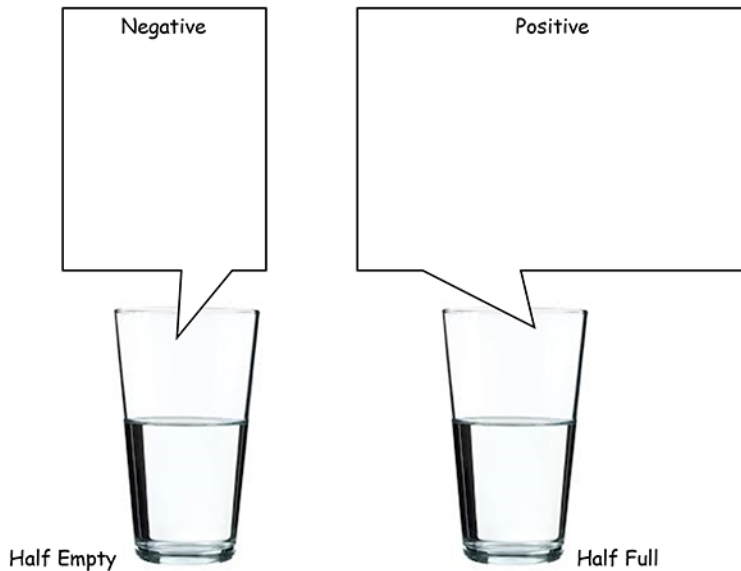


Glass Half Full: The Power of Positive Thinking



What is this about? One of the most powerful lessons that we can learn is that we have the power to control our thoughts. Yes, sometimes life sends us challenging situations, but we have the ability to make a choice about how we are going to feel about them.

We can choose to see the good or positive aspects of a situation and although it does not always feel like it, there is usually an important life lesson that can be found in almost any circumstance. This understanding enables children and adults to handle life's ups and downs with more resiliency, which in turn leads to happier, healthier people. An optimistic brain works better!



What do I need to do?

What do you see; are these glasses half empty or half full? Both answers are correct, but you have the power to choose how you view the glass—through a positive, "half-full" perspective or a negative "half-empty" point of view.

1. Spend a few minutes in quiet. Reflect on your life
2. Start with the negative glass. Write down at least one negative thing in your life. Once you have done it, focus more on life's positives
3. Move to the positive glass. For every negative thing you have written write twice as many positive things. For example if you have one negative write at least two positive.
 1. Positive things could include: health, family, carers, friends, opportunities etc.
4. Try to **develop an attitude of gratitude** in your life. Try to look at the positives in each situation and train your brain to be thankful for today and have hope for tomorrow
5. You might want to say a prayer and thank God for the good things in your life

Jesus said in John 10:10 'I have come that you may have life, and have it to the full'.

Hopeful Labyrinth : A hope and a future

What is this about? Labyrinths have been around for over 4,000 years with labyrinth stone wall carvings, clay tablets and coins dating back to the Bronze Age. Now, labyrinths can be found in hospital gardens, parks, schools and home gardens as they are known for their meditative properties.

A Labyrinth is **not** a maze; a maze has blind dead ends that are used to confuse and trick the mind. A labyrinth is a spiral course having a single, winding unobstructed path from the outside to the centre that is used to calm and relax.



What do I need to do?

1. Take deep breaths to begin to relax and focus on the entrance to the labyrinth.
2. Place your pointer finger from your non-dominant hand on the entrance of the labyrinth. If you find this too awkward at first, use your dominant hand. However, over time, keep trying your non-dominant hand. This helps keep the mind focused on the meditation due to the challenge it presents.
3. Slowly trace the pattern of the labyrinth with your finger allowing your mind to clear from extra thought and focus solely on following the path of the labyrinth.
4. You may want to think about key decisions in your life and what you would like to achieve in your life as you work through the labyrinth.
5. "Walk" to the centre of the labyrinth and rest momentarily, taking deep breaths observing how you are feeling.
6. Retrace your path out of the labyrinth.
7. Sit back, breathe deeply and relax. Observe how you are feeling again.

For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. Jeremiah 29 - The Bible