

POSITIVE TRIGGERS — YOUR LIST

A Positive Trigger is anything that brings a smile to your face. It can be anything that you enjoy. It can be a thought or a memory. It can be anything in real life.

When you give attention to a Positive Trigger it reduces the stress hormones and boosts a cocktail of wellbeing. Tension goes down. Wellness increases.

Make your list

People and Animals

Places

Activities

Memories

POSITIVE TRIGGERS — YOUR LIST / continued

Colours, Aromas, Tastes, Sounds, Textures

Spiritual or Religious Symbols, Teachers, Prayers

Anything Else 😊