

Which activities can contribute to people's sense of positivity?

It is getting increasingly harder to stay positive in today's day and age. Between piles of work and a constant stream of bad news from around the world, it is no wonder everyone seems to be under the weather these days. Luckily, there are some activities which can ease the stress from these trying times.

One of the methods that people swear by would have to be meditation. Taking the time out of your day, even if it is just five minutes, to ground yourself and clear your head, can do wonders for one's mind-set. It helps with relieving stress and focusing on the important things, which could certainly help to increase positivity.

Another beneficial option is always catching up with a friend or someone close to you. Humans are social beings – spending time with someone whose company you enjoy will definitely leave you in a better mood than before the meeting, even if you consider yourself an introvert. With the digital era at its peak, we are more disconnected now than ever before, so revisiting some of your old connections might help you more than you expect.

To sum up, the best way to cheer yourself up is reconnecting – whether with your close friends or yourself. Keeping your feet firmly on the ground when everything feels too overwhelming is the best medicine for negativity.

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