

Remembering good things.

It's a really good idea to spend time thinking of good things. Things you've enjoyed doing, for instance. A nice talk you had with somebody, for instance. Some good exercise you did. And so on.



Why?

Thinking of good things that have happened releases good chemicals through the brain and through the body.





But what if I've had lots of bad things happen to me?

If there is something you can do to 'undo' those bad things that have happened then it is good to do it. But very often there isn't – bad things just happen and sometimes there's nothing we can do to put it right. In that case there is no point in carrying on thinking about them. That's known as 'brooding'

In session.

1. When have you ever enjoyed going to a supermarket?
2. When have you ever enjoyed being with a group of people?
3. What is the best thing that's happened to you to do with money?

See how much you can talk about any of these.



Projects.

Try to remember good things that have happened to you wherever you go. Tell us how you get on next time.

Mythbuster.

Once bad things have happened in your life there's nothing you can do about it. **Not true**

Just because bad things have happened, it doesn't mean we shouldn't remember the good things. And enjoy life as much as we want to.