

January 2021

Toxic Positivity



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 Patience and understanding is key.	2 Instead of responding right away, stop and listen.
3 Go easy on yourself today if you're having a hard time.	4 Avoid ignoring or trying to suppress your genuine emotions.	5 Listen to and validate other people—even if they're sad and that makes you uncomfortable.	6 Try not to offer unsolicited advice. Ask, how can I help?	7 Don't shame anyone (including yourself) for having emotions.	8 Feeling bad/sad/negative/not-OK is completely normal, especially during times like these.	9 Listen to those around you without offering advice. Just listen and acknowledge.
10 Practice statements of validation ("this is hard, I believe in you.")	11 Be realistic with any sort of timeline. Opt for small, actionable steps and process things at your own pace.	12 Do your best to be empathetic to those around you.	13 Go a whole day without replying to a text/email with an emoji.	14 Identify a negative feeling or experience. Re-evaluate that feeling as a feeling, without good or bad labels.	15 Listening and empathizing with people in the workplace creates a supportive environment.	16 Say to yourself: "This is hard. I have done hard things before and I believe in myself!"
17 Ask someone, "is there something I can do to help?"	18 When you're feeling strong emotions, do a body scan.	19 Finding your purpose is a journey - take it one day at a time.	20 Work on creating a climate of care with your co-workers.	21 Find one way to share your authentic self at work today.	22 Let go of expectations of others and focus on what matters.	23 Learn to feel at home with your own unpleasant feelings.
24 Pause and think before you speak.	25 Set your intentions for the day.	26 Send a text to someone and tell them you are thinking of them.	27 Recognize when a family member is stressed and ask, how can I help?	28 Learn to listen.	29 Recognize that social media is like sugar coating, take a break from it.	30 Ask a co-worker how they are doing, and really listen to their answer.
31 Thank yourself for achieving the things you often take for granted.	1	Notes				