

Use this package to promote a DeStress Monday program in your organization, community, or workplace. The assets are intended to be shared through a variety of different communication channels: cut and paste the graphic and URL to use in digital messaging such as email, company website or social media channels or print out images for signage and bulletin boards and include URL for users to access additional information. We recommend using Monday as the day to send out these weekly cues because research shows individuals are more likely to adopt healthy habits towards the beginning of the week.

Happiness

Week 1

CHEERS TO A NEW PERSPECTIVE!
This Monday, see the glass half-full. A positive outlook can make you happier and healthier.



#DeStressMonday DeStressMonday.org **DE-STRESS MONDAY**

Week 2

BE YOUR CONFIDENT SELF
Research shows the more you believe in your ability to accomplish something, the more likely you'll be able to accomplish that thing.

- Recall a time when you felt truly confident, strong, and capable, whether at work or with family and friends.
- Take a moment and hold that image in your mind. Reflect on how it makes you feel, both physically and emotionally.
- Finally, reflect on how your confidence affected others, both in how they perceived you and changes in their mood or actions.



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Week 3

THIS MONDAY, SHARE A LAUGH!
Laughter is a proven mood enhancer. Take a laughing break with friends and see how quickly you get in a better frame of mind.



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Managing Stress

Week 4

THIS MONDAY, TAKE A MOMENT TO ENJOY THE LITTLE THINGS.
You'll find they can really add up!



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Week 5

LET NEGATIVE THOUGHTS PASS.
Reframe the negative to the positive.



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Week 6

MAKE YOURSELF HAPPY THIS MONDAY
Turn around your mood. Set aside time on Monday to reflect upon things that bring you joy.



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Kindness

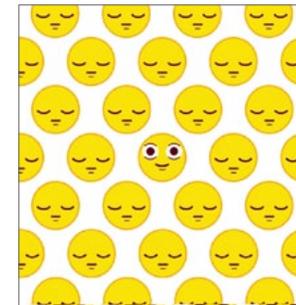
Week 7



Week 8

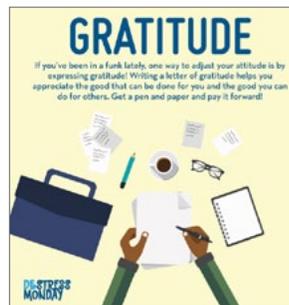


Week 9

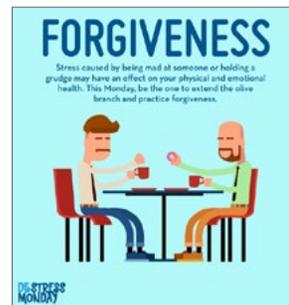


Gratitude

Week 10



Week 11



Week 12

