



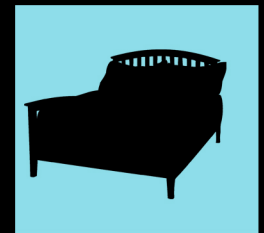
Mood is infectious

If you surround yourself with other stressed-out individuals, you are likely to experience higher levels of stress yourself. Companies know this as often the negative mood of a team leader can have detrimental effects on the culture of the whole company as the bad vibe spreads. It is challenging to remain stressed when you surround yourself with calm and happy people.

Positive people work to lift the mood of others, rather than drag them down.

Sleep

Think of your brain like a video recorder. Throughout the day, it records everything you see, hear, smell, taste and feel. It holds all of these delicate memories in the short term storage of the hippocampus. When you go to sleep at night, your brain organises the 'important bits' and moves them into the long term storage system that is the main cortex of your brain. This process is done in specific stages of your sleep called REM. This helps you to wake up the next day with a clean slate. If you are sleep deprived the process will be left incomplete. This means that your brain is taking in information and not correctly processing it. This can lead to tiredness, frustration, memory loss and stress.



A positive person will always try to prioritise sleep.

Exercise

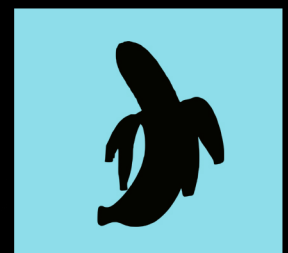
Exercise isn't just about losing weight, a burst of good quality exercise produces a chemical in our brain called serotonin. Serotonin is a catalyst for mentally happy behaviour. It helps us modulate cognition, reward, learning, memory, and numerous physiological processes. It also contributes to bone metabolism and organ development. This is a feel-good chemical and one of the best ways of managing negative emotions. By swapping that half-hour in front of the TV with a half-hour of exercise, you could generate feelings of positivity and well-being.



Positive people have an active life and a daily exercise routine.

Diet

Studies have shown that eating food with a high glycemic index at breakfast (high in sugar or carbohydrate) can increase cortisol levels. Cortisol is one of the body's primary stress hormones. It helps to fuel the brain's alarm system, the amygdala. Therefore, when we are met with a stressful situation, the influx of this hormone can support in activating our survival responses; we run away or fight off the danger. Breakfast is a perfect time to eat fruit and low sugar cereals rather than bread and potatoes. This will help minimise the cortisol throughout the day.



Positive people have healthy, balanced diets.

For more information, visit my website www.freshleafhypnotherapy.co.uk