

# open to optimism



The human brain is naturally wired to protect us by looking out for threats and negativity. You can manage this with awareness of your negativity bias. Combat your negative thinking with more positivity – try this reflection at the end of the day.



**List 3 negative things  
about your day today**

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**List 5+ positive things  
about your day today**

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**The brain is like Velcro for negative  
experiences and Teflon for  
positive experiences**

Dr Rick Hanson

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You may notice that it's easier to list negative things than positive – that's natural. Keep trying to manage your negativity bias by focusing on the positive things, no matter how small they may seem. It all adds up to better wellbeing!

**oranges  
toolkit**

Resilience and agility at work



As Camp Quality's social enterprise, all of The Oranges Toolkit profits go towards supporting kids facing cancer in Australia.