

How to feel GREAT

We can all train our brains to be less negatively triggered.

Here is a magic (actually scientific) formula.

It's simple - just adopt this **GREAT** daily routine:

G = Gratitude:	Write down 3 good things that happened during the day, eg “I played with the kids before work”
R = Re-framing:	Review any events which upset you or made you angry, and choose a positive way to look at them
E = Exercise:	Do something active – it stimulates the brain to produce chemicals which make us feel good
A = Altruism:	Help someone purely out of kindness or compassion, eg buy a Big Issue – also makes you feel good
T = Time Out (or In):	Use a daily mindfulness exercise to improve emotional regulation, eg 10 min breathing or body scan

As you will probably realise, all these practices simply involve consciously choosing where to focus your attention.

This literally changes the way our brain sees the world.