

Tell us what you think!



## THREE GOOD THINGS STRATEGY POSTCARD

Check out the evidence!

### WHAT IS THE THREE GOOD THINGS STRATEGY?

3

The three good things strategy is an easy way for us to bring our attention to and reflect on the positive moments and experiences that happen throughout each day.



When we feel stressed or if we are having a bad day, it is common for us to only focus on the negatives.

Our brains are naturally more sensitive to negative than positive information, which is called the negativity bias.

The three good things strategy helps prime our brain to be more attentive to positive information.



This will help us appreciate the positive moments, big or small, even on the hardest of days.



### RESEARCH EFFECTIVENESS:

The three good things strategy has been found to:<sup>1-5</sup>



Foster feelings of gratitude



Increase positive mood



Reduce emotional exhaustion (i.e., burnout)



Reduce depression

### HOW TO DO THE THREE GOOD THINGS STRATEGY?<sup>6, 7</sup>

1

Thinking of three (or more) enjoyable experiences that have happened to us during the past week.



- For instance, the little things like that first sip of coffee in the morning or the sensation of the sun on our face.
- Or, we may also think of the moment we finally submitted that assignment, or the time we caught up with an old friend!

2

Thinking of three (or more) things that we have done to make the world a more pleasant place.



- For example, we can also reflect on the time we kindly offered directions to a tourist, supported an important cause, or helped a friend that was having a tough time.

3

Bringing ourselves back to these experiences for a few moments...

- Asking ourselves: "How did that positive moment or experience make me feel?" We can also imagine this feeling in our body as if we were experiencing them again. **Savour this feeling!**

4

Write it down!



- Writing our three good things in a notebook or on our phones allows us to have a written record of all our positive experiences!

### QUICK TIPS FOR PRACTICE:

Incorporate three good things into your routine

Adding this strategy to our daily routine can help us experience the benefits more quickly.



For instance, we may do the three good things strategy just before going to bed to positively reflect on our day!



Refer to past entries

It may be harder to remember the good things on some days than others.

Looking back at past entries in our three good things log can remind us of positive moments and can inspire future entries.



### FEEDBACK & CONTACT INFORMATION

